

SPECIALS

MARKET UPDATES

10.10.2023 - 16.10.2023

- Asparagus Loose Box \$19.90
- PRS Potato, Sebago Skin On Chips \$20.00
15mm 5Kg Bag
- Beans, Broad 5Kg Box \$19.90
- PRS Lettuce Iceberg, Shredded 3mm \$8.80
2.5Kg Bag
- Potato, Congo Purple 10Kg Box \$45.00



Asparagus



**Sebago Skin On
Chips**



Broad Beans



**Iceberg Lettuce
Shredded**



**Congo Purple
Potato**



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Good Value Products

- Asparagus
- Broad Beans
- Baby Beetroots
- Beetroots
- Baby Fennel
- Bok Choy
- Broccoli
- Cos Lettuce
- Cos Baby Green
- Cucumber Lebanese
- Cucumber Telegraph
- Cauliflower
- Capsicums
- Citrus
- Dutch Carrots
- Edible Flowers
- Fennel
- Flat/Field Mushroom
- Fennel
- Green Cabbage
- Green Kale
- Grapefruit
- Green Shallots
- Grapefruit
- Mushroom Button
- Red Cabbage
- Silverbeet
- Tuscan Kale
- Zucchini
- Zucchini Flower

Products of Interest/In Season

- **Australian Yellow Mangoes** – Kensington pride and R2E2 variety has started.
- **Australian Asparagus** – good quality and good supply.
- **Australian Stone Fruit** – season starting, but quality is not up there yet and price is high.
- **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.
- **Mulberry** – similar in appearance to an elongated blackberry. Good quality and good supply.
- **Micro Precut** – good quality and good supply.
- **Society Garlic Flower** – season starting, but quantity is a bit light.
- **White Asparagus** – milder, sweeter flavour and distinct texture compared to green asparagus. In season now.
- **Zucchini Flowers** – good quality and good supply.

Expensive/Finishing for Season/Short in Supply

- **Banana** – expensive.
- **Betel Leaves** – expensive.
- **Edible Flower Linaria** – season finished.
- **Thai Basil** – expensive.
- **Micro Herb Mint** – inconsistent supply due to weather. Recommended to use Micro Herb Lemon Balm as substitute.
- **Navel Orange** – season finishing.
- **White Honeydew** – price is slowly coming down.
- **Watermelon** – expensive, couple of weeks gap.



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