

SPECIALS

MARKET UPDATES

4th-10th October, 2023

- Potato, Kipfler Washed 10kg Box \$39.90
- PRS Potato, Chip Hand Cut 15mm 5kg Bag \$20.00
- Brussels Sprout, Purple 10kg Bag \$29.90
- Asparagus, Loose 5kg Box \$19.90
- Artichoke, Globe Box \$19.90



Kipfler Potato



**15mm hand cut
Chips**



**Purple
Brussels Sprout**



Asparagus



Globe Artichoke



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Good Value Products

- Asparagus
- Broad Beans
- Baby Beetroots
- Beetroots
- Baby Fennel
- Cos Lettuce
- Cos Baby Green
- Dutch Carrots
- Silverbeet
- 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
- Sweet Potatoes
- Capsicums
- Zucchini Flower

Products of Interest/In Season

- **Australian Yellow Mangoes** – Kensington pride variety has started. Price is slowly coming down.
- **Australian Asparagus** – good quality and good supply.
- **Elder Flower** – season starting, but quantity is a bit light.
- **Local Broad Beans** – nutritionally rich and versatile food, offering plant-based protein and fibre. In season.
- **USA Grapes** – good quality and good supply.
- **White Asparagus** – milder, sweeter flavour and distinct texture compared to green asparagus. In season now.
- **Mulberry** – similar in appearance to an elongated blackberry. Good quality and good supply.
- **Zucchini Flowers** – good quality and good supply.

Expensive/Finishing for Season/Short in Supply

- **Banana** – expensive.
- **Brussels Sprouts** – season finishing.
- **Cape Gooseberry** – season finished.
- **Thai Basil** – expensive.
- **Betel Leaves** – expensive.
- **Navel Orange** – season finishing.
- **White Honeydew** – price is slowly coming down.
- **Watermelon** – expensive, couple of weeks gap.
- **Quince** – season finished.



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