

SPECIALS

MARKET UPDATES

18th-24th July, 2023

- Lettuce, Radicchio Box \$15.80
- PRS Cauliflower, White Rice Kg \$3.00
- PRS Broccoli, Rice Kg \$3.00
- Lime, Blood Punnet \$2.00
- Truffle 2nd Grade Gram \$1.00



Lettuce Radicchio



**PRS Cauliflower
White Rice**



**PRS Broccoli
Rice**



Blood Lime



Truffle



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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** – Season start in November
- **Green Sour Mango** – Nam Doc Mai variety has started, price is slowly coming down.
- **Australian Grapes** – season finishing in 2 weeks.
- **USA Peaches and Nectarine** – expensive \$18/kg.
- **USA Cherries** – expensive.
- **Pineapple** – shortage now due to cold weather.
- **Limes** – shortage due to season transition.



Products of Interest/In Season

- **Finger Limes** – fresh citrus flavour is great for dressings, garnishes, sauces and jams.
- **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 2.5kg box.
- **Shiitake Mushroom** – come in a 2.5kg box.
- **Mandarins** – 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.

Truffle Season

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

