

SPECIALS

MARKET UPDATE

23.01.2024 – 29.01.2024

- Dragon Fruit, White Flesh (Box) \$24.80
- Cabbage, Sugar Loaf (Each) \$2.90
- PRS Pumpkin Japanese, Peeled (5Kg Bag) \$18.80
- PRS Potato, Shredded (5Kg) \$18.80
- PRS Potato, Sebago Skin On Chips \$21.80
15mm (5Kg Bag)



Dragon Fruit



Sugar Loaf
Cabbage



Peeled Japanese
Pumpkin



Shredded
Potato



Sebago
Skin On Chips



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Good Value Products

- Apricot
- Baby Beetroots
- Baby Fennel
- Broccoli
- Carrots
- Cherry
- Corn
- Cos Baby Green
- Cucumber Lebanese
- Cucumber Telegraph
- Dutch Carrots
- Edible Flowers
- Eggplant
- Fennel
- Figs
- Green Kale
- Green Shallots
- Nectarines
- Onions
- Parsley
- Passion Fruit
- Pumpkins
- Peaches
- Plums
- Silverbeet
- Strawberry
- Tuscan Kale
- Zucchini
- Zucchini Flower

Products of Interest/In Season

- **Australian Plum** – good quality and good supply.
- **Australian Stone Fruit** – good quality and good supply.
- **Australian Cherry** – Tasmanian season, good quality and good supply.
- **Australian Lychee** – good eating and aromatic flesh.
- **Australian Dragon Fruit** – good quality and good supply.
- **Figs** – good quality and good supply.
- **Micro Precut** – good quality and good supply.
- **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.
- **Zucchini Flowers** – very good quality and very good supply.

Expensive/Finishing for Season/Short in Supply

- **Asparagus** – expensive.
- **Apples** – supply bit tight and prices are going up because Apples are in old season now.
- **Lemon** – price remained high.
- **Salad Spinach** – quality has not been that great due to weather.
- **Witlof** – very inconsistent supply.



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