

17th October 2016

## RECOMMENDED BUYS THIS WEEK

### Fruits:

Apples – Granny Smith, Bananas, Blueberries, Kiwi Fruit, Oranges, Rockmelon, and Watermelon.

### Vegetables:

Asian Vegies (Baby Bok Choy, Choy Sum and Chinese Broccoli), Beetroot, Celery, Cucumbers (Telegraph and Lebanese) Lettuce (iceberg and cos), Mushrooms, Rocket, Baby Spinach, Pumpkin (all varieties) and Zucchini.

## FARM UPDATE

**POTATO UPDATE** – unfortunately the situation is worse than first expected, with industry insiders advising that supply and quality problems will continue until the end of the year. Please factor this in when setting your menus.

**Beans** – there has been a noticeable change in the supply of beans over the past seven days. Early last week, the quality of machine-picked beans started to decline and by the end of the week we had switched to hand-picked beans. Supply has tightened up further this week thereby leading to appreciably higher prices.

**Cauliflower and Broccoli** – the supply of both these lines has worsened and prices are up. Please note, the head size of caulies is very much on the small side.

**Corn** – supply has tightened slightly this week and prices are up slightly.

**Lettuce** – both Iceberg and Cos lettuce are in good supply and fairly priced for this time of the year.

**Sweet Potato** – another line which has seen supply tighten over the past week or so. Quality of this product is still quite good.

**Tomatoes** – supply has improved slightly over the past fortnight and prices have eased a little. The supply of **Roma Tomatoes** is still tighter than round tomatoes.

**Rockmelon and Honeydew** – although both melons are pretty good, rockmelons are the pick here due to price and eating quality.

**Grapes** – coming to the end of the US season. There is still some reasonable fruit around, prices are high.

## Top Updates

**1. Stone Fruit** – Aussie peaches, nectarines and plums have hit the market floor now. Quality appears quite good, although flavours are quite sharp or tart to the taste.

Mangoes continue in reasonable numbers which is allowing prices to fall, albeit quite slowly. By all reports this will be a bumper season for mangoes therefore we suggest you start planning menus accordingly.

**2. Avocados** – the supply of avocados has tightened up dramatically over the past 2 weeks. Usually at this time of the year the importation of New Zealand fruit would be going a long way towards easing demand pressure on prices, however due to the severe weather across the ditch a month or so back, supply of imported fruit is well behind schedule. Varieties available at the moment include Hass, Sharwels, Gwens, with Reeds being literally a week or so away.

**3. Strawberries** – the Victorian season is now upon us with the Queensland season petering out. Although the fruit arriving from down south is quite robust, the ripening process has been affected by recent cold and wet weather which has led to the fruit presenting with a green “shoulder”.

**4. Carrots** – supply problems continue with this product line. For quite some time now it has been very difficult to find good quality large carrots and prices have been high. This situation does not appear to be improving any time soon.

**5. Onions** – another product line that continues to present headaches. Although the quality of both Spanish and Brown onions is quite good, supply is not getting anywhere meeting demand. The importation of USA red onions has commenced.

**Blueberries** – there is a good supply of quality fruit and prices are reasonable.

**Lemons and Limes** – as expected supply continues to shorten up thereby continuing to drive prices upwards.

**Watermelon** – good supply of both long and seedless watermelon and eating quality is good.

**Mandarins** – season has finished. Any fruit still hanging around is definitely not worth the effort.

**Salads & More!!** We have a great range of salads available.  
**Orders must be placed 1 day in advance & before 10AM**  
 (Mon deliveries require orders to be in no later than Thurs before 2pm).  
**Unit 1, 26-32 Cosgrove Road, Enfield 2136**  
**Phone: 02 9737 1222**

Commodity – Vegetable						
Check	Quality			Price		
	HIGH	AVG	LOW	HIGH	AVG	Low
Asparagus	●					●
Beans			●	●		
Broccoli		●		●		
Corn	●				●	
Cabbage		●			●	
Carrots		●		●		
Cauliflower		●		●		
Celery		●				●
Zucchini		●			●	
Continental Cucumbers	●				●	
Lettuce – Iceberg		●			●	
Lettuce – Cos		●			●	
Silver beet spinach		●			●	
Lettuce – Mix	●				●	
Capsicum – Red & Green		●		●		
Sweet Potato	●				●	
Potatoes		●		●		
Tomato – Cherry		●			●	
Tomato – Roma		●			●	
Tomato – Medium	●				●	

Commodity – Fruit						
Check	Quality			Price		
	HIGH	AVG	LOW	HIGH	AVG	LOW
Apples		●			●	
Avocado		●		●		
Blueberries & Raspberries		●			●	
Grapes – Red			●	●		
Grapes – Green			●	●		
Limes	●			●		
Lemons		●		●		
Kiwi Fruit – New Zealand		●			●	
Melons – Rock	●				●	
Melons – Honey		●			●	
Melons – Water	●				●	
Pears		●			●	
Oranges		●			●	
Peaches			●	●		
Strawberries		●		●		