May 22, 2018
MARKET REPORT

Good =
Average =
Bad =

Select Fresh PROVIDORES

BEST BUYS

Vegetables;
Sweet potato (QLD) , Eggplant (SA), Green , Broccoli, Celery (NSW), small Roma (QLD)
Fruit; Lemons- QLD , Pomegranates (SA) , Avocados Local / QLD Mandarins(QLD) Rockmelons,(NT) Raspberries & Seedless Watermelon (NT)

SOMETHING DIFFERENT

Broad beans slowly trickling into markets , Globe Artichokes from VIC - get these onto your menu Chokos ,Bitter and Hairy Melon, Blood oranges few weeks away - get ready ..Aussie Pomegranates are red and delicious. Garlic Baby kale is new great

APPLES

Pink Lady and Gold Del are steady along with Red Delicious. New season stock has arrived along with Fuji apples. Toffee Apples are in - get them on your kids menu
Royal Gala and Kanzi in season with Custard apples also available.

BANANA

QLD fruit prices have maintained great taste and steady prices this week.
Lady fingers , plantain ,Blossom and leaves for decorating or buffets available.

BERRIES

VIC Strawberries becoming very light on due to the VIC cold snap with QLD berries at the moment not hitting the market. Raspberries are also steady this week - great eating and full of colour best value. Coffs Harbour Blueberries are scarce this week.

CITRUS

QLD supplies of lemons and Limes are getting tight, prices will reflect the market this week.QLD Navels now in the market and remain better value. Mandarins are good quality with both imperial & daisy varieties available.

FIG

NSW and QLD supply is getting very tight with cooler nights and less sunlight - the price of fruit is starting to become very expensive _ please take off your menu if you can.

GRAPE

Victorian season Red variety have managed to rise in price with Black seedless yield is steady and full of colour. Black are the best value. Green on the other hand have maintained price as well.

GRAPEFRUIT

Late season QLD Ruby yield is way down this week this has effected prices with Marsh (yellow) grapefruit also this week which is slowly getting better we are hoping for further improvement moving forward Prices are steady both varietieties.

KIWIFRUIT

NZ Kiwi-gold delicious and colour to match this fruit looks great on your buffet - Green Kiwi fruit has improved and prices are back this week.

LEGUMES

Chestnuts season has Started coming from VIC. TAS walnuts are available only in a 10kg bag. Green almonds are not available in 10kg box. Fresh Pistachio nuts are finished. Almonds season has finished also.

MELON

Watermelon fruit colour and texture has improved slightly with NT season now commencing prices are steady Rockmelons are steady this week. Honydew Prices are up slightly. Champagne melon has finished.

PASSIONFRUIT

Northern Queensland fruit Volumes have increased with prices are steady this week. Panama is still the better buy- larger and juicier fruit

PAW PAW / PAPAYA

Papaya red has great colour and taste this week with prices reflecting the market . Green is also available and eating well, great for salads. Yellow paw paw is steady but prices are up with the cold weather .

PEAR

Pack-ham, Corella pears are all available and eating well. Green pears are the pick this week. Josephine pears are great value this week.

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PINEAPPLE

All QLD fruit has firmed with prices back this week in the market. Fruit is eating and volumes are good this week. Topless pines at the moment is small in size.

POMEGRANATE

Local season has hit the market - Bright red and full of juicy seeds. With local season starting there is punnets of seeds around. Prices are up slightly this week due to a drop in supply.

STONEFRUIT

Plums (yellow & Black) season is slowly coming to an end. Local Mango season has also come to an end with Mexican varieties now available.

EXOTIC FRUIT

Amazing array of exotic fruits are now in; Imported Dragon Fruit, Hairy melon, fresh Coconuts are great drinking for the bar, mandarins and Star Fruit, Feijoas . WA Tamarillos are in the market.

ARTICHOKE

Local large green artichokes have hit the market running - so this is the time to start them onto your menu . Get ready for this -Jerusalem artichokes are up this week coming from SA.

ASPARAGUS

Mexican Asparagus has come to an end with Peru stock coming through - internment changes to regions have prices up a little. The variety of baby, white & purple asparagus has finished for the season.

AVOCADO

Hass variety around in good volumes with prices coming back even further this week. Good value , texture is solid green and great eating.- Creamy taste and great for Guacamole

BEAN

Due to the cold Green Beans are up up this week both coming from QLD this week. Borlotti, Snake and continental beans are all now available. Butter Beans are up this week with limited stock. Local Broad beans are also available but are limited.

BEETROOT

Local Baby and VIC heirloom Beetroot volumes have come into the market all lines are back .Both gold and white local beetroot numbers have improved.

BROCCOLI

QLD Broccoli harvest volumes have slowed slightly this week and prices are up this week again. quality is still good.

BROCCOLINI

Prices are steady this week,quality is good with the improved weather conditions in the growing regions. Perfection brand is a great variety to include onto your menu.

BRUSSEL SPROUTS

Victorian brussel sprout volumes are down with prices reflecting this product is now coming in 5kg boxes.Baby brussel sprouts have also hit the market. Purple is also available along with Kalletts .

CABBAGE

Local Red volumes are up slightly with prices remaining steady. For texture local hand picked Tuscan cabbage is good value NSW Green cabbage and QLD wombok have also improved

CAPSICUM

Red capsicum prices are back this week with volumes improving. Green Capsicum is the best value this week. Yellow and Orange capsicum prices are Steady. Green & Red Bullhorns good quality Yellow is NA this week.

CARROT

Large are eating well, good for roasting. Yellow, purple and white Dutch supplies are improving along with sizing red is limited. Golf are also available. Large purple are now available. Chantery carrots are in for something different.

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CAULIFLOWER

Cauliflower is up this week due to cold and is still good quality- Purple variety are in season but the quality is poor at the moment coming out of Victoria and volumes are way down.

CELERIAC

Local and VIC volumes are good with quality and sizing (medium - large) very much improved. - great Autumn Vegetable

CELERY

Supply from Victoria with prices remain steady this week again quality is good. Great value
Lovage is available - 48 hours notice required

CHILLI

Birds eye, Chilli green bullet $$ in short supply, Long green plentiful and prices are reasonable. Long Red volumes are tightening Habenero something different for taste and texture. Padron Chilies are finished.

CUCUMBER

Both Lebanese & Tele cucumber prices have risen dramatically with the cold snap in the southern region Baby cucumbers are in season for something different. Pickling Gherkin are finishing up.

CORN

Corn supplies are down but with the colder weather coming, prices are up marginally with southern crops finishing up.. Bi-colour pre-packed corn is available. Baby corn in the husk available along with popping corn on the cob.

EGGPLANT

Local Eggplant prices are steady this week but quality is still good seedless quality is good with some QLD fields coming through .Other varieties include striped, Lebanese, Pea, Thai white Japaneses and thin purple - try these on your next menu.

FENNEL

Both large and baby fennel volumes are good with prices coming right back this week. Finger fennel is Local and quality is very good.

GARLIC / GINGER

Ginger prices are steady this week, young ginger now available. Garlic flowers are finished along with society garlic flowers. Flowering Garlic chives Garlic stems are back in small numbers. Black Chinese garlic available for something different.

LEEK

Large produce volumes are low coming from VIC in the market and prices are up slightly. Local Export Fresh Pencil Leek volumes are good.

RADISH

Breakfast radish supply is good and excellent quality. Watermelon Radish is available along with Rainbow radishes. Red radishes are getting tight. Black radish is now finally available in the market

LETTUCE

Iceberg lettuce from VIC- prices are back slightly Cos from VIC prices are up this week. Red witlof is VERY scarce in the market still - best sub is Raddicchio with White witlof volumes improving.

MUSHROOM

Button mushroom volumes are still low this week with prices up slightly . Flat and portabello mushroom volumes have improved this week along with swiss brown mushrooms.Oyster mushrooms are also limited at the moment.

ONION

Brown Banana Eschallots are available. Brown onions are steady this week. Spring onion volumes are increasing with QLD stock coming into the market prices are back. White onions are available. Purple cipollini onions are back in season.

PEAS

Aussie Snow-peas becoming very light prices are up and sugar peas supply has improved coming in from VIC region. Fresh peas are available but low volumes prices have steadied. Imported snow peas are better value this week.

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PARSNIP, TURNIP & SWEDE

Parsnip supplies are tight in the market prices are up. Medium turnip prices are down this week, Swede is also a great buy. Parsley root is NA. Salsify is available in the market.

PUMPKIN

Butternut, Jap are great quality and prices remain steady this week, QLD variety volumes have improved and prices are back Gold Nuggets are available in the market.

POTATO

Kestrel small and large and Spunta are some of the varieties to put onto your menus along with Pink eye and Nicola. There is no washed kipfler available in the market.Large Desiree's very light in the market and no large royal blues at this stage.

TOMATO

All varieties are tightening up with the cooler weather QLD stock is limited with very little local supply. Cherry tomatoes have come back in the market also this week. Kamutos are finished with Black Russians now available.

ZUCCHINI

Green Zucchini coming from QLD prices are up (cold snap) with no Southern supply .Supply of female & male zucchini flowers is thinning with the cooler weather prices up . All field produce. Yellow zucchinis are finished Yellow squash is the best sub

GREENS

Silver-beet and rainbow chard colour, taste and price are going hand in hand. Green Kale is steady and great eating. Chicory has great taste and colour is amazing - Local - put it on your menu. Cimi de Rapa now available.comin from VIC.

GREENS

Local Kohlrabi green supply is better this week.
Rhubarb- great value and colour is magic.

HERBS

Basil supply is down with only QLD produce available prices are up. Shiso is very scarce best sub is seasame leaf, Lemon verbena is finished and myrtle is scarce at the moment. Sage & oregano quality is down.

ASIAN VEGGIES

All Asian veg supplies are good in quality Kang Kung is locally supplied and back in the market. Wombok prices have improved this week. Celtuse is not available in the market.

TRUFFLE

SEASON HAS FINISHED.

NATIVE PRODUCTS

Karkella, sea blite & samphire volumes are good. Also remember if you require any other Native products we need a weeks notice to organize our orders. Warrigal greens are SS at the moment. Finger limes great for the bar