

SPECIALS

MARKET UPDATES

April 4th-10th, 2023

- Sea Vegetable, Beach Banana \$5.80
(Karkalla) Punnet
- Sea Vegetable, Wild Samphire \$5.80
Punnet
- Herb Micro, Cut & Mixed \$10.80
Punnet
- Melon, Rockmelon Box \$15.80
- Melon, Honeydew White Box \$19.80
- Chestnut Large Size Kg \$8.00
- Chestnut Large Size 5Kg Box \$40.00



**Beach Banana
(Karkalla)**



**Sea Vegetable
Wild Samphire**



Rockmelon



Honeydew Melon



Chestnut



**Herb Micro
Cut & Mixed**



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Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- AUS Basil
- Baby Cos Lettuce
- Hydro Lettuce
- Silverbeet
- Chinese Cabbage
- Green Cabbage
- Red Cabbage
- Green Kale
- Tuscan Kale
- Green Oak Lettuce
- Flat/Field Mushroom
- Baby Broccolini
- Blueberry
- Cherry Tomato
- Cherry Medley Tomato
- Big Truss Tomato
- Cherry Truss Tomatoes
- Female Zucchini Flower
- Bok Choy
- Chinese Broccoli
- Choy Sum
- Green Shallots
- Lebanese Eggplant
- Long Green Chilli
- Zucchini
- Broccoli
- Cauliflower
- Eggplant
- Red Grapes
- Rockmelon
- Honeydew
- Queen Garnet Plums
- Green Pear

Expensive/Finishing for Season/Short in Supply

- **Grapefruit Ruby** – in short supply.
- **Jerusalem Artichoke** – finished in season, possibly starting in around April.
- **Cherry Eggplant** – short in supply due to inconsistent weather
- **Betel Leaves** – expensive.
- **Cherries and Sugar plum** – end of season.
- **Edible Flowers** – short in supply due to weather condition.
- **Green Sour Mango** – end of season, new crops will start in 3 months.
- **Yellow Mango** – season coming to an end, now is ideal to remove from menu.
- **Pink Lady Apples** – short in supply.
- **Round and Roma Tomatoes** – short in supply due to poor weather, meaning prices will increase.
- **Yellow Peach and Yellow Nectarines** – end of season.
- **Valencia Oranges** – in transition to navel oranges.

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, but supply could be inconsistent due to weather.
- **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.
- **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 5Kg box.
- **Fioretto** – sold by the Box only.
- **Turkish Chilli** – Locally grown, excellent quality and supply now, product of Australia, sold by the 5Kg Box and Kg.
- **Figs** – price starting to decrease as quality is getting much better.
- **Spaghetti Squash** – sold by the Kg and Tray only.
- **Quince** – sold by the box only.
- **Brown Pears** – new season coming and in good quality.
- **Chestnut** – new season coming and in good quality.
- **Sea Vegetable Karkalla** – coming from VIC.
- **Sea Vegetable Wild Samphire** – coming from VIC.

