ProBros Providore

Premium Produce Wholesaler

MARKET UPDATES

March 21st-27th, 2023

SPECIALS

- Papaya, Red Tray $26.80
- Pear, Nashi Tray $23.80
- Figs Tray $28.80
- Peach, Yellow Tray $22.80
- Garlic, Australian Black Kg $55.00

Papaya

Figs

Pear

Peach

Garlic
Australian Black

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Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- AUS Basil
- Baby Cos Lettuce
- Hydro Lettuce
- Silverbeets
- Chinese Cabbage
- Green Cabbage
- Red Cabbage
- Green Kale
- Tuscan Kale
- Green Oak Lettuce
- Flat/Field Mushroom
- Baby Broccolini
- Telegraph Cucumber
- Blackberry
- Blueberry
- Big 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** – the price and quality are getting better.
- **Green Apples and Pink Lady** – going up in price and supply is very short, waiting for new season to start.
- **Green Kiwi** – price remains expensive as stock is coming from USA.
- **Grapefruit Ruby** – short supply for few weeks. Local Grapefruit starting.
- **Jerusalem Artichoke** – not in season. Season started late.
- **Cherry Eggplant** – short in supply due to inconsistent weather.
- **Betel Leaves** – expensive.
- **Cherries and Sugar Plum** – 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. Come in 2 Kg and 12 Kg Boxes.
- **Turkish Chilli** – locally grown, excellent quality and supply now, product of Australia, sold by the 5 Kg box and Kg.
- **Figs** – good price and good quality.