

SPECIALS

- Beans, Broad 6kg Box \$19.90
- Strawberry Punnet \$1.50
- Artichoke, Globe Box \$19.90
- Orange, Blood Box \$18.80
- PRS Lettuce Iceberg, Shredded 2.5Kg Bag \$8.80

MARKET UPDATES

26th September-2nd October, 2023



Broad Beans



Strawberry



Artichoke



Blood Orange



**Iceberg Lettuce
Shredded**



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Good Value Products

- Asparagus
- Broad Beans
- Baby Beetroots
- Beetroots
- Baby Fennel
- Blood Orange
- 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
- Onion
- Sweet Potatoes
- Capsicums
- Zucchini Flower
- Strawberries
- Globe Artichoke

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.
- **Zucchini Flowers** – good quality and good supply.
- **Globe Artichoke** – local in Victoria starting & good quality.
- **Jerusalem Artichoke** – very good quality and good season this year.
- **Dried Seedless Grape** – new season, dry grape are very good quality.
- **Spring Elder Flower** – season is starting.
- **Garlic Flower** – season is starting.

Expensive/Finishing for Season/Short in Supply

- **Banana** – price picking up.
- **Brussels Sprouts** – season has finished.
- **Betel Leaves** – expensive.
- **Curry Leaves** – expensive.
- **White Honeydew** – price is slowly coming down.
- **Watermelon** – expensive, couple of weeks gap.
- **Chimi De Rapa** – local season has finished. We have stock coming from Victoria grower on Wednesday & Thursday this week only.
- **Hot Basil** – short supply, only comes on Wednesdays once a week. It is in between season (Pre-order needed).
- **Fioretto** – season has finished use cauliflower as an alternative.
- **Morel Mushrooms** – forage harvester has confirmed its too dry and season has finished. We can get dry Morel (Pre-order only needed).
- **Watermelon Radish** – gap in season, product is currently too small, it will get better in a couple of weeks.
- **Purple Cauliflower** – season has finished.
- **Yellow Zucchini** – season hasn't started.
- **Horse Radish** – short supply, we try to get from Victoria growers, should be mid of the week.



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