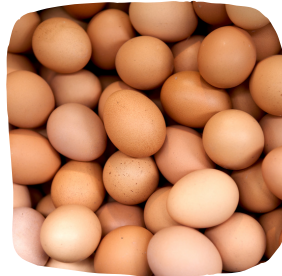


SPECIALS

MARKET UPDATES

12th-18th September, 2023

- Eggs, 600 Gram 15Doz Box \$55.00
- Tomato, Large Heirloom Tray \$39.80
- Lettuce, Cos Baby Green Box \$8.80
- Asparagus, Green Bunch \$2.00
- Melon, Honeydew Yellow Box \$29.80



Eggs



Heirloom Tomato



Cos Baby Lettuce



Asparagus



**Melon
Honeydew**



FOLLOW US

@probrosprovidore

P: 1800 PRO BROS

order@probrosprovidore.com.au

www.probrosprovidore.com.au

Good Value Products

- Asparagus
- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- Baby Beetroots
- Beetroots
- Silverbeet
- 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
- Zucchini Flower

Products of Interest/In Season

- **Cape Gooseberry** – bittersweet, slightly tart, and quite juicy. Perfect for baked goods and jams.
- **USA Grapes** – good quality and good supply.
- **Local Broad Beans** – nutritionally rich and versatile food, offering plant-based protein and fibre. In season.
- **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.
- **White Asparagus** – milder, sweeter flavour and distinct texture compared to green asparagus. In season now.
- **Zucchini Flowers** – good quality and good supply.
- **Elder Flower** – season starting, but quantity is a bit light.

Expensive/Finishing for Season/Short in Supply

- **Banana** – price picking up.
- **Brussels Sprouts** – price is picking up a little bit.
- **Blackberry** – expensive.
- **Kaffir Lime Fruit** – inconsistent supply.
- **Truffle** – season finished.
- **White Honeydew** – expensive, it is recommended to use Yellow Honeydew as an alternative.
- **Watermelon** – expensive, couple of weeks gap.



FOLLOW US

@probrosprovidore

P: 1800 PRO BROS

order@probrosprovidore.com.au

www.probrosprovidore.com.au