

## SPECIALS

# MARKET UPDATES

24.10.2023 - 30.10.2023

- Melon, Rockmelon Box \$18.80
- Tomato, Heirloom Tray \$24.50
- Tomato, Red Ox Heart Tray \$24.50
- Beetroot, Golden Kg \$2.00
- PRS Potato, Sebago Skin On Chips \$20.00  
5Kg Bag (10mm and 15mm)



**Rockmelon**



**Heirloom Tomato**



**Red Ox Heart  
Tomato**



**Golden Beetroot**



**Sebago  
Skin On Chips**



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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
- 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, R2E2, and Calypso variety has started. Very good quality and supply.
- **Australian Asparagus** – good quality and good supply.
- **Australian Stone Fruit** – season starting.
- **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.
- **Micro Precut** – good quality and good supply.
- **Society Garlic Flower** – season starting now, good quality and good supply.
- **Tamarillo** – can be eaten raw, good to be used in salads, desserts, or made into jams and sauces.
- **White Asparagus** – milder, sweeter flavour and distinct texture compared to green asparagus. In season now.
- **Warty Goblin Pumpkin** – good for decorative.
- **Zucchini Flowers** – very good quality and very good supply.

## Expensive/Finishing for Season/Short in Supply

- **Banana** – expensive.
- **Corn** – price picked up a little bit, will coming down in a bit.
- **Edible Flower Linaria** – season finished. Recommended to use Elder Flower as substitute.
- **Horse Radish** – inconsistent supply.
- **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 and short supply. In between season.
- **Pineapples** – Expensive & short supply, In transition between seasons.



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