

Food For Thought



15th December, 2009

RECOMMENDED VEGETABLE BUYS THIS WEEK

Carrots, Roma Tomatoes, Squash, Zucchini



ARTICHOKES – Jerusalem artichoke season is over. We have a small quantity in stock, however once these are finished, we will have to wait until next year. **Globe** artichokes are very poor quality & we will not purchase.

ASPARAGUS – Limited quantities of Victorian Asparagus are available, as the season is coming to an end. **Medium/Thick** Asparagus is very limited with most stock being predominantly thinner. **White** asparagus is also very limited now. **Purple** asparagus is no longer available. Imported asparagus from Peru has now started.

BEANS – Extremely limited supply of **Regular** beans are coming out of Queensland. Prices are high on **Regular** & all **Gourmet** lines. Most gourmet lines are very limited. Most bean lines do not represent good value. Some local **Snake Beans**, sold in bunches, have now started. Quality & value are excellent.

BETROOT – **Baby Golden** beetroot is still not available. **Regular** beetroot & **Baby** beetroot is excellent quality.

BROCCOLI & BROCCOLINI – **Broccoli** continues to be only average quality. **Broccolini** is very limited & large quantities may be difficult to fill. If you are planning a function, please order ahead to ensure supply.

CAPSICUMS – Excellent **Green, Red & Yellow** capsicums are available now. Quality & value are good for this time of the year.

CARROTS – Tremendous Victorian/Local Carrots are in the market this week. **Carrots** are by far the best value in the vegetable line this week. **Dutch** Carrots are of good quality.

CAULIFLOWER – Supply is from Victoria now that local season is finished. Prices are up & Cauliflowers are on the smaller size.

CHERVIL – There is no Chervil available currently & we are unsure when supply will commence.

CUCUBERS – Best value Cucumbers are the **Lebanese & Telegraph** varieties. **Regular** cucumbers are limited & not the best value.

LEAF LINES – **Baby Wild Rocket** remains very limited for the next week or so.

POTATOES – **Large Potatoes** – Extreme heat in South Australia has damaged potato crops significantly, severely affecting supply of **Large White Washed & Large Desire**.

SQUASH – Tremendous supplies of Queensland & Victorian squash are in the market. Squash represents good value again this week.

TOMATOES – A limited supply of **Regular** Tomatoes are coming out of Queensland. **Roma** tomatoes are well supplied & much better value. **Cherry** Tomatoes continue to be excellent quality & value; all gourmet lines continue.

ZUCCHINIS – Local & Victorian Zucchini continues to be excellent quality & value; all sizes available. Supply of **Yellow** Zucchini is excellent, so now is a good time to include on the menu. **Zucchini flowers**, both male & female, are available.



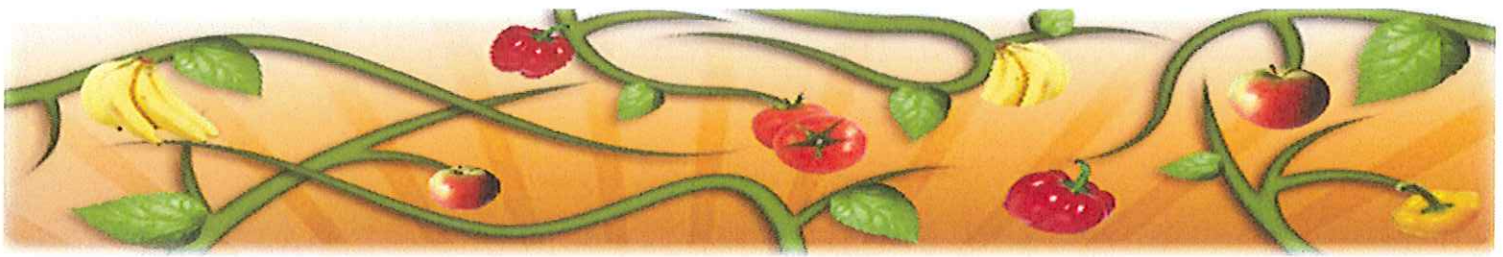
Christmas Products

HOLLY – Good supply of Christmas Holly is available now; please order Monday to Friday

CHRISTMAS TREES – Small, Medium & Large available; 48 hours notice please.



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RECOMMENDED FRUIT BUYS THIS WEEK

Bananas, Mangoes, Rockmelons



APRICOTS – Great quality Apricots are available & they are full of flavour.

BANANAS – An excellent supply of Bananas has meant a further reduction in prices. Quality is good & recommended buying this week.

BERRIES – **Strawberries** – Moderate supplies out of Victoria, combined with high demand has meant an increase in price this week. Quality is reasonable. **Blueberries & Raspberries, Blackberries & Redcurrants** are all available & quality is good. Some **Golden Raspberries** & a few **Blackcurrants** have started, but supply of these items are limited.

CHERRIES – Supply is good & quality is excellent. Excellent **VIP Large Cherries** are available. Prior order is preferred as they are not a stock line. **White Cherries** are available, again prior order is required.

FIGS – Great supplies of local Figs are available & supply is much more consistent. **Green figs** are mainly out of Queensland & supply is not consistent.

GRAPES – Good quality grapes are coming out of Queensland. **Menindee Seedless (White) & Flame Seedless (Red)** are our stock lines. **VIP grapes are Red Globes (with seeds) & Black Midnight Beauty (seedless).**

LEMONS – Fruit continues to be limited. Quality is average & high prices continue. **Limes** are of good value & a better alternative to lemons.

LYCHEES – Good quality fruit is available.

MANGO – Great tasting Mangoes are available. Recommended buying this week.

MANGOSTEEN – Good supply & quality is reasonable.

NECTARINES – Stock Nectarines have **Yellow** flesh & quality is good. **White** flesh fruit is available with prior order.

ORANGES – Fruit is now **Valencia**. Flavour is good & fruit is very juicy. Skin may show a slight green tinge now.

USA Navels have now started if you require a presentation fruit. No **USA Blood Oranges** have been available.

PEACHES – **Yellow** or **White** varieties are available. Both are of excellent quality & flavour is superb. **White** Peaches are not a stock line, so please place prior orders. Fruit is still 'Clingstone'.

POMMEGRANITE – USA fruit only.

PLUMS – **Yellow** flesh fruit is our stock line. **Blood Plums** have started now & prior order is recommended to ensure fruit is ripe as this is not a stock line.

RAMBUTAN – There is now a consistent supply of good quality fruit.

ROCKMELONS – It is hard to go past a Rockmelon for excellent eating & great value this week.

STARFRUIT – Very limited supply is available.

WATERMELON – **Regular & Seedless** – Fruit is of great quality & well priced this week.



EXOTIC FRUIT

Please note that Exotic Fruits may not be available daily.

Mangosteen, U.S.A Pomegranate, Rambutan, Starfruit (inconsistent), Lychees, Figs, Dry Muscatel



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