



# MARKET UPDATE

31.12.2024 - 06.01.2025



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## SPECIALS



- Brussel Sprout, Green (10Kg Bag) \$36.00
- PRS Bean Green, Top & Tail Cut (2.5Kg Bag) \$19.80
- PRS Potato Sebago, Skin On, Chips 15mm (5Kg Bag) \$20.00
- Peach, Yellow (Tray) \$19.80
- Tomato, Cooking (10Kg Box) \$26.80



**Brussel Sprout**



**PRS Bean Green  
Top & Tail Cut**



**PRS Potato  
Sebago Chips**



**Peach Yellow**



**Cooking Tomato**

## Products of Interest/In Season

- **Apricot** – In season.
- **Australian Stone Fruit** – In season.
- **Cauliflower Purple** – In season.
- **Cherries** – TAS season has started.
- **Crimson Kiss Berry** – In season.
- **Dino Melon** – In season.
- **Donut Stonefruit** – In season.
- **Figs** – In season.
- **Honeydew Yellow** – In early stages of season.
- **Lychee** – In season.
- **Muandik South Australian Natives** – Fresh, Frozen, and dried natives. Pre-order by Monday to receive by Thursday or Friday. Exclusive only to Pro Bros.
- **Nectacots** – In season.
- **Plum** – In season.
- **QLD Mangoes** – In season.
- **Rambutan** – In season.
- **Redcurrant** – In season.
- **Red Kiwifruit** – In season.
- **Victorian Strawberries** – Now in season.
- **Wasabi Root** – In season.

## Good Value Products

- Baby Beetroot
- Beans
- Blackberry
- Blueberry
- Cabbage
- Carrot
- Carrot Dutch
- Celery
- Chilli
- Cos Baby Green
- Edible Flowers
- Eggplant Glasshouse
- Grapefruit
- Iceberg
- Jalapeno
- Lettuce Cos
- Lime
- Mangoes
- Mushroom Button
- Pumpkin Japanese
- Raspberry
- Rockmelon
- Strawberry
- Tomato Heirloom
- Tomato Red Cherry Truss
- Tomato Roma
- Tomato Truss
- Watermelon
- Zucchini

## Expensive/Finishing for Season/Short in Supply

- **Apples** – Reaching the end of CA rooms, the new season starts early next year.
- **Asparagus** – End of the season. Imports have started but are very expensive.
- **Eggs** – National shortage in egg supply.
- **Lemon** – Very expensive with limited supply.
- **Mushroom Oyster** – Shortage.
- **Navel Orange** – Prices are increasing due to weather conditions.
- **Pears** – Reaching the end of CA rooms, the new season starts early next year.
- **Piel de Sapo** – End of the season.
- **Thai Basil** – Limited supply due to rain in the growing region.
- **Cauliflower** – Limited supply due to extreme heat conditions in Victoria.
- **Wombok** – Relying on a limited supply from QLD.



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