



WEEKLY Market Update

17.03.2026-23.03.2026



\$19.80

/Box



Corn 30each

\$29.80

/Box



Dragon Fruit, White
Flesh

\$39.80

/Box



Eggs, Free Range 600
Gram 15Doz Standard

\$18.80

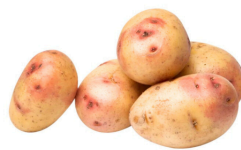
/Box



Melon, Piel de Sapo

\$29.80

/Box



Potato, King Edward

\$0.99

/Kg



Pumpkin, Japanese

WEEKLY SPECIALS



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- Avocado
- Capsicum Green
- Celery
- Cherry Tomato
- Corn
- Cos Lettuce
- Eggplant
- Eggs
- Grapes
- Honeydew
- Kale
- Kale Tuscan
- Kipfler Potato
- Leeks
- Lime
- Rockmelon
- Shiitake Mushroom
- Stonefruit
- Watermelon Seedless
- Zucchini

**GOOD VALUE
PRODUCTS**

- **Black Plum** – In season and on special.
- **Cumquat** – Season starting, but quality is average.
- **Custard Apple** – In season.
- **Feijoa** – In season.
- **Green Turtle Egg Plum** – In season.
- **Jujube** – In season.
- **Mangosteen** – In season (sold by the box).
- **Persimmon** – In season.
- **Prickly Pear** – In season.
- **Queen Garnet Plum** – In season, high antioxidant.
- **Red Papaya** – In season.
- **Stone Fruit** – *Peach* and *Nectarine* are in season.

**PRODUCTS OF INTEREST –
IN SEASON**

- **Apples** – AUS new season starting, supply is getting better.
- **Asian Vegetable** – Shortage and price increase due to heavy rain throughout the week. Continental Parsley, Coriander, and Rocket bunches are the most affected lines.
- **Asparagus** – AUS season has finished. Waiting for imports to arrive, quality is inconsistent.
- **Baby Beetroot** – Shortage, especially Golden and Target varieties.
- **Dutch Carrot** – Price is increasing as supply is tightening, especially for coloured carrots.
- **Edible Flower Viola** – Shortage due to weather conditions.
- **Kiwifruit** – Shortage. Gold variety is not available.
- **Mangoes** – Keitt variety only.
- **Orange Premium** – Imports have started.
- **Pomegranate** – AUS only. New season, sizes are a bit small.
- **Strawberry** – Shortage due to weather conditions.
- **Thai Basil** – Shortage due to weather conditions.
- **Zucchini Flower** – Shortage due to seeds not yielding and crop failures.

**EXPENSIVE – END OF SEASON
– SHORT IN SUPPLY**