

SPECIALS

- Micro Herb, Cut & Mixed Punnet \$8.80
- Fennel Box \$13.80
- Mushroom, White Shimeji 150gram Punnet \$2.00
- Orange, Small Mandarin 10kg Box \$19.80
- Beetroot, Golden Kg \$3.00
- Beetroot, Golden Bag \$29.00

MARKET UPDATES

8th-14th August, 2023



Micro Herb



Fennel



**Mushroom
White Shimeji**



**Orange
Small Mandarin**



Beetroot



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Good Value Products

- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- Baby Beetroots
- Beetroots
- Silverbeet
- Fennel
- Green Cabbage
- Red Cabbage
- Green Kale
- Tuscan Kale
- Mushroom Button
- Flat/Field Mushroom
- Cherry Tomato
- Cherry Medley Tomato
- Round Tomato
- Bok Choy
- Choy Sum
- Chinese Broccoli
- Green Shallots
- Zucchini
- Broccoli
- Cauliflower
- Brussel Sprouts
- Fioretto
- Citrus
- Mandarins
- Pumpkins
- Parsnip
- Sweet Potatoes

Expensive/Finishing for Season/Short in Supply

- **Asparagus** – expensive due to shortage. It is recommended to use Baby Broccolini as substitute.
- **Honeydew** – expensive. It is recommended to use Sapu Melon as an alternative.
- **Rockmelon** – expensive.
- **Kaffir Lime Fruit** – inconsistent supply.
- **Thai Basil** – expensive.
- **Roma Tomatoes** – expensive, due to the cold weather. It is recommended to use a Round Tomato as an alternative.
- **Lebanese Cucumber** – expensive, due to the cold weather. It is recommended to use a Telegraph Cucumber as an alternative.
- **Society Garlic Flower & Elder Flower** – now end of season, season starting in Spring.
- **Dolci Navel Orange** – season finishing soon.
- **Baby Kumato** – not available until January.
- **USA Cherry and USA Stone Fruit** – expensive.
- **US Grapes** – good quality and good eating USA Grapes. Expensive.

Truffle Season

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



Products of Interest/In Season

- **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.
- **Oyster Mushroom** – come in a 2.5kg box.
- **Cape Gooseberry** – bittersweet, slightly tart, and quite juicy. Perfect for baked goods and jams.
- **Blood Limes** – great for garnishing.
- **Purple Brussel Sprouts** – in season now.
- **Truffle** – in season now.
- **Blood Oranges** – in season now. Good quality and good supply.
- **Mandarins** – Australian season, taste sweet and have a nice firmness. Good value.
- **Cara Cara Orange** – great quality and great supply. Sweetest orange variety.
- **Dekopon Mandarin** – perfect for salads and cocktail. Great quality and great supply.
- **Baby Artichoke Jerusalem/Globe** – great quality and great supply.
- **USA Cherry and USA Stone Fruit** – expensive.
- **US Grapes** – good quality and good eating USA Grapes. Expensive.



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