

MARKET UPDATE

04.03.2024 - 10.03.2024

Weekly Specials



\$2.90

/Each



**Cauliflower,
Purple**

\$17.40

/Box



**Cauliflower,
Purple**

\$4.99

/Punnet



Finger Lime

\$39.80

/Big Box



Fioretto

\$22.00

/Tray



Nectarine, Yellow

\$4.99

/Kg



**Potato, Congo
Purple**

\$4.99

/Kg



PRS Broccoli, Rice

\$4.99

/Kg



**PRS Cauliflower
White, Rice**

Good Value Products

- Brussel Sprout
- Cabbage Green
- Cabbage Red
- Capsicum Green
- Capsicum Red
- Carrot
- Cauliflower
- Celery
- Corn
- Dutch Cream Potato
- Figs
- Grapes
- Honeydew
- Iceberg
- Lime
- Pumpkin Japanese
- Rockmelon
- Watermelon

Products of Interest/In Season

- **Apple Cucumber** – In season.
- **Australian Olives** – In season.
- **Australian Persimmon** – In season.
- **Brown Pear** – In season.
- **Cape Gooseberry** – In season.
- **Corella Pears** – In season.
- **Custard Apple** – In season.
- **Figs** – In season.
- **Gala Apple** – In season.
- **Grapes** – In season.
- **Jujube** – In season.
- **Kiwiberry** – In season.
- **Mangosteen** – 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.
- **Persimmon** – In season.
- **Pistachio** – In season.
- **Prickly Pear** – In season.
- **Wing Bean** – In season.

Expensive/Finishing for Season/Short in Supply

- **Apples** – Reaching to the end of CA rooms, the new season starts early this year.
- **Asparagus** – Getting better on supply.
- **Avocado** – Prices are rising due to low yield from growing region.
- **Banana** – Very short in the market due to flooding in the growing region.
- **Betel Leaves** – Shortage due to flooding in QLD.
- **Chimi de Rappa** – Shortage.
- **Dutch Carrot** – Shortage due to weather conditions, especially Heirloom Dutch Carrot.
- **Eggs** – National shortage in egg supply.
- **Kohlrabi Red** – Shortage.
- **Long Red Chilli** – Supply is starting to get short.
- **Lime** – Supply is tightening due to flooding in the growing region.
- **Mango Yellow** – Coming towards the end of the season.
- **Onion Red** – Shortage due to rain and heat.
- **Thai Basil** – Shortage due to flooding in QLD.
- **Thai Eggplant** – Shortage.
- **Thai Green Chilli** – Shortage due to heavy rains.
- **Tomato Cherry** – Shortage.
- **Tomato Roma** – Shortage.
- **Wombok** – Relying on a limited supply from QLD.