

SPECIALS

MARKET UPDATES

29th August-4th September, 2023

- Orange, Blood Box \$19.80
- Fennel, Baby Box \$15.80
- Lettuce, Cos Box \$13.80
- Beetroot, Golden 10Kg Bag \$24.80
- PRS Coleslaw, Cabbage Mix & Carrot 2.5Kg Bag \$9.80



Blood Orange



Baby Fennel



Cos Lettuce



Golden Beetroot



Coleslaw



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Good Value Products

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

Expensive/Finishing for Season/Short in Supply

- **Banana Bell** – inconsistent supply.
- **Kaffir Lime Fruit** – inconsistent supply.
- **Thai Coriander** – inconsistent supply.
- **Blackberry** – expensive and inconsistent supply.
- **Asparagus** – expensive. Local Asparagus has started, price will slowly be coming down.
- **Cherry Medley Tomatoes** – price is coming back a bit.
- **Truffle** – very limited stock, season almost finished. This week will be the last batch of truffle.
- **Society Garlic Flower & Elder Flower** – now end of season, season starting in Spring.
- **Rockmelon** – expensive, for couple weeks.
- **Honeydew** – expensive. It is recommended to use Sapu Melon as an alternative.

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.
- **Oyster Mushroom** – come in a 2.5kg box.
- **Cape Gooseberry** – bittersweet, slightly tart, and quite juicy. Perfect for baked goods and jams.
- **Purple Brussel Sprouts** – 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.
- **Baby Fennel** – good quality and good supply.
- **USA Stone Fruit** – expensive, season starting now. Good quality and good supply.
- **USA Grapes** – expensive, season starting now. Good quality and good supply.
- **Local Broad Beans** – local season starting now.
- **Australian Yellow Mangoes** – Kensington pride variety has started. Price is still expensive but will slowly be coming down as volume comes up.

