

SPECIALS

- Chard, Silverbeet Bunch \$1.60
- Asparagus, Green Bunch \$2.00
- Blueberry Punnet \$2.00
- Leeks Bunch \$2.00
- Potato, Congo Purple 5Kg Box \$40.00

MARKET UPDATES

5th-11th September, 2023



Chard Silverbeet



Asparagus



Blueberry



Leeks



**Congo Purple
Potato**



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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
- Citrus
- Mandarins
- Pumpkins
- Parsnip
- Grapefruit
- Onion
- Sweet Potatoes
- Capsicums

Expensive/Finishing for Season/Short in Supply

- **Kaffir Lime Fruit** – inconsistent supply.
- **Thai Coriander** – inconsistent supply.
- **Blackberry** – expensive and inconsistent supply.
- **Honeydew** – expensive. It is recommended to use Sapo Melon as an alternative.
- **Truffle** – season finishing.
- **Brussels Sprout** – finishing soon.

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.
- **Dekopon Mandarin** – perfect for salads and cocktail. Great quality and great supply.
- **Baby Fennel** – good quality and good supply.
- **USA Grapes** – good quality and good supply.
- **Local Broad Beans** – local season starting now.
- **Australian Yellow Mangoes** – Kensington pride variety has started. Price is slowly coming down.
- **Australian Asparagus** – good quality and good supply. The price will decline during the week.
- **Elder Flower** – season starting, but quantity is a bit light.
- **Tamarillo** - the flesh can be used in ice creams or sorbets or serve cooked with poultry or fish.



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