

SPECIALS

MARKET UPDATES

March 14th-20th, 2023

- Finger Lime Punnet \$3.00
- White Dragon Fruit Each \$3.80
- White Dragon Fruit Tray \$18.00
- Figs Tray \$26.80
- Cabbage, Sugar Loaf Each \$3.50
- Chilli, Shishito Pepper Kg \$16.80



Finger Lime



Figs



**Cabbage
Sugar Loaf**



**Chilli
Shishito Pepper**



Dragon Fruit



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Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrot
- AUS Basil
- Baby Cos Lettuce
- Hydro Lettuce
- Silver Beets
- Chinese Cabbage
- Green Cabbage
- Red Cabbage
- Green Kale
- Tuscan Kale
- Green Oak Lettuce
- Flat/Field Mushroom
- Baby Broccolini
- Telegraph Cucumber
- Blackberry
- Blueberry
- Cherry Tomato
- Cherry Medley Tomato
- Big Truss Tomato
- Cherry Truss Tomato
- Peaches
- Nectarine
- Female Zucchini Flower
- Bok Choy
- Chinese Broccoli
- Choy Sum
- Green Shallots
- Lebanese Eggplant
- Long Green Chilli
- Zucchini
- Broccoli

Expensive/Finishing for Season/Short in Supply

- **Avocado (bulk and tray)** – supply is extremely short and price expensive.
- **Lemon** – price remains expensive, waiting for new season to start.
- **Chimi De Rappa** – season has come to an end.
- **Pink Lady, Red Gala, Red Delicious and Fuji Apples** – going up in price and supply is very short, waiting for new season to start.
- **Pomegranate** – stock is imported from the USA.
- **Green kiwi** – price still remains expensive as stock coming from USA.
- **Grapefruit Ruby** – imported, short supply for few weeks. Local Grapefruit starting in a week.
- **Jerusalem Artichoke** – finished in season, possibly starting in around March.
- **Cherry Eggplant** – short in supply due to inconsistent weather.
- **Betel Leaves** – expensive.
- **Celeriac** – crops in Summer tend to not grow as big per usual, still available but not as big as it gets in Winter.
- **Cherries** – end of season.
- **Edible Viola** – short in supply due to weather condition.
- **Green Sour Mango** – Nam Doc Mai and R2E2 variety has come to an end for the season, only a handful of brook variety available.

Products of Interest/In Season

- **Red and White Dragon Fruit** – good quality and locally grown.
- **Currant Grape** – comes in 5 Kg box, sold by box only and currently AUS season.
- **Female Zucchini Flower** – long and big flowers.
- **Red Habanero Chillies** – AUS season.
- **Finger Limes** – AUS season, its fresh citrus flavour is great for dressings, garnishes, sauces and jams.
- **Dried Assorted Japanese Seaweed** – mixed of Wakame, Agar, Suginori, Tsunomata, and Mafunori.
- **Frozen Seasoned Seaweed** – used in plenty of Japanese/Asian styled salads.
- **Vanilla Bean** – shipment has arrived from Papua New Guinea.
- **Sea Grapes** – comes in 100gr pack, often referred to as green caviar for its fish roe like appearance, but is part of the seaweed variety.
- **Peach and Nectarine** – quality and price are great.
- **Plum** – Quality and price are great, sweet and firm.
- **Queen Garnet Plum** – in season for a short period only, in full swing and recommended to use these plums in this time of year.
- **Mixed Colour Jessica Pumpkin** – sold only by the tray.
- **Australian Grapes** – available in green, black and red. Quality and price is getting better.
- **Dried Seedless Grapes** – in good quality, comes in a 5 Kg box.
- **Fioretto** – sold by the box only.
- **Turkish Chilli** – locally grown, excellent quality and supply now, product of Australia, sold by the 5 Kg box and Kg.
- **Figs** – price starting to decrease as quality is getting much better (changes in weather may affect this).

