

SPECIALS

MARKET UPDATES

31.10.2023 - 06.11.2023

- Melon, Honeydew White Box \$19.90
- Tomato, Heirloom Tray \$24.50
- Tomato, Red Cherry Truss Tray \$39.90
- Beetroot, Baby Purple Bunch \$2.00
- PRS Potato, Sebago Skin On Chips \$20.00
5Kg/Bag (10mm and 15mm)



**Honeydew White
Melon**



Heirloom Tomato



**Red Cherry Truss
Tomato**



**Baby Purple
Beetroot**



**Sebago
Skin On Chips**



FOLLOW US

@probrosprovidore

P: 1800 PRO BROS

order@probrosprovidore.com.au

www.probrosprovidore.com.au

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
- 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.
- **Australian Cherry** – season starting, quality is not up there yet.
- **Local Broad Beans** – nutritionally rich and versatile food, offering plant-based protein and fibre. In season.
- **Micro Precut** – good quality and good supply.
- **Ox Heart Tomatoes** – great quality and great supply.
- **Society Garlic and Elder 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.
- **Broccoli** – price starts to pick up, In between season.
- **Cauliflower** – price starts to be picking up a bit.
- **Corn** – expensive, short supply.
- **Hot Basil** – stock arrives on Wednesday only.
- **Roma Tomato** – price starting to drop.
- **Round Tomato** – price starts to be picking up a bit.



FOLLOW US

@probrosprovidore

P: 1800 PRO BROS

order@probrosprovidore.com.au

www.probrosprovidore.com.au

