

Food For Thought

27th January, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Beans, Carrots, Snow Peas, Zucchini



ASPARAGUS – Asparagus from Peru is the best quality available. *Regular & White* asparagus is available.

BEANS – Good quality continues & is once again a recommended buy. *Borlotti, French Flat & Flat Italian* Beans are available. No *Broad* Beans are available. *Butter* Beans are limited & *Baby* beans are available, however they are not as small as usual.

BAMBOO SHOOTS – Fresh bamboo shoots are available, however they are sold in 10kg cases. Quality is good.

BROCCOLI & BROCCOLINI – Heat in Victoria is still affecting the quality of Broccoli. *Broccolini* continues to be available.

CARROTS – *Golf Ball* Carrots are available & quality is quite good. *Purple Dutch* carrots are not expected for another week or so. Please note the size of the carrots is quite large, so if you are looking for a size similar to *Regular Dutch*, you will be disappointed. *Regular Dutch* carrots are excellent quality & an excellent single serve vegetable. *Medium* stock carrots are excellent quality & price. We recommend buying this week.

CAULIFLOWER – Quality is good, however size is on the small side.

EXOTIC HERBS – A great selection of micro herbs in punnets are available including the following: *Marche, Watercress, Red Garnet, Chervil, Tarragon, Basil, Red Basil, Rocket, Parsley, Celery, Mizuna, Shallot, Tatsoi, Chard, Coriander & Lemon Balm*. Please note that *Shiso (red)* is not available due to a problem with the seed. *Green Shiso* is available, however please specify if you require it when ordering.

HERBS – *Chervil* continues to be unavailable due to poor growing conditions in Victoria. *Micro Chervil* in punnets is excellent quality & is the only alternative.

LETTUCE – *Cos lettuce* – Due to the heat, the lettuce is being cut too early & there is little heart left.

MUSHROOMS – *Shemiji* mushrooms continue to be unavailable. The mushroom is growing, however only the stem is growing & no cap is forming. No product is expected in the next week or so. *Chestnut* mushrooms are available in limited quantities only.

POTATOES – *Sweet Potato* – Good supply & good value continues. All lines of large potatoes are very limited & prices are very high. Meeting demands will be a problem over the next couple of weeks.

SALSIFY – Supply has started again.

SNOW PEAS – Tremendous supplies continue out of Victoria & recommended buying again this week. *Peas & Snap Peas* are available & quality is good.

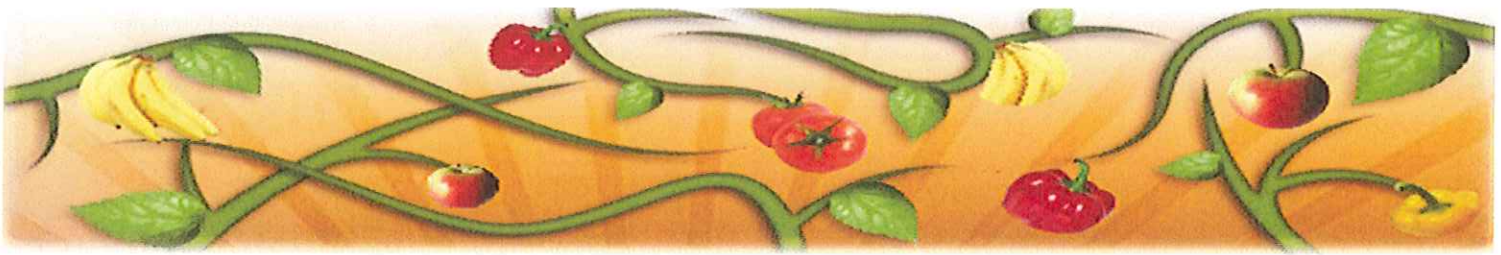
SQUASH – *Small & medium/large* squash are available & quality is good.

TOMATOES – Nice selection of gourmet tomatoes are available. *Heirloom* tomatoes, mixed sizes & colours are excellent flavour; best to order ahead to ensure fruit is ripe. Also available are *OxHeart, Johnny Lovebite, Cherry Truss, Truss tomatoes, Kumato & Gold Grape Tomatoes*. *Vine ripe Tomatoes* are very limited & an excellent alternative is *Truss Tomatoes*. Truss tomatoes have tremendous flavour, however are not consistent in size. *Regular & Roma* tomatoes are well supplied.

ZUCCHINIS – Great supplies from both local areas & Victoria. We recommend buying this week. *Grey Zucchini's* are available however supply is limited. *Zucchini flowers*, both male & female, are available.



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RECOMMENDED FRUIT BUYS THIS WEEK Figs, Rockmelons, Seedless Watermelon



APRICOTS – Best eating apricot is now New Zealand fruit; local supply has finished.

AVOCADO – Limited supplies continue; still a couple of weeks before new season "Sheppard" avocado's start out of Queensland.

BANANAS – Moderate supplies of Coffs Harbour/Queensland fruit; quality is fair.

BERRIES – Major quality issues continue for *Strawberries* with the heat continuing in Victoria. Trying to find the perfect strawberry is almost impossible; shelf life is limited. *Blackberries, Raspberries & Blueberries* are reasonable quality.



CHERRIES – Tasmanian Cherry season has now started; quality is reasonable. *VIP* cherries are sold in 2kg cases.

FIGS – Excellent buying continues. *Black Figs* are from local areas. Quality & flavour are good.

GRAPES – New Season local *Black Muscatel* grapes have started. Fruit is full of flavour. *Currant* grapes continue for a short time.

LEMONS – New season Queensland fruit has started to arrive on the market; prices are back slightly. *Limes* – continue to be very well supplied & great quality

LYCHEES – Fruit is from North Queensland. Quality & value are excellent.

LONGANS – Fruit is now available.

MANGO – Reasonable quality fruit out of Queensland continues.

MANGOSTEIN – Fruit is very limited.

NECTARINES & PEACHES – Quality & flavour is excellent. *Regular, large, yellow & white* flesh fruit is all available.



ORANGES – *Valencia* oranges continue to be our stock line. Fruit is juicy, however flesh shows a green tinge. Californian *Navels* are the best looking orange variety at this time of the year.

PEARS – New season "Clapp" pears are our stock pears, we expect to change to "William" pears as soon as the season commences; about two weeks away. *Baby paradise* pears are available & make an excellent fruit & cheese platter addition.

PINEAPPLES – Both *Regular & Bethonga* fruit is particularly sweet at the moment. Now is a good time to include on the menu.



POMMEGRANITE – USA fruit only.

PLUMS – Good supplies are available & fruit is eating well.

RAMBUTAN – North Queensland fruit is now available.

ROCKMELONS – Fruit is from Griffith. Tremendous flavour & value this week.

STARFRUIT – Consistent supplies now.

WATERMELON – *Regular & Seedless* – Both varieties are great eating now that the weather is warm. *Seedless* in particular are excellent value this week.

EXOTIC FRUIT

Please note that Exotic Fruits may not be available daily.

Longans, U.S.A Pomegranate, Rambutan, Starfruit, Lychees, Figs, Dry Muscatel, Paradise Pears, Mangosteen



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