

## SPECIALS

- Lime, Blood Punnet \$2.00
- Potato, Sebago 20kg Bag \$28.80
- Tomato, Red Ox Heart Tray \$15.80
- Peas, Snow Pea Kg \$6.00
- Tomato, Big Red Truss Tray \$15.80

# MARKET UPDATES

11th-17th July, 2023



**Blood Lime**



**Potato  
Sebago**



**Red Ox Heart  
Tomato**



**Snow Peas**



**Truss Tomato**



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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
- Round Tomato
- Bok Choy
- Choy Sum
- Green Shallots
- Zucchini
- Broccoli
- Cauliflower
- Brussel Sprouts
- Jerusalem Artichoke
- Fioretto
- Citrus
- Mandarins
- Japanese Pumpkin
- Butternut Pumpkin
- Parsnip
- Tomatoes
- Sweet Potato

## Expensive/Finishing for Season/Short in Supply

- **Society Garlic Flower & Elder Flower** – now end of season starting in Spring.
- **Tarragon** – local season finished.
- **Horse Radish** – new season will start in 4 weeks.
- **Green Sour Mango** – Nam Doc Mai variety has started, but price is still expensive due to beginning of season.
- **Australian Grapes** – season finishing in 3 weeks.
- **USA Peaches and Nectarine** – still expensive at the moment, roughly \$18/kg.
- **USA Cherries** – still expensive.
- **Pineapple** – shortage now due to cold weather.
- **Chives** – slow growth due to cold weather.



## Truffle Season

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

## Products of Interest/In Season

- **Finger Limes** – 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.
- **Artichoke Jerusalem/Globe** – great quality and great supply.
- **Oyster Mushroom** – come in a 3.5kg box.
- **Shiitake Mushroom** – come in a 4kg box.
- **Imperial Mandarin** – Australian season, taste sweet and have a nice firmness. Good value.
- **Purple Brussel Sprouts** – new season.
- **Truffle** – in season now.
- **Blood Oranges** – season starting now.
- **Cara Cara Oranges** – great quality now, also a good substitute for juicing oranges due to high sugar contents.
- **Blood Limes** – great for garnishing.
- **White Strawberry** – Japanese variety Australian grown.

