

SPECIALS

MARKET UPDATES

30th May-5th June, 2023

- Lettuce, Cos Baby Green Box \$7.80
(8each)
- Apples, Missile Tray (3kg) \$23.80
- Fioretto Big Box \$24.80
- Avocado, Ripe Tray \$16.80
- Mushroom, Oyster Loose Box \$36.00
(2.5kg)



**Apples
Missiles**



**Lettuce
Baby Cos**



Fioretto



**Avocado
Ripe**



**Mushroom
Oyster**



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Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- Baby Beetroots
- Silverbeet
- Green Cabbage
- Red Cabbage
- Green Kale
- Tuscan Kale
- Flat/Field Mushroom
- Cherry Tomato
- Cherry Medley Tomato
- Yellow Grape Tomato
- Bok Choy
- Chinese Broccoli
- Choy Sum
- Green Shallots
- Zucchini
- Broccoli
- Cauliflower
- Grapes (Red, Green, Black)
- Green Pear
- Red Papaya
- Thai Eggplant
- Brussel Sprouts
- Green Apples (Premium and Juicing)
- Red Apples

Expensive/Finishing for Season/Short in Supply

- **Strawberries** – price has increased this week due to cold weather.
- **Rockmelon and Honeydew** – expensive due to cold weather.
- **Green Sour Mango** – stock now imported from Vietnam, meaning increase in price.
- **All Stone Fruits** – season completely done for the year – import produce will start in the next 4-5 weeks.
- **Yellow Mango** – now end of season.
- **Round and Roma Tomatoes** – short in supply due to poor weather, meaning prices will increase.
- **Society Garlic Flower & Elder Flower** – now end of season.
- **Edible Flowers** – inconsistent supply due to weather, coming back in 2 weeks.
- **Portobello & Button Mushroom** – price increasing due to limited supply, expecting to come back in a week.
- **Yellow Ox Heart Tomatoes** – gap in the season for about 6 weeks.
- **Blood Oranges** – new season will start in 4-6 weeks.
- **Horse Radish** – new season will start in 8 weeks.
- **Cuca Melon** – inconsistent supply because of cold weather.
- **Calamansi** – finished in season.

Products of Interest/In Season

- **Finger Limes** – AUS season, its fresh citrus flavour is great for dressings, garnishes, sauces and jams.
- **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.
- **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** – plenty supply around, sweet in taste.
- **Cumquats** – locally grown in Queensland.
- **Artichoke Jerusalem/Globe** – season is starting, great quality and great supply.
- **Chestnut** – new season is coming and good quality.
- **Hass Avocados** – season is starting, going strong till next year. Good in flavour and quality.
- **Oyster Mushroom** – come in a 3.5kg box.
- **Shiitake Mushroom** – come in a 4kg box.
- **Broad Beans** – local broad beans starting season now.
- **Brown Pear** – new season is coming.
- **Feijoa** – sweet and flowery, suitable for desserts or in salads.
- **Sugar Loaf Cabbage** – sweet and firm variety of cabbage.
- **Turkish Chillies** – locally grown.
- **Cipollini Onion** – round, flat Italian onions. Taste slightly sweeter than regular brown onion.
- **Imperial Mandarin** – Australian season, taste sweet and have a nice firmness. Good value.
- **Purple Broccolini** – perfect for plating coming from VIC

