

SPECIALS

MARKET UPDATES

14th-19th June, 2023

- Lettuce, Cos Baby Green 8Each Box \$9.80
- Cauliflower Box \$19.80
- Fennel, Baby Box \$13.80
- Grapes, Red 10Kg Box \$28.80
- Beetroot, Baby Purple Bunch \$1.00



**Lettuce
Baby Cos**



Cauliflower Box



Fennel, Baby Box



Grapes, Red



Beetroot, Baby



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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
- Choy Sum
- Green Shallots
- Zucchini
- Broccoli
- Cauliflower
- Grapes (Red, Green, Black)
- Pears
- Apples
- Red Papaya
- Brussel Sprouts
- Jerusalem Artichoke
- Fioretto
- Citrus
- Truffle
- Mandarins

Expensive/Finishing for Season/Short in Supply

- **Rockmelon and Honeydew** – expensive due to cold weather.
- **Round and Roma Tomatoes** – short in supply due to poor weather, meaning prices will increase.
- **Society Garlic Flower & Elder Flower** – now end of season.
- **Tarragon** – local season finished.
- **Blood Oranges** – new season will start in 2 weeks.
- **Horse Radish** – new season will start in 4 weeks.



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.
- **Fioretto** – plenty supply around, sweet in taste.
- **Cumquats** – locally grown in Queensland.
- **Artichoke Jerusalem/Globe** – season is starting, great quality and great supply.
- **Chestnut** – good quality
- **Oyster Mushroom** – come in a 3.5kg box.
- **Shiitake Mushroom** – come in a 4kg box.
- **Broad Beans** – local broad beans starting season now.
- **Feijoa** – sweet and flowery, suitable for desserts or in salads.
- **Sugar Loaf Cabbage** – sweet and firm variety of cabbage.
- **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.
- **Purple Brussel Sprouts** – new season.
- **Purple Basil** – new season.
- **Truffle** – in season now.

Truffle Season

Indulge in the earthy aroma of truffles, adding a touch of sophistication to your menu.

