October 9, 2018
MARKET REPORT

Good =
Average =
Bad =

Select Fresh PROVIDORES

## BEST BUYS

Veggies: DUTCH CARROTS,
COS LETTUCE, BROCOLLI, BEANS,
LEBANESE CUCUMBER, ASPARAGUS,
AVOCADO, VINE TRUSS TOMATO,
SILVERBEET
Fruit: PAPAYA,
ROCKMELONS,HONEYDEW, MANGO
BLUEBERRIES, RUBY GRAPEFRUIT,KIWI

## SOMETHING DIFFERENT

Fruit: Dragon fruit, dried sultana's,star apple tangello's blood limes, fresh finger lime pun vegies: stinging nettle, cimi di rappa, broad beans, white & purple asparagus green almonds, cavalonero flower, dill and Romensco flower, purple caulies, red chard

## APPLES

We continue to have good pricing on the Granny's at the moment. Fuji's are up further due to limited stock. Jazz, Red Dels & Pink Lady's available.

## BANANA

QLD Fruit prices are up this week, not much growth coming through but quality remains good. Banana leaf supplies have improved, with a little more available this week.

## BERRIES

Raspberries are steady and remain great quality. Blueberries quality is also great and well priced. Blackberries are not available sub with Mulberries . Strawberries supply mainly from WA as QLD quality has dropped off.

## CITRUS

Oranges good supply of local navels, mandarins are tight with imperial finishing & Afourer coming to an end.. Limes are tight and still up $$$, Lemons prices are up a little as season slows out of VIC.

## FIG

QLD Figs continue to remain limited with prices remaining high $$$$$$$$$$$$

## GRAPE

All grapes are seedless and USA grown. Red,Green, Black remaining steady. Dried sultanas and muscatels on the vine are available fantastic for all your cheese displays.

## GRAPEFRUIT

Ruby grapefruit up slightly still a better buy again this week. Grapefruit Yellow are limited due to change of growing region.

## KIWIFRUIT

Green Kiwis are available with flesh ripe and ready to eat, pricing is good.
Golden Kiwi are available.

## LEGUMES

Chestnuts season has come to an end.. however we do have a handful available. TAS walnuts are available only in a 10kg bag. Fresh Green almonds also available in 10kg box.

## MELON

Rockmelons have tightened, prices up slightly from QLD & WA . Honeydew on the other hand have improved with more stock coming in with $$ improving. Spanish melons continue to be great value, New season QLD watermelon very good quality.

## PASSIONFRUIT

Passionfruit continue to be very expensive. Panama variety are in very short supply but are the better value of the two.

## PAW PAW / PAPAYA

Papaya & Paw Paw continue to be great value. Green Papaya is also in good supply & value - great for spring salads.

## PEAR

Packham, Buerre Bosc, Corella and Baby Corella are all available and eating well. Nashi are the pick this week from VIC + TAS great value.

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## PINEAPPLE

QLD fruit both topless & with top prices are consistent & eating well. The fruit is juicy and flesh has a great colour to complement this fruit.

## POMEGRANATE

One small region in USA has come and gone, we are waiting for the next region to commence in coming weeks.
NO POMEGRANATE AVAILABLE THIS WK

## STONEFRUIT

Mangoes from NT great quality, very sweet prices have dropped this week.. Still carrying USA yellow peaches & plums. Aussie stone-fruit is set to start in the coming weeks. USA Nectarines have finished.

## EXOTIC FRUIT

Cumquat, Yuzu & Quince have finished Imported Dragon Fruit red & white Flesh is available Rambutans NA. some late season Bergamot lemons are available. Handful of fresh finger land frozen limes as well.

## ARTICHOKE

This is the time to purchase large green & purple globe - Also baby green globes are in season eating very well from VIC, Jerusalem artichokes are available. - nutty in taste and velvet texture.

## ASPARAGUS

Victorian asparagus quality & value are superb this week - support the local asparagus and buy them now, with local baby and loose also available. Purple and white are excellent quality with prices remaining steady.

## AVOCADO

HASS variety in season from NZ with prices coming remaining steady.
Texture is smooth and creamy - great value and taste to go hand in hand.

## BEAN

Supply of Green Beans has dropped, prices up marginally while quality remains good. Hand- picked $$ have come back. Butter Beans remain good value.Local broad beans great value & Romans have come back in price. Borlotti are available, snake bean have

## BEETROOT

Local baby white & gold beets very short, baby beets & targets in good supply.
Bags of loose large gold beetroot available.
Great for pickling veg ....

## BROCCOLI

Supplies have improved this week, with prices reflecting this from VIC. A small amount of Romensco ( large and Small heads) is available
this week ,,,, Great looking veg

## BROCCOLINI

Quality & pricing is great again this week.
some loose Brocolini purple available.

## BRUSSEL SPROUTS

Only small supply from WA creating a shortage and forcing prices up again this week.
Purple variety have hit the market - some colour for you dishes

## CABBAGE

Greens great price again this week with good supply. Red volumes and prices have improved. Local hand picked Tuscan cabbage is available Sugar loaf, Savoy are available for something different.

## CAPSICUM

Green and red caps good value this week. more volumes coming in. Better buy this week is the red cap.
Yellows remain steady and orange available from NZ,Vine mini caps are extremely in short supply.

## CARROT

WA Large carrot are in steady supply. Local heirloom and dutch carrots are great value again this week. Vic dutch reds also available. Purple large available. No golf carrots.

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## CAULIFLOWER

Cauliflowers from Victoria/ NSW are steady with quality remaining good. Cauliflower Blossoms, NA
Purple Caulies have just started -

## CELERIAC

This product is in its peak season - Nutty , creamy and $$ price is great.

## CELERY

Supply, quality and prices continue to be great this week.

## CHILLI

Supply of birds eye and long red have improved with prices back a little. Long green, Poblano & Reaper are
limited .Jalapeno are available but there is no Padrons .
Small amount of habanero have come in.

## CUCUMBER

Lebanese prices continue to improve & are great value.
Telegraph have also dropped with Lebanese remaining definitely the better value.

## CORN

Corn supplies out of QLD have tightened forcing $$ up. For smaller produce try our baby corn - great for stir fry. Bi-Colour corn is available.

## EGGPLANT

Supply of QLD stock is steady this week. Other varieties include striped , Lebanese, Japaneses and thin purple - are all great value.

## FENNEL

NSW baby and VIC Large supplies continue to be excellent value. Finger fennel is Local supply with good volume coming through and a great buy this week.
For something different - Fennel flower

## GARLIC / GINGER

Fresh Local Garlic bunches are available. Peeled garlic - Imported. Ginger supplies and prices have improved a little.
A little AUSSIE GARLIC available from QLD with prices very very high. quality of imports is very good & price considerably less.

## LEEK

Pencil/Baby leeks in season. Large produce quality good. Export Pencil Leek volumes are good so get some now for your spring menus.
VIC Leeks supplies are improving.

## RADISH

Good supply of Local Daikon coming through. Local Red supplies are good, as is Breakfast radish. Horseradish from TAS available. Watermelon Radish is available but very small. NO BLACK RADISH

## LETTUCE

Large Cos is great value again this wk. Iceburg remain steady. Salad Mixed, wild rocket, and baby spinach from Vic supply & quality very good. Green Coral & Butter Lettuce are limited. Green and red witlof around for something different.

## MUSHROOM

MUSHROOMS SUPPLIES HAVE IMPROVED - although FLATS are a little limited. Namekos are available. Oyster, Enoki & Shimiji in good supply. Portabello are in 3kg Boxes ..Swiss Brown & King Brown/Trumpet are in good supply

## ONION

Brown Banana Eschallots available.
Brown & Spanish onions are in between season with prices up marginally.
Local Spring onions & Spring Spanish are glamour.

## PEAS

Snow peas & sugar snaps are steady, with green peas very limited from Victoria & QLD. waiting on new stock from Vic

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## PARSNIP, TURNIP & SWEDE

Parsnip supplies are in good supply with prices reflecting.
Large turnip and swede a good buy this week. Parsley root now available.

## PUMPKIN

Butternut , Jap and Grey pumpkin are great quality and prices remain good his week, great quality with high volumes.
Gold Nugget & Dumplings have finished.
Spaghetti Squash is now available.

## POTATO

All varieties are good quality. With chats & cocktails $$ up due to change of growing region, Large Washed are up this week, in between regions Sweet pot great value.
Washed & Brushed kipfler are now available.

## TOMATO

Heirlooms continue to be very limited with best sub Kumatos and OX Hearts.
Gourmet (Salad, Golf) and Roma supply out of QLD have tightened raising $$. Medley mix, yellow cherry tom available.

## ZUCCHINI

Green Zucchini continue to be good value
No Yellow Zucchini available sub with Squash.
Zucchini Flower supply is very good.

## GREENS

Cimi Di Rapia is slowing finishing.
Sting nettles in season. Silverbeet & rainbow chard is great value again this wk.
Locally grown glamour Red Chard is now available.

## GREENS

Local Kohlrabi green & purple supplies are good - something different.
Green Kale & Chicory is in good supply.

## HERBS

QLD Basil quality remains great.
Watercress quality is good volumes have improved. Local herb supplies are also good.
Shallots & Cont parsley a little limited due to flowering at the moment.

## ASIAN VEGGIES

Kang Kung (water spinach) from NT is limited with some local coming through.
Wombok prices,& quality is very good.
Gai Lan & Choi Sum down in supply.

## 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.