

Food For Thought

10th November 2009

RECOMMENDED VEGETABLE BUYS THIS WEEK

Broccoli, Iceberg & Cos Lettuce, Zucchini



ARTICHOQUES – The best of the **Globe artichoke** season is over, most now are only average quality. **Jerusalem artichokes** are also coming to an end.

ASPARAGUS – Majority of Asparagus coming through at the moment is on the thin side, so the price of medium asparagus will be a much higher price. **Baby, Purple & White** asparagus are still available.

BEANS – Regular bean supplies remain limited – quality is average at best. Most gourmet lines are available in limited quantities.

BROCCOLI – Excellent quality continues & it is hard to pass up as a recommended buy again this week. Good supply of **BROCCOLINI** continues.

BLACK GARLIC “Aged Black” or “Fermented Garlic” originated in South Korea. The original goal was to market it as a super food due to its high level of antioxidants. Interest soon generated in America & the United Kingdom & now Australians are all eager to incorporate this unique garlic variation. The fermentation process takes a month as the garlic is placed in fermenting cellars & subjected to high heat for a month. This changes the texture of the garlic so it resembles roasted garlic, giving it an almost caramelized quality. The cloves of the garlic are jet black & soft & lack the pungent odour of regular garlic. This product will be sold in 454gm bags or by the “knob”. This is a specialty line & for more information regarding availability & price, please contact your sales representative.

CELERIAC – Supply is very limited now that the warmer weather has set in.



CAULIFLOWER – **Mini Cauliflowers** are available in **White, Green & Purple** varieties. These cauliflower's can be purchased by the each, however to ensure supply, it is best to order in advance. These mini cauliflowers are about the size of an orange; they are about 6 – 7 cm in diameter.

CAPSICUMS – Quality of **Yellow Capsicums** is only average, regular stock will show tinges of green. Some **VIP yellow capsicums** out of New Zealand are available, however these are expensive. **Bello Rosso Capsicums** are available, however it is best to order in advance to ensure delivery.

CAVALO NERO – **Loose Leaf** is available & bunches of **Cavalo Nero** have started again.

CUCUMBERS – An improvement in the supply of green cucumbers this week should mean that all varieties will be available this week.

EGGS – Yes!! We now carry **Free Range Eggs**

- These eggs are laid by Hen's which are free to roam around inside large barns
- These Hen's are free to roam, perch & lay their eggs in nest's
- These Hen's have constant access to Fresh food & eater, natural sunlight & fresh air



LETTUCE – Local **Iceberg & Cos** are very well supplied & quality is good – great buying this week.

POTATOES – There is a limited supply of **Kipfler potatoes** & to meet demands this week, we will be supplying **Charlotte potatoes** which are similar to a Kipfler & cook the same. The shortage of Kipfler potatoes is expected to continue for a few weeks. **Cocktail potatoes** continue to be limited as supply is slow to start out of South Australia.

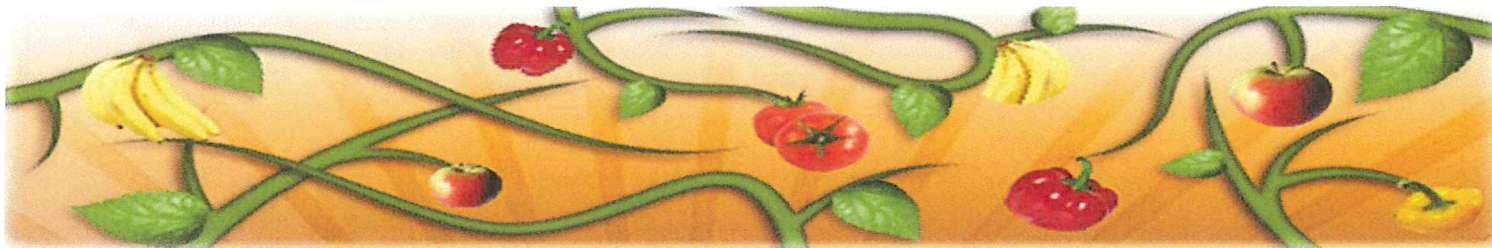
SQUASH – Good supplies of **Gold squash**, both small & med/large varieties.

TOMATOES – Regular, **Roma, Vineripe, Truss, Cherry Truss, Flavour burst (Baby Roma Truss), Johnny Lovebites (Medium Egg Truss), Kumato (Black tomato), Teardrops, Grape Tomato, Heirlooms & Ox Hearts**. All varieties are available, however with all the gourmet lines, in particular **Heirlooms, OxHearts, Kumato & Lovebites** – these are only sold in limited quantities, so if you are planning to include on your menu, it may be best to set up a standing order so that we can ensure the stock is on hand when required.

ZUCCHINI – Supply continues to be excellent. Supply is from local regions & QLD. Great buying again this week. **Yellow Zucchini** are very well supplied & now is a good time to re-introduce to the menu. Prices are very reasonable.



your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK

Strawberries, Honeydews, Mangoes



APRICOTS – There is now a nice supply of **Apricots**, quality is good & flavour is excellent.

BANANAS – There is an extremely limited supply of **Bananas** presently & prices remain very high.

BANANA LEAVES – A few banana leaves are starting to come through, however supply remains minimal.

BERRIES – **Strawberries** – Nice supply of Victorian strawberries, quality is excellent & great buying this week. **Blueberries**, **Raspberries** & **Mulberries** are the only berries available at the present time.

CHERRIES – There is an improvement in supply, however fruit is still on the small/medium size. Some larger fruit is available at a higher price.

FIGS – Most of the fruit coming from Queensland now is **Green**; there is a limited amount of **Black figs** coming in.

GRAPES – **Red Grapes** are now all out of Queensland; variety is **Flame Seedless**. **USA Black Grapes** are no longer worth buying. Our stock **White Grape** is still the **USA** variety at the moment & then supply will all be out of Queensland. The only grape recommended as a **VIP** is the **Flame Seedless**. Excellent **Dry Muscatel** clusters are available for fruit & cheese platters.

KIWIFRUIT – **Yellow Kiwifruit** season is now over.



HONEYDEWS – Excellent flavour & value this week; great buying.

LEMONS – If you are looking for a **VIP Lemon**, the best is the value is the **USA** variety; please check the price when placing orders.

LYCHEES – The first of the North Queensland fruit has started, however fruit is very expensive & a little immature – not recommended.

MANDARINS – This week should see the end of the **Mandarin** season.

MANGO – Excellent supply of great eating **Mangoes** from the N.T. continue; good value once again this week.

MANGOSTEIN – New season fruit out of North Queensland has started; quality is good, however prices are high.

ORANGES – **Navels** continue to be available & fruit is eating well. **Blood Orange's** are now over for another year.

NECTARINES & PEACHES – Nice supplies & fruit is eating well. **Regular & Large** fruit is available. Some **White Peaches** & **Nectarines** have started, however fruit is limited.

PEARS – **Packham, Josephine, Beurre Bosc, Honey, & Corella & Chinese Nashi** pears are all available.

POMMEGRANITE – **USA** fruit is available.

PLUMS – Fruit is available, however it is not recommended buying at this stage.

PINEAPPLES – All pineapples, both **Regular & Bethonga** are limited due the extremely dry growing conditions. Prices are up & most fruit is on the small/medium size. Any large fruit is very expensive.

ROCKMELON – Best value is the small/medium size fruit as large fruit is very expensive.

STARAPPLE – Good quality fruit is available.

STARFRUIT – A little more fruit is available this week.

WATERMELON & SEEDLESS – Fruit is of excellent flavour & there is nothing better than a cold piece of melon on a hot day.



EXOTIC FRUIT

Please note that Exotic Fruits may not be available daily.

Mangosteen, U.S.A Pomegranate, Loquats, Star Apple, Figs, Dry Muscatel, Large Guavas

****Please note that there is limited supply of Star Fruit & Rambutan****

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