



Unit 12,
17 – 19 Unwins Bridge Road
St Peters NSW 2044

T 9113 0866 | F 9113 0867
E orders@selectprovidores.com.au
www.selectprovidores.com.au

WHERE QUALITY AND SERVICE COME TOGETHER

MARKET UPDATE 11th May, 2020

Week In Review

Welcome to this weeks Market update.

Greetings from the Select Fresh Team.

Hope everyone had time to see & spend time with mum for her special day.

With the change in weather it has brought a quicker end to the southern states season and some line are now at limited stock.

The Qld season is just starting up and we still a few weeks away from having that season available, we will keep you up to date on this.

Delivery schedule;

NEW TIME 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.

Herbs & Salad Mix.

With the cold snap in Victoria, local basil has seen a jump in price & the new QLD season has not yet started.

The leaf mix range of mixed leaf lettuce, rocket, baby spinach has also been effected by rain though quality is very good.

Strawberry.

Very light supply from current suppliers, light in color on the shoulder tops from the early winter chill, QLD season about 2 weeks away.

Juices.

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

Green leaf herbs

The pick of the herbs, parsley, coriander, dill & mint are all in great supply & great quality, make your favorite salsa, pesto this 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.

Remember that with every box sold we are donating 5% to the children's hospital, every box matters.

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:

All apples eating well, granny smith , pink lady, gala are best value, banana med, banana leaves, lemons , limes, golden kiwi fruit Spanish melons, pears (corella, packham, bosc), local mandarins, Myer lemons available for something different, naval oranges pomegranate, honeydew, rock melon is new season, **orange candy melon is a best buy this week**, yellow papaya, red grapes are at their peak , watermelon is eating well from QLD with a slight increase in price, golf tomato, salad tomato best options this week than the roma tomato , loose cherry truss tomato available, haas avocado for your toast is eating well, dry coconut.



VEGETABLES:

Radicchio is from Victoria, eggplant, broccoli, green beans from Victoria, parsnip, shallots, Dutch carrots purple, white & yellow, golf carrots ,green & red capsicum 2nds are the go to, large beetroot, celery, rocket bunches, peas in 5kg cartons, **telegraph cucumbers are the choice this week** , chat, medium and large desire potato , kumara potato, jap, QLD blue & butternut pumpkin are great, cuca melon, fresh olives, cos lettuce better price than iceberg.



SPOTLIGHT

FRUIT:

Chestnuts, red Love apples available for the next few weeks, persimmon FUYU (hard) and now the soft variety, pomelos (local), rambutan, dragon fruit, honeycomb (half frames), pomegranate, Walnuts (10kg), custard apple ready to be baked for a cold night treat, rhubarb, quince, guava, green kiwi fruit from Victoria is available, September candy plums.



VEGETABLE;

Borlotti beans (local), large fennel, leeks, silver beet, yellow squash, fioretto cauliflower blossom, Jerusalem artichokes (roasted, mashed or in a soup), globe artichokes from Victoria , celeriac, Brussel sprouts, yellow squash,lebanese zucchini, spaghetti squash, pollen powder, red & green chilis, pardron chili is coming limited stocks from Victoria, All Asian greens (**bok choi large & baby, wombok, chinses celery, kang kong water spinach, tong ho, yau mok, gai choy, choy sum, gui lan**) are at there best, gold beetroot ,banana eshallots, daikon radish, black radish, sweet peas, rainbow chard, tarragon inconsit at the moment due to the change in weather, shisto chili. Cimi Di rapia , baby fennel season starting.



LIMITED RANGE

FRUIT:

Blueberries, blackberries, strawberries from Victoria in light supply , raspberries, green paw paw, panama passionfruit, naval oranges have started, green grapes local season are market quality down, passionfruit, grapefruit, figs limited, no brown nashi pear.



VEGETABLES;

Hand picked beans, ginger price holding firm, white witlof, continental beans, Jalapeño chili, No imported garlic only Chinese-New season Mexican is about 2 weeks away, **NO sugar snaps currently are imported with no stock till next week**, 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. Baby corn also very limited stock with no imports coming in, cauliflower has become a bit scares & price has gone up due to the cold snap in weather in Victoria, turnips in short supply, pencil leeks are limited this week, Tuscan cavolo cabbage in short supply, okra , button mushrooms.

SEASON ENDED

FRUIT:

Peaches, nectarines, kiwi berries, fresh pistachio, champagne melon.

VEGETABLE;

Cherry loose tomatoes, purple and white asparagus, 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 , baby loose kale, snow pea (imported only),baby zucchini hard to source, pine mushrooms, slippery jack (due to limited rain), poblano chili, lemon myrtle, purple basil, pea eggplant

PETIT BOUCHE

All Petit Bouche & edible flowers are in very short supply.

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 , yolk & egg white products.

Eggs prices is holding firm barnlaid, free range and caged.



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