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WHERE QUALITY AND SERVICE COME TOGETHER

MARKET UPDATE 5th May, 2020

Week in Review

Welcome to this weeks Market update.

Greetings from the Select Fresh Team.

Hope everyone had a great weekend visiting family and friends, remember stay safe, be well.

The sudden change in weather 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 about 2 weeks away from having that season available.

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.

Due to the cold snap in Victoria, basil has seen a jump in price.

The leaf mix range of mixed leaf lettuce, rocket, baby spinach has also been affected by the weather and quality below par & we will a rise in cost in the coming week.

Oranges.

Valencia oranges have finished for the next 12 weeks, Naval orange are now coming into the market.

VIP oranges are still the imported Egyptians.

Juices.

Juices only available Monday & Wednesday currently. If you have any standing orders, please contact us to make arrangements.

Avocado.

The Haas is back, the first Hass avocados are back in the market, ripe and ready to go. Oh, how we have missed them.



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 matter.

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 & good value, Spanish melons, green pears, mandarins , local & Myer lemons available for something different, 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, golf tomato, salad tomato best options this week.



VEGETABLES:

Radicchio is from Victoria, eggplant, broccoli, green beans from Victoria, parsnip, shallots, Dutch carrots purple, white & yellow, desire potatoes, green & red capsicum 2nds are the go to, large beetroot, celery, rocket bunches, peas in 5kg cartons, **telegraph cucumbers are the choice this week**, button mushrooms, chat potato, kumara potato, jap, QLD blue & butternut pumpkin are great, cuca melon.



SPOTLIGHT

FRUIT:

Chestnuts, red Love apples available for the next month, 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, figs are limited, green kiwi fruit from Victoria is available, bananas eating well.



VEGETABLE;

Borlotti beans, large fennel, leeks, silver beet, yellow squash, 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, 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 shallots, daikon radish, rocket bunches



PREMIUM & LIMITED RANGE

FRUIT:

Blueberries, strawberries from Victoria in light supply , raspberries, pineapple limited, green paw paw, , panama passionfruit, navel oranges have started, green grapes local season are market quality down.



VEGETABLES;

Hand picked beans, eggs prices is holding firm , ginger price coming down just in time for your hot tea, white witlof, continental beans, Jalapeño chili, No imported garlic only Chinese-New season Mexican is about 2 weeks away, 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. Baby corn also very limited stock, cauliflower has become a bit scares due to the cold snap in weather in Victoria, turnips in short supply, pencil leeks are limited this week.

Also, this week we able to get **Fresh Radicchio from Treviso and White Asparagus from Italy 48 hours notice for these amazing items.**

SEASON ENDED

FRUIT:

All stone fruit has now ended only plums available, dried muscatel (substitute with sultana grapes), blood oranges, apricots. green grapes, cumquets, nashi pear, pistachio.

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 , 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. shitiso chili, baby fennel.

PETIT BOUCHE

All Petit Bouche & edible flowers are currently not available

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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