

# SPECIALS



- Mushroom, Swiss Brown (Box) \$28.80
- Nectarine, White (Tray) \$19.80
- PRS Potato Sebago, Skin On, Chips \$20.00  
15mm (5Kg Bag)
- Pumpkin, Queensland Blue (Kg) \$0.99
- Radish, White (Each) \$2.50

# MARKET UPDATE

14.01.2025 - 20.01.2025



**Mushroom Swiss  
Brown**



**Nectarine White**



**PRS Potato  
Sebago Chips**



**Pumpkin  
Queensland Blue**



**Radish White**



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## Products of Interest/In Season

- **Apricot** – In season.
- **Australian Stone Fruit** – In season.
- **Cauliflower Purple** – In season.
- **Cherries** – TAS season has started.
- **Dino Melon** – In season.
- **Donut Stonefruit** – In season.
- **Figs** – In 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.
- **Plum** – In season.
- **QLD Mangoes** – In season.
- **Queen Garnet Plum** – In season.
- **Spaghetti Squash** – In season.
- **Victorian Strawberries** – Now in season.
- **Wasabi Root** – In season.

## Good Value

### Products

- Baba Ghanoush
- Eggplant
- Bayberry
- Carrot
- Capsicum Green
- Celery
- Chilli
- Corn
- Cos Baby Green
- Dutch Carrot
- Dutch Cream Potato
- Edible Flowers
- Eggplant Glasshouse
- Figs
- Honeydew
- Iceberg
- Lettuce Cos
- Lime
- Mangoes
- Nectarine
- Peach
- Pumpkin Japanese
- Rockmelon
- Spaghetti Squash
- Tomato Heirloom
- Tomato Red Cherry Truss
- Tomato Round
- Tomato Truss
- Watermelon
- Zucchini

## Expensive/Finishing for Season/Short in Supply

- **Apples** – Reaching to the end of CA rooms, the new season starts early this year.
- **Asparagus** – End of the season. Imports have started but are very expensive.
- **Baby Beetroot** – Limited supply due to weather conditions.
- **Eggs** – National shortage in eggs supply. Especially Free-Range eggs.
- **Lemon** – Very expensive with limited supply.
- **Mushroom Button** – Shortage.
- **Navel Orange** – Prices are increasing due to current weather conditions.
- **Pear** – Reaching to the end of CA rooms, the new season starts early this year.
- **Thai Basil** – Limited supply due to rain in the growing region.
- **Wombok** – Relying on a limited supply from QLD.



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