

SPECIALS



- Orange, Blood (Box) \$12.00
- PRS Cabbage Green, Shredded 3mm (2.5Kg Bag) \$12.00
- PRS Cabbage Red, Shredded 3mm (2.5Kg Bag) \$12.00
- PRS Lettuce Iceberg, Shredded 3mm (2.5Kg Bag) \$12.00
- Pumpkin, Halloween (Kg) \$1.99

MARKET UPDATE

09.10.2024 - 14.10.2024



Blood Orange



Halloween Pumpkin



Red Cabbage Shredded



Green Cabbage Shredded



Iceberg Lettuce Shredded



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Products of Interest/In Season

- **Asparagus** – Local asparagus in season.
- **Australian Stone Fruit** – In season but price remain high.
- **Cauliflower Purple** – In season.
- **Cauliflower Green** – In season.
- **Cipolini Onion** – In season.
- **Dumpling Pumpkin** – In season.
- **Globe Artichoke** – In season.
- **Grapes** – In season. Local season has started.
- **Jerusalem Artichoke** – In season.
- **Kanzi Apples** – In season.
- **Mandarin** – In season.
- **Morel Mushroom** – In season.
- **Muandik South Australian Natives** – Fresh, Frozen, and dried natives. Pre-order by Monday & receive by Thursday or Friday. Exclusive only to Pro Bros.
- **NT Mango** – In early stages of the Australian season.
- **Piel De Sapo** – In season.
- **Purple Congo Potatoes** – Last lot of supply.
- **Wasabi Root** – In season.
- **Zucchini Yellow** – In early stages of supply.

Good Value Products

- Asparagus
- Blood Orange
- Blueberry
- Cabbage
- Capsicum Red & Yellow
- Celery
- Chilli
- Cos Baby Green
- Cucumber Lebanese
- Edible Flowers
- Eggplant
- Grapefruit
- Green Beans
- Herbs
- Iceberg
- Kale
- Leeks
- Lettuce Cos
- Mandarin
- Mushroom Button
- Pumpkin
- Raspberry
- Snow pea
- Tomato
- Zucchini

Expensive/Finishing for Season/Short in Supply

- **Broccolini** – Improving in supply but still short.
- **Brussel Sprout** – Relying on new season WA.
- **Chimi de Rappa** – Finishing in season, not plenty of supply around.
- **Eggs** – National shortage in eggs supply.
- **Fennel** – Relying on new season Victorian, waiting for full supply.
- **Figs** – Improving in supply.
- **Finger lime** – Shortage but we have supply.
- **Fioretto** – Finishing in season.
- **Lime** – Supply is light and demand is high.
- **Navel Orange** – Price is increasing due to weather conditions now.
- **Passionfruit** – Very expensive.
- **Pineapples** – National shortage due to transition in QLD crops.
- **Pomegranate** – New season Indian and USA have started. Price remains high but more quantity available.
- **Radicchio** – Very short supply due to transition in growing region.
- **Red Onions** – Relying on South Australia Controlled Atmosphere old season onions until QLD commences.
- **Tomato Medley Cherry** – Disease with the Perfection Fresh Farm, they cannot send the stock from SA.
- **Tomato Yellow Grape** – Shortage, affected by the Medley Cherry demand.
- **Washed Kipfler** – Very short supply in the market.
- **Watermelon** – Relying on new season QLD to start.
- **Watermelon Radish** – Shortage, the size is small and quality is not the best.
- **White Onion** – Short supply in the market, but we have supply.



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