ProBros Providore

Premium Produce Wholesaler

# MARKET UPDATES

17.10.2023 - 23.10.2023

## SPECIALS

| | |
|---|---|
| • Blueberry Punnet | $2.00 |
| • Beetroot, Golden Kg | $1.99 |
| • Mango, Yellow Tray | $28.80 |
| • Melon, Rockmelon Box | $18.80 |
| • PRS Beetroot Golden, Shredded 2.5Kg Bag | $12.00 |

Blueberry

Golden Beetroot

Mango

Rockmelon

Shredded Golden Beetroot

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## Good Value Products

- Asparagus
- Broad Beans
- Baby Beetroots
- Beetroots
- Baby Fennel
- Bok Choy
- Broccoli
- Cos Lettuce
- Cos Baby Green
- Coriander
- Cucumber Lebanese
- Cucumber Telegraph
- Cauliflower
- Capsicums
- Citrus
- Dutch Carrots
- Edible Flowers
- Eggplant
- Fennel
- Green Cabbage
- Green Kale
- Grapefruit
- Green Shallots
- Grapefruit
- Mushroom Button
- Mushroom Field/Flat/Portobello
- Parsley
- 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.
- **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** – very good quality and very good supply.

## Expensive/Finishing for Season/Short in Supply

- **Banana** – expensive.
- **Edible Flower Linaria** – season finished, recommended to use Elder Flower as substitute.
- **Horse Radish** – inconsistent supply.
- **Thai Basil** – expensive.
- **Hot Basil** – stock arrives on Wednesday only.
- **Micro Herb Mint** – inconsistent supply due to weather. Recommended to use Micro Herb Lemon Balm as substitute.
- **Roma Tomato** – expensive, short supply, in between season.
- **Snake Bean** – expensive.
- **Watermelon** – expensive, price slowly coming down.