

Good = 

Average = 

Bad = 

BEST BUYS

SOMETHING  
DIFFERENT

APPLES



BANANA



BERRIES



CITRUS



FIG



GRAPE



GRAPEFRUIT

KIWIFRUIT



LEGUMES

MELON



PASSIONFRUIT

PAW PAW /  
PAPAYA

PEAR



Good =



Average =



Bad =



**Se**lect *Fresh*  
PROVIDORES

**PINEAPPLE**



**POMEGRANATE**



**STONEFRUIT**



**EXOTIC FRUIT**

**ARTICHOKE**

**ASPARAGUS**



**AVOCADO**



**BEAN**



**BEETROOT**



**BROCCOLI**



**BROCCOLINI**

**BRUSSEL SPROUTS**

**CABBAGE**

**CAPSICUM**



**CARROT**





Good =



Average =



Bad =



**Se**✓**lect** *Fresh*  
PROVIDORES

**CAULIFLOWER**



**CELERIAC**



**CELERY**



**CHILLI**



**CUCUMBER**



**CORN**



**EGGPLANT**



**FENNEL**



**GARLIC /  
GINGER**

**LEEK**



**RADISH**

**LETTUCE**



**MUSHROOM**



**ONION**



**PEAS**



Good = 

Average = 

Bad = 

**PARSNIP, TURNIP  
& SWEDE**

**PUMPKIN**



**POTATO**



**TOMATO**



**ZUCCHINI**



**GREENS**



**GREENS**



**HERBS**



**ASIAN VEGGIES**



**TRUFFLE**



**NATIVE PRODUCTS**