
Select Fresh Market Update April 27th



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WHERE QUALITY AND SERVICE COME TOGETHER

MARKET UPDATE April 27, 2020

Week In Review

Welcome to this weeks Market update.

Greeting from the Select Fresh Team.

Bit cooler in the mornings now but the up side is all the amazing winter vegetable are coming in to season.

Delivery schedule;

NEW TIMES ALLOCATIONS.

Canberra regions - Monday through to Friday.

Central Coast, Hunter Valley and Newcastle regions – Monday, Wednesday, Friday and Saturday.

South West, Wollongong and Shire regions - Monday, Wednesday, Friday and Saturday.

Penrith, Blue Mountains and North West regions - Monday, Wednesday, Friday and Saturday.

All other areas – we will be delivering Monday through to Saturday.

Juices.

Juices only available Monday & Wednesday at this time. If you have any standing orders please contact us to make arrangements.

Avocado.

We have come to the end of the Shepard Season (I hear everyone go YEAH) Hass avocado back from next week.

**Select Fresh Fruit & Vegetable Boxes**

Demand is still high for our Fruit & Vegetable boxes, we have two available

The Staple box & the Family mixed box.

Place your order for next day delivery or pick up

Call the office to place an order or follow the link. (selectfreshprovidores.bigcartel.com)

**MUST HAVE PRODUCE****FRUIT:**

Pink lady apples, strawberries, Spanish melons, green pears, black figs local, mandarins ,local lemons, pomegranate, honeydew, rockmelon new season, yellow papaya, red grapes, corella pears still the best pick, golf tomato, salad tomato better priced then roma tomato,

**VEGETABLES:**

Radicchio from Vic, zucchini, eggplant, broccoli is a good buy, green beans from Vic, parsnip, shallots, carrots, desire potatoes, green & red capsicum 2nds are the go to, large beetroot, green & savoy cabbage (SA), peas in 5kg cartons, all telegraph and Lebanese cucumbers, button mushrooms, chat potato, kumara potato, jap & QLD blue pumpkin, cauliflower, cuca melon.

SPOTLIGHT**FRUIT:**

Chestnuts, Red Love apples are in, orange candy melon, Watermelon now from QLD, Persimmon FUYU (hard) and now the soft variety, pomelos (local), rambutan, red grapes are the best pick, dragon fruit, honeycomb (half frames), pomegranate, walnuts (10kg), custard apple, rhubarb, quince, guava, kiwi berries.



VEGETABLES:

Cauliflower blossom, Jerusalem Artichokes (so great when roasted), globe artichokes from Victoria , celeriac, Brussel sprouts, okra, yellow zucchini, Lebanese zucchini, spaghetti squash, pollen powder, red & green chilis, asian greens (bok choi, choy sum, gui lan) gold beetroot , banana shallots, daikon radish, rocket bunches, treviso.

PREMIUM PRODUCE**FRUIT:**

Blueberries from NZ, Kiwi fruit currently from France/ Australian kiwi fruit from next week , green paw paw , panama passionfruit, naval oranges (new season)

**VEGETABLES;**

Leeks limited stock, hand picked beans, ice berg lettuce (cos Lettuce better priced), Eggs prices is holding firm , ginger still high due to virus uptake , white witlof, continental beans, jalapeno chili, imported peeled garlic price very high, sugar snaps are imported, Asparagus from USA is short supply and costly. Corn cobs very limited due to change in supply from different locations, about another 2 weeks till Qld supply hits the market.

SEASON ENDED**FRUIT:**

All stone fruit has now ended only plums available, dried muscatel (substitute with sultana grapes), blood oranges, apricots. Green grapes.

VEGETABLE;

Cherry loose tomatoes , purple and white asparagus, cimi di rapia, Red Dutch carrot, Garlic (fresh and flower), stinging nettles, red witlof, gourds, white eggplant, celtuce, parsley root, yellow butter beans still nothing this week, green & purple cauliflower , imported baby corn , baby loose kale, snow pea (imported only), baby zucchini hard to source, pine mushrooms, slippery jack (due to limited rain), poblano chili, lemon myrtle.

PETIT BOUCHE

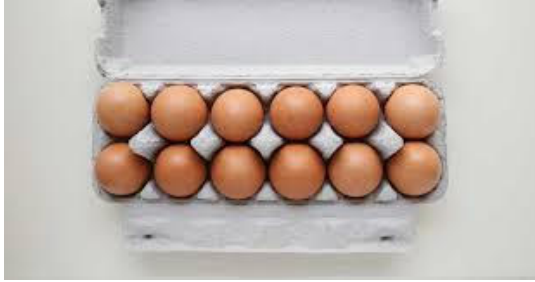
All Petit Bouche & edible flowers are currently not available until further notice

HERBS

All herbs are readily available due to the favorable weather conditions

Salad Servers – orders for Salads servers must be ordered 72 hours prior to delivery by 11.30 am

Egg Pulp, we will need 48 hours notice on whole egg & egg white products.



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