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WHERE QUALITY AND SERVICE COME TOGETHER

## MARKET UPDATE 25th May, 2020

### Week In Review

**Welcome to this weeks Market update.**

Greetings from the Select Fresh Team.

So great to see our clients and venues have people through their doors, we can't wait to see when you can go to 50.

And our pubs & clubs coming back on board.

We are also looking forward to long weekend to spend at our favorite venues.

We will also be sending information in regards to our long weekend hours.

**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.

**Sunday**- currently we are not able to do Sunday deliveries, contact your account Manager to discuss options.

#### **Season Change**

With the cold snap in Victoria & season coming to an end, we wait for the QLD season to start which will be in the coming weeks, the local market is filling in the gaps between the states changing over.

#### **Tomatoes**

Due to the quick change in weather, there is very little color on the tomatoes, Roma tomato is your best pick.

#### **Gourmet Herbs.**

Have stock available,

<b>HERBS</b>	<b>EDIBLE FLOWERS</b>	<b>PETITE LEAF</b>	<b>MICRO</b>	<b>AUSTRALIAN NATIVES</b>
	VIOLA		MIX	
	TRAYS		RED VEIN	
	SORREL		SALT BUSH	
	ASSORTED MIXTURE		RED VEIN	
	SORREL		BRONZE FENNEL	SEA
	BLIGHT			
	DIANTHUS		RES	
	SHISO		SALAD	
	BURNETT		KARKALLA	
	MARIGOLDS		GREEN	
	MIZUNA		CONFETTI	
	CORIANDER		SAMPHIRE	
	LINARA		RED	
	MIZIUNA		BULLS	
	BLOOD		WARRIGAL GREENS	
	BROAD BEAN FLOWER		UPLAND	
	CRESS		RED LACE	ICE
	PALNT			



### **Juices.**

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

### **Herbs.**

Basil has seen a decreased , limited Thai basil, coriander is up this week, watercress is light, tarragon is winter stock, all other herbs & leaf are in good shape

### **Petite Bouche**

Very limited supplies at the moment as the growers have started to replant with venues opening again , a few weeks away from full production, contact your account manager for what is best available for your menu.

With no supply currently available on Saturdays

### **Saturday Markets**

Please note the Flemington markets & paddy's markets currently have limited to no stock available on Saturdays, with little to no access to micro herbs, and zucchini flower are not available due to grower not at markets on Saturday, please order your

required needs for delivery Friday, to avoid disappointment, or contact your account manager for further details.

### 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](http://selectfreshprovidores.bigcartel.com) )



## MUST HAVE PRODUCE

### FRUIT:

Apples are in, granny smith , red delicious are light on ,gala , bravo, red love, juicing granny smith from **Lithgow**, banana med quality good, banana leaves, plantains, Spanish melons, pears (corella is the pick this week than Packham pears ), QLD Imperial mandarins ( a slight price increase this week) , local & Myer lemons available for something different, **naval oranges from Griffith**, pomegranate, honeydew, rock melon, orange candy melon, winter melon, yellow & red papaya, **red grapes are at their peak** , seedless watermelon, , truss tomato at 5kg are better price than salad tomato, loose cherry truss tomato available & a good buy, haas avocado eating well, bulk avocado available towards week end, dry coconut, drinking coconuts, cumquats, grapefruit.



#### **VEGETABLES:**

Radicchio is from Victoria, eggplant, green beans from Victoria, parsnip, shallots, Dutch carrots purple, white & yellow, golf carrots , crunchy munchies green & red capsicum 2nds are the go to, orange capsicum, large beetroot, white beetroot, celery, rocket bunches, peas in 5kg cartons, **telegraph cucumbers has seen an increase, Lebanese cucumber best buy** , chat medium and large desire potato , Sebago, kumara potato, jap, QLD blue & butternut pumpkin are great, cuca melon, fresh olives, cos lettuce better price than iceberg, golden target & baby beetroot, mini capsicum, artichokes globe & Jerusalem, **local Hawkesbury stinging nettles.**



## **SPOTLIGHT**

### **FRUIT:**

Chestnuts for the camp fire, persimmon FUYU (hard) and now the soft variety, pomelos (local), rambutan, dragon fruit from Thailand, honeycomb (half frames), pomegranate, Walnuts (10kg), custard apple, rhubarb, quince, guava, green kiwi fruit from Victoria is available, gold kiwi fruit, yuzu, papaya red, avozilla avocados, topless pineapple from Bundaberg, lemons, bulk limes.



## VEGETABLE;

Borlotti beans (local), large fennel, leeks, silver beet, yellow squash, fioretto cauliflower blossom, celeriac, Brussel sprouts, yellow squash, lebanese zucchini, spaghetti squash, pollen powder, red & green chilis, pardron chili from Victoria very scare get shistio chili, habanero chili, finger limes, feijo, 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 ,banana eshallots, black radish, sweet peas, rainbow chard, Cimi Di rapia , baby fennel, hydro range is in good quality, purple kallets, baby corn import stock has arrived, corn cobs.



## LIMITED RANGE

### FRUIT:

Black , Blue & strawberries from Victoria are limited and \$\$\$ , Qld season to start in coming weeks & costly , raspberries are **EXPENSIVE** , passionfruit though supply getting better, figs are limited to the cold weather ,brown nashi pear, Qld mandarin slow supply just waiting on the warmer weather, USA cherries available box only, star fruit , logans, green paw paw, seeded long melon.



#### VEGETABLES;

Broccoli & cauliflower price increasing due to the cold weather, red capsicum price increasing due to yield down in cooler climate **2NDS ARE BETTER** , **hand picked beans has seen an increase in price, machine beans, limited & poor quality**, eggs prices is holding firm , ginger in high demand, white witlof, continental beans, No imported garlic only local garlic best option, **sugar snaps currently are imported with no stock till next week**, asparagus from Mexico is short supply and costly, , about another 2 weeks till Qld supply hits the market, turnips in short supply, pencil leeks are limited this week, okra , button mushrooms, baby zucchini, English spinach, **ice berg lettuce supply is tight cos lettuce better priced** , snake beans, sugar loaf, butter beans limited, red cabbage better price as there has been a decrease price , pea eggplant, snake beans.

#### SEASON ENDED

#### FRUIT:

Peaches, nectarines, kiwi berries, fresh pistachio, champagne melon, blood orange, green grapes, yellow dragon fruit, green mango, valencia orange, mini melon, plums.

## VEGETABLE;

Cherry loose tomatoes , purple and white asparagus, red Dutch carrot, garlic (fresh and flower), red witlof, gourds, white eggplant, celtuce, parsley root , snow pea ( imported only ),baby zucchini hard to source, pine mushrooms, slippery jack (due to limited rain), lemon myrtle ( get lemon verbena), purple basil, pea eggplant, pencil leeks, finger fennel, yellow zucchini (get yellow squash), breakfast radish, purple artichoke, purple & green cauliflower, lotus root.

## Salads;

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. .

Barn laid eggs – volumes way down



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[selectprovidores.com.au](http://selectprovidores.com.au)