December 11th, 2018

MARKET REPORT

Good =

Average =

Bad =

Select Fresh PROVIDORES

BEST BUYS

Veggies:
COS & ICEBURG LETTUCE, CHERRY TOMS, , ZUCCHINI,
Fruit: PAPAYA, WATERMELON, BLUEBERRIES, CANDY MELON, STONEFRUIT

SOMETHING DIFFERENT

Fruit: Dragon fruit, Rambutans, Lychee, Finger Limes, White Cherries, Violet Apricots, Red Currants
Vegies: Golf Carrots, Gold & Mixed Radish, Romanesco, Heirloom Toms

APPLES

Red Dels from Orange still remain good value this week, while Fuji have FINISHED! Jazz & Pink Lady's are the more expensive variety. Good value Granny Smith also available.

BANANA

QLD supply & quality very good with prices remaining steady.
Supply of Banana Leave also good

Banana Bells in short supply

BERRIES

VIC STRAWBERRIES - quality set to improve this wk, with more 1st pick becoming available. Majority of fruit is LARGE !
Blackberries are good value & great quality. New Season TAS Blueberries &

CITRUS

Navel Oranges are finishing up over the next couple of wks. Murcott mandarins will be finished this wk. LEMONS prices down slightly as some imports and QLD fruit becomes available. BLOOD ORANGES -FINISHED !!

FIG

NSW & VIC fruit and extra QLD fruit are available. Prices have improved and will continue over the coming wks.

GRAPE

USA Red & Green have FINISHED !!
Aussie Red Flame and Green Menindee seedless are now available, with prices back a little further.
Dried sultanas and muscatels on the vine

GRAPEFRUIT

Last of Aussie Ruby's finishing this week. Marsh Yellow prices remain steady on both.

KIWIFRUIT

Italian Gold & Green produce has now commenced with quality and pricing on the improve.

LEGUMES

TAS walnuts are available only in a 10kg bag. Fresh White (Hard) Almonds are now available.

MELON

Rockmelonminimal stock available. Best & cheaper sub is the NEW SEASON CANDY MELON.
Honeydew & Watermelons from QLD are very good quality & Value.

PASSIONFRUIT

Passionfruit prices continue to drop due to increased supply. Panama available and remain the better value of the two.

PAW PAW / PAPAYA

Papaya & Paw Paw continue to be great value. Green Papaya prices are gradually rising.

PEAR

Pear varieties available: Packham, ,Ya, Nashi consistently good value and eating well. The very last pick of Baby Corella in stock.
Honey & Beau Bosc have FINISHED !!

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PINEAPPLE

Topless Pines prices steady again this wk, with majority of fruit being SMALL . Smooth Pines with Tops are available. again not a lot of large fruit about .

POMEGRANATE

Plenty of USA produce in the markets has brought prices down further. Some PRE-PACK seeds available.

STONEFRUIT

Nth QLD KP Mangoes are plentiful & very good value. Aussie peaches & Nectarines continue to be great quality. White Peaches are LIMITED. Plum (red & yell flesh) are available.
CHERRIES ava in 500gm, 2kg & 5kg ctn

EXOTIC FRUIT

Imported and Local Dragon Fruit red & white Flesh are available Fresh Finger limes (pun & loose) and Finger Lime Caviar available. Small amount of new season Rambutans, Lychee ,Soursop & Star Fruit are about

ARTICHOKE

The last supply of VIC Green & Purple is now available.
*Jerusalem & Baby artichokes FINISHED!

ASPARAGUS

Victorian asparagus supplies are winding down with prices rising. Imports are commencing next wk. Purple & White still available for this wk.

AVOCADO

Consistent supply of HASS variety from NZ continues to keep pricing steady.

BEAN

Supplies of machine & handpicked beans have greatly improved bring prices right back ! Butter Beans are very LIMITED.
Roman Beans $$$ and Snake Beans continue to be scarce

BEETROOT

Local baby white very short, with new season local baby golds,baby beets & targets in good supply. Loose Beetroot prices up. Loose large gold beetroot still available.

BROCCOLI

Vic supply of Broccoli has improved with prices slowly coming back.

BROCCOLINI

Supply continues to be a little low, however pricing remains stable .

BRUSSEL SPROUTS

Only small supply from WA, quality is good with pricing up a little.
Kalettes and Purple Brussels have now FINISHED.

CABBAGE

Greens Red & Savoy volumes are very good. Local Tuscan cabbage is available Sugar loaf, Chinese Cabbage continues to remains pricey.

CAPSICUM

Red Caps prices are steady with stock limited from QLD & SA. QLD Green are scarce with $$ moving up. Yell Caps prices are steady. Some NZ orange available. Red ,Green & Orange Bull Horns along with Vine Sweet Mini caps

CARROT

QLD & WA supplies are improving. pricing remains steady. Dutch & Heirloom carrots continue to be very good. Large Purple also available.
RED DUTCH - Not Available

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CAULIFLOWER

Cauliflowers from Victoria have improved with prices coming back. .Coloured Purple & Green Caulies are limited. NO ORANGE CAULIES !!

CELERIAC

Celeriac continues to be in good supply with produce large and great value.

CELERY

Supply out of VIC continues to improve bring prices down.

CHILLI

Supply of birds eye, long red & Jalapeno have become very short out of QLD pushing $$ up. (especially on Long Red) Poblona and some Habanero are available. Long greens have improved & few red Jalapeno available

CUCUMBER

Lebanese & Tele's have finally shorten up with prices rising. Baby Qukes, Apple Cucumbers & Aussie Cucumbers are also in good supply. * GHERKINS are available !
** Cucamelons are also available

CORN

Supply of loose corn has improved with prices back a little.
Baby Corn also available.

EGGPLANT

Local supply coming through prices remain stable quality is very good. Lebanese/Japanese are scarce. Thai eggplant is limited, with Pea and Striped available.

FENNEL

VIC Large & Baby has shortened up prices remaining high. Local Finger is available with good volumes coming through
Local fennel flower is available.

GARLIC / GINGER

Fresh Local Garlic bunches have FINISHED! Peeled garlic - Imported. Ginger supplies & price are steady. Garlic Braid available,

LEEK

Pencil/Baby leeks in season. Export Pencil Leek volumes are good. VIC Larger Produce supply is steady,

RADISH

Local Red supplies are good, as is Breakfast radish. Horseradish from TAS available. Local Gold, & Mixed radish available.
Daikon is available but short supply.

LETTUCE

Large Cos & Iceburg continues to be great value this wk.
**Snow Pea Tendril both Ctn & Pun are in consistent supply. Tatsoi, Chard, Curly Endive out of VIC quality has improved
Red Witlof is very limited while White

MUSHROOM

Supply of FLATS, PORTS & BUTTONS great value . Oyster & Shimeji have improved. Enoki, Swiss Brown, King Brown/Trumpet are available. Chestnuts & Nameko are very very LIMITED! The occasional box of Pine

ONION

Brown Banana Eschallots available. New Season QLD Large Brown & Spanish onions prices are very good. Local Spring onions are great!! Cipollini Onions are NA !!

PEAS

Fresh Peas out of Vic are light but eating well. Snow peas & Sugar Snaps are tightening up pushing prices up this wk.

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PARSNIP, TURNIP & SWEDE

Supply of Parsnips has improved. Large turnip and swede remain good buy again this week. Parsley root now available.

PUMPKIN

Butternut, Jap and Grey pumpkin are great quality and prices remain good. Spaghetti Squash is now available. Gold Nugget NOT AVA.. Dumplings & Gourds are now available.

POTATO

ALL LARGE POTS - Desiree, Sebago Washed are very scarce !!! ** Chats, Cocktails., Kipfler both washed & brushed are all good value * Some late pick Purple Congo's are in.

TOMATO

ROMA'S &N GOURMET TOMS have become very scarce with limited quality from SA & Local Growers available pushing $$ up
Good quality Heirloom ava.
Loose Yell Cherry ava, Black Russians

ZUCCHINI

Green Zuc continue to be great value Yellow and some Round Zuc available. Squash is limited & pricey.
**Zucchini Flowers supply has improved while price remains stable. Lebanese Zucchini are available

GREENS

Cimi Di Rapia is FINISHED!.
Some Sting nettles still availble but is due to finish any day...
Silverbeet good quality., Chicory & rainbow chard available

GREENS

Local Kohlrabi green supply has improved. Purple supplies are steady Green & Purple Kale supply & quality is Fantastic !!

HERBS

Local Basil is now available and quality continues to be very good . Local Thyme, Sage, Dill, Parsley & Chive is excellent, Lemon Myrtle, Verbena & Balm are available.
* Corri & Chervil are VERY SHORT !

ASIAN VEGGIES

Kang Kung (water spinach) local supply coming through. Wombok prices remains up.
Supply has improved on Gai Lan & Choi Sum. Baby Bok Choi supply remains good

TRUFFLE

SEASON HAS FINISHED.

NATIVE PRODUCTS

Samphire and warrigal greens new season has started volumes are steady and will improve moving forward. Barilla ,native thyme,river mint & sea parsley are all available in punnets only. Slat Bush Limited