

**MARKET  
UPDATES**

14.11.2023 - 20.11.2023

- Zucchini, Yellow Kg \$4.99
- Tomato, Tiny Tomberry Punnet \$1.99
- PRS Herb Parsley, Sliced 3mm 2Kg Bag \$20.00
- Tomato, Red Cherry Truss Tray \$32.00
- Pepperleaf Sprigs 25gr Pack \$5.00
- Seablite 100gr Pack \$5.00
- Rivermint 50gr Pack \$5.00
- Native Oregano 25gr Pack \$5.00
- Geralton Wax 25gr Pack \$5.00



**Yellow Zucchini**



**Tiny Tomberry Tomato**



**Sliced Parsley**



**Red Cherry Truss Tomato**



**Pepperleaf**



**Seablite**



**Rivermint**



**Native Oregano**



**Geralton Wax**



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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
- Leeks
- Mushroom Button
- Mushroom
- Field/Flat/Portobello
- Onions
- 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.
- **Australian Plum** – season started.
- **Australian Stone Fruit** – season started.
- **Australian Cherry** – season starting, quality is not up there yet.
- **Lychee** – good eating and aromatic flesh.
- **Micro Precut** – good quality and good supply.
- **Mangosteen** – a tropical fruit prized for its sweet and tangy flavour, rich nutritional content.
- **Muandik South Australian Natives** – fresh, frozen, and dried natives. Pre-order only. Exclusive only to Pro Bros.
- **Ox Heart Tomatoes** – great quality and great supply.
- **Pink Lemon** – just a trial crop and season starts in Australian.
- **Society Garlic and Elder Flower** – season starting now, good quality and good supply.
- **Shishito Pepper** – mildly flavoured chili peppers with a wrinkled appearance, popular for their versatility in cooking, mild heat, and occasional sweetness.
- **White Asparagus** – milder, sweeter flavour and distinct texture compared to Green Asparagus. In season now.
- **Yellow Zucchini** – known for its vibrant colour, mild flavour, and versatility in cooking, can be used in various dishes,
- **Zucchini Flowers** – very good quality and very good supply

## Expensive/Finishing for Season/Short in Supply

- **Broccoli** – price starts to pick up. In between season. New season coming up from Victoria.
- **Cauliflower** – price starts to be picking up a bit.
- **Chilli Long red** – expensive.
- **Figs** – short because only 2 glasshouses in Queensland growing figs. They have very short supply due to weather conditions.
- **Lemon** – price is high. Queensland season is late, and Victoria has very limited supply.
- **KP Mangoes** – Darwin season has finished. Katherine region has very limited yield this season as the mangoes were not flowering.
- **Oranges** – price is high, as we are moving towards Valencia season.
- **Passion Fruit** – expensive.
- **Round Tomato** – expensive. Queensland season has finished, WA is light on supply, and South Australia is the only region now that growing tomatoes to supply whole Australia.



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