

PLACE YOUR ORDER:

EMAIL orders@vellutis.com.au FAX 02 9746 6422 PHONE: 02 8250 4279

market review



Spring 2010 Monday September 6

ORDERING PROCESS

First Run Delivery

All orders must be received by 12.30am if they are to be delivered on the first delivery run, which leaves the markets by 6am Monday to Saturday.

Before 12.30am, orders may be placed by
Phone: 8250 4279 Fax: 9746 6422 email:
orders@vellutis.com.au

Same Day Delivery

If you require same day delivery, orders must be received by 11am Mon – Fri, and 10am on Saturday to make the second delivery run.

Between 12.30am – 11am, orders must be placed by
Phone: 0407 402038

GENERAL ENQUIRIES & PRODUCE INFORMATION
Please call John Velluti on 0450 115966.

Mangoes

The Australian season is underway with fruit arriving from the Northern Territory. Prices are quite high at the moment, and quality will improve as the season continues.

Russet Potatoes

A long potato which is excellent for chipping.
Cost \$52 / 10kg box, so please order while stocks last.

Purple Congo Potatoes

Have dried up in supply. We can't fill orders until I find a new source of supply.

Grapes

USA grapes have been allowed into the market. Price is strong but quality is much better. We are now using **Red Seedless** as my pick of all the grapes at the moment.

Limes & Leeks

Both are extremely expensive due to supply shortages. The situation probably won't improve for a week or two.

Salsify

Crop was ruined due to extensive rain in Victoria. We are trying to source from South Australia & Tasmania.

Broad Beans, Globe Artichokes, Snow Peas and Rhubarb

All excellent at the moment.

Baby Globe Artichokes

Quite plentiful at this stage. Please let me know if you are planning to use later in the week so that you don't miss out.

Cherry Tomatoes

Loose Truss are excellent but everything else is quite pale looking. It is near impossible to get deep, dark, red coloured **Cherry Tomatoes** at the moment.

Australian Asparagus

Has increased in supply. This will give everyone more choices eg. **No. 2's, extra thick and thin** are now available. **Purple** will be starting soon, but **White** is still being imported.

Berries

Are beautiful at the moment.
Price has not changed much though. **Strawberries** are around \$3 / punnet, **Blueberries** \$7.50 / punnet and **Raspberries** \$11 / punnet.

expensive or hard to get

Pineapples, Leeks, Limes, Passionfruit, Avocadoes, Beans, Peas, Raspberries, Lebanese Cucumbers, Telegraph Cucumbers, Grapes, Cherries, Male Zucchini Flowers and Cocktail Potatoes

good or cheap

Spinach, Sebago Potatoes, Broccoli, Strawberries, Tuscan Cabbage, Lavender, Kale, Rappa, Romano, Raddish, Rocket, Eggplant, Globe Artichokes, Kohl Rabi, Mandarins, Roma Tomatoes, Blood Oranges, Baby Turnips, Female Zucchini Flowers, Green Garlic and Pink Grapefruit



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Spring 2010 Monday September 13

Quinces & Seville Oranges

Have finished for the season and I have none left in storage.

Golf Ball Heirloom Carrots

Are quite plentiful, so please order up. **Purple** are OK, and **Yellow** are not available.

Figs

Australian season is slowly getting underway. Prices have eased a little, as there is competition with USA imports. We will still lean towards Australian produce, as the quality is superior.

Cherries

There are no more imports arriving, as the USA season has finished. What is available is coming out of cold storage, so the quality is a little inconsistent.

Zucchini Flowers

Females are quite plentiful, with prices dropping slightly. **Males** however, are a little light in supply and filling orders is proving difficult.

Globe Artichokes

Large and Baby – both green and purple are all available at the moment and are all excellent. Please put on the Menu right now.

Asparagus

The Australian season is underway. Quality and supply are all excellent. Price is still holding at this stage, but there are some No. 2's available if price is a major issue.

Cherry Tomatoes

Price is up and quality is only average. It is proving very difficult to get beautiful red **Cherry Tomatoes**. **Cherry Truss** on the other hand are outstanding and cost \$35 / tray.

Peas

Very, very short in supply. Price is right up, and it may be difficult to fill orders.

Broad Beans

Price, quality and supply are all excellent.

Pears

Josephines have come to their end, so for green pears we are using **Packhams**. **Corellas** are excellent and **Brown Pears** while good, are very expensive.

Strawberries

Price and quality are excellent due to the peak in supply. Some real bargains are available if you want to make jam.

Summer Fruits

Peaches, Nectarines, Plums, Lychees etc are still NOT in season yet. It will be another month before price and quality improves.

expensive or hard to get

Limes, Passionfruit, Cherry Tomatoes, Mangoes, English Savoy Cabbages, Yellow Carrots, Large Desiree Potatoes, Pomegranates (USA), Pineapples, Leeks, Grapes, Blueberries, Raspberries, Cherries, Peas, Lebanese Cucumbers and Tele Cucumbers

good or cheap

Baby Endive, Tuscan Cabbage, Globe Artichokes, Rappa, Local Broccoli, Green Garlic, Roma Tomatoes, Coloured Curly Kale, Kohl Rabi, Beetroot, Fennel, Rainbow Chard, Cauliflowers, Snow Peas, Oranges and Blood Oranges



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FRUIT AND VEG PROVIDORES

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Spring 2010 Monday September 20

Tarragon

Winter and **French** are very scarce this week, and we may not be able to fill orders.

Broad Beans & Globe Artichokes

Excellent in quality, price and supply.

Berries

Strawberries are coming from Qld & WA and are excellent. **Raspberries** and **Blueberries** are good and getting cheaper all the time.

Mulberries however, are in the market but the quality is terrible, so we are reluctant to send out if ordered.

Tomatoes

Roma – Excellent and well priced.

Truss / Vine – Very good quality but expensive.

Yellow Tear Drop - Very short in supply.

Ox Hearts – Are in the market. Quality is only fair and price is up.

Cherry - Good and getting better, especially in relation to redness of colour.

Cherry Truss (Loose) – Excellent in every way, except that supply is a little slow.

Potatoes

Mayflowers and **Russets** are in stock. They perform well in roasting and chipping.

Kale

Purple Coloured Kale has finished for the season. However, **Green Curly Kale** will be available from now on, so please take note if this in on the Menu at the moment.

Blood Oranges

Nearing the end of the season, so please let John or Matt know if you will need them, as we can buy up and keep them in our storage rooms.

Rain in Bowen

10 inches of rain has fallen in Bowen in the past 48 hours. The rain damages crops and prevents tractors from entering the paddocks.

Consequently we will be having price and quality problems with **Capsicums**, **Roma Tomatoes**, **Rockmelons** and **Eggplant**.

expensive or hard to get

Heirloom Tomatoes, Peas, Yellow Squash, Yellow Zucchini, Figs, Cumquats, Yellow Heirloom Carrots, Cherries, Tamarillos, Honeydew, Passionfruit, Watermelon, Lebanese Cucumbers, Tele Cucumbers, Truss Tomatoes and Grapes

good or cheap

Globe Artichokes, Broad Beans, Strawberries, Roma Tomatoes, Green Garlic, Oranges, Snowpeas, Sugar Snap Peas, Broccoli, Spinach, Jerusalem Artichokes, Pomegranates (USA) and Beetroot



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Spring 2010 Monday September 27

Fresh Almonds

Have arrived in the market. Don't rush in to buy just yet, as price will drop significantly when supply increases.

Kale

Curly Coloured Kale has finished. We have the traditional bunches in straight colours of **Purple** and **Green** – supply is low though.

Roman Beans

Have been available for a little while, but have been coming from Qld and quality has not been that good. The local season has begun again now and what I have seen looks and tastes beautiful.

Purslane

Not available every day, but when they do arrive in the market they seem quite plentiful.

Borlotti Beans & Cumquats

Some available but the season is over for both. If you keep them on the Menu, at some point you will end up short or will have to pay ridiculous prices.

Snowpeas, Sugar Snap Peas, Broad Beans and Globe Artichokes

All excellent and beautiful. They really stand out at the moment.

Celeriac, Jerusalem Artichokes & Blood Oranges

All still OK.

Pomegranates

Imported from USA and quality is excellent.

Zucchini Flowers

Males are still hard to get. **Females** are excellent and are getting cheaper.

Rappa

All finished for the season.

Tomatoes

Supply is OK for **Cherry Tomatoes** but what is available is ordinary. They are either over or under ripe. **Grape Tomatoes** are very short in supply. **Heirloom, Ox Heart and Local Cherry Truss** are all very short in supply and quality is not great. Supply is OK for **Cherry Truss (Punnets)** but it is difficult to get nice red coloured produce. Due to rain in Qld, we are going to have some quality issues with **Roma Tomatoes**. In particular, they will have a shorter shelf-life.

expensive or hard to get

Brussels Sprouts, Lemons, Borlotti Beans, Limes, White Asparagus (Peru), Lebanese Cucumbers, Heirloom Tomatoes, Yellow Tomatoes, Mangoes, Pineapples, Raspberries, Grapes, Yellow Zucchini & Heirloom Carrots

good or cheap

Broad Beans, Strawberries, Green Garlic, Navel Oranges, Snow Peas, Sugar Snap Peas, Spinach, Local Broccoli, Beetroot, Green Asparagus, Rhubarb, Globe Artichokes, Baby Turnips, Nettles and Mayflower Potatoes

events

Sustainable Eating Symposium

Thursday 28 October 2010 – Danks Street Depot

\$80.00 pp Bookings Essential

Danks Street Depot will be hosting an evening to bring people together to discuss the importance of local, seasonal and sustainable produce. Guests will have an opportunity to debate the 'ethics of eating' over dinner with a variety of food industry experts, including John Velluti.

For more information email:

enquiry@danksstreetdepot.com.au



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market review



Spring 2010 Monday October 11

Broad Beans

I have never seen the prices so cheap. Make the most of the season by putting them on your Menu now.

Roman Beans

Getting better and cheaper all the time. There seems to be plenty available.

Berries

Mulberries are now coming from local growers which will mean better quality and cheaper prices.

Strawberries are coming mainly from WA, and some from Qld. Price is creeping up but quality is good.

Raspberries / Blueberries are locally grown, so have been greatly affected by rain. Consequently, supply and quality has dropped and price has increased.

Mangoes

Slowly dropping in price. Quality and supply are good.

Green Asparagus

Quality is excellent. Price has dropped to \$40 / box and \$1.75 / bunch.

White Asparagus

The Australian season has begun. Quality is excellent and prices at the moment are \$68 / box and \$3.75 / bunch.

Tomatoes

All varieties are expensive and quality is only good, not excellent. **Romas** are around \$40 / box.

Tuscan Cabbage

Growers are having to pick the produce earlier this season before it turns to flower and seed. The result is smaller bunches and sometimes poorer quality.

Lychees

Are available, costing \$24 / kg.

Red Capsicums

Quality is average and price is really expensive, due to extensive rain.

Heirloom Tomatoes

Supply is very low at the present time, so they are difficult to get.

Heirloom Carrots

No problems at the moment.

Blood Oranges

Just about finished for this year.

Figs

Black varieties have been ordinary so unless they improve, I will only send out Australian **Green Figs**.

Zucchini Flowers

Females are excellent at the moment and cost around \$35 / tray. **Males** are still hard to get.

Green Almonds

Are arriving more in the market with prices around \$50 - \$60 / box.

Cherries

The Sydney Markets Annual Cherry Auction will be held on 20 October. This is usually the first indication that you can begin ordering Summer Produce.

expensive or hard to get

Brussels Sprouts, Cocktail Potatoes, Raspberries, Red Capsicum, Yellow Capsicum, Male Zucchini Flowers, Tomatoes, Heirloom Tomatoes, Borlotti Beans, Lychees, Leeks, Green Beans, Yellow Beans, Passionfruit and Yellow Squash

good or cheap

Roman Beans, Broad Beans, Lavender, Asparagus, Heirloom Carrots, Baby Turnips, Beetroot, Gold Beetroot, Mulberries, Spinach, Rainbow Chard, Rhubarb, Wild Rocket, Kohl Rabi, Snowpeas, Broccoli and Long Red Chillies



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Spring 2010 Monday October 18

RAIN

Extensive rain throughout major growing regions is affecting the price and quality of many lines of produce. Worst affected are *Raspberries, Red Capsicums and Leeks*.

Borlotti Beans

Virtually non-existent. None arrived this morning, but hopefully will later in the week.

Brussels Sprouts

Almost finished for the season. They are available but they are expensive and inconsistent in supply.

Gold Beetroot

Supply will be light over the next 2-3 weeks.

Heirloom Carrots

Order what you like – *Black, Yellow* or *Golf Ball*.

Peaches & Nectarines

Are arriving in the market. Price is expensive and the flavour is not great yet.

Figs

Quality and availability are NOT great. *Black* are more expensive than *Green* varieties.

Mulberries

Have started to arrive in the Market. Cost around \$5-6 / punnet.

Tomatoes

Ox Hearts & Heirlooms - supply will be light for another three weeks or unless the weather warms up.

Roma – NOT cheap but quite good.

Black Cherry, Yellow Grape & Johnny Love Bites – Available right now. These may help with the shortage of mixed heirlooms.

Local Broccoli

Has now come to the end. The growers tell me that there is nothing more to pick.

Grapes

The Australian season is slowly beginning. Supply has not been enough to help ease price. As far as quality is concerned, *USA Red Seedless* are the only ones worth buying.

Asparagus

The Australian season is well underway. *White* and *Purple* are now available, as well as *Green*.

Mangoes

Plenty to choose from. Price is around \$45 / tray. You can pay more or less depending on quality.

Fresh Almonds

Becoming more plentiful.

Blood Oranges & Jerusalem Artichokes

Still available, but not for much longer.

Radicchio / Treviso

Now that we are mid-Spring, these lettuces go to seed and do not form properly. The growers pick early to avoid this, but the result is that the lettuces have no heart.

expensive or hard to get

Heirloom Tomatoes, Passionfruit, Lychees, Figs, Gold Beetroot, Raspberries, Pink Lady Apples, Cocktail Potatoes, Large Fennel, Leeks, Brussels Sprouts, Red Capsicum and Stonefruit

good or cheap

Mangoes, Rhubarb, Silverbeet, Rainbow Chard, Red Radish, Zucchini Flowers, Zucchini, Grey / Lebanese Zucchini, Mulberries, Globe Artichokes, Baby Globe Artichokes, Asparagus, Roman Beans, Broad Beans and Juicing Oranges



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Spring 2010 Monday October 25

Red Capsicum, Roma Tomatoes & Raspberries

These three lines are our biggest problems this week, and prices are unusually high. There are barely enough **Roma Tomatoes** and **Raspberries** to fill orders. **Red Capsicum** are more plentiful, but quality is terrible.

Asparagus

The Australian season is well underway. We now have **Green, White** and **Purple**.

Globe Artichokes

Supply and quality is still very good. In a couple of weeks however, expect the season to be almost finished. There may still be a few handfuls of **Baby Globe Artichokes**.

Roman Beans

Are pouring into the market. Price, quality and supply all look good.

Cherries

Although the Auction was last week, they will not be available for at least two weeks.

Mangoes

Very good and getting cheaper all the time.

Peaches & Nectarines

Hopefully some good-eating produce will be available soon – we've been resisting sending out what is available so far.

Mulberries

Plenty to pick from. Use while you can.

Large Fennel

Coming to the end of the season. There is a lot more **Baby Fennel** available, so if we can't get the **Large**, we will send out **Baby**.

Raddichio & Treviso

Still not perfect. Have been searching for better quality with more solid hearts, but it is proving very difficult.

Fresh Almonds

Quite plentiful in the market.

Grapes

Still mainly from USA. The Australian season is beginning but slowly, so price is right up still.

Heirloom Carrots

Yellow, Golf Ball and **Purple** are all good and well-priced.

Eureka Gold Potatoes

Quality is superior to the **Sebago** and is cheaper, so definitely worth considering.

Borlotti Beans & Gold Beetroot

Very, very short in supply. Will not be able to fill orders for a couple of weeks.

Plants Going to Seed

Due to the change in season, many leaf products are going to seed. Worst affected are: **Savoy Cabbage, Raddichio, Treviso & Mache**.

expensive or hard to get

Roma Tomatoes, Brussels Sprouts, Red Capsicums, Large Fennel, Raspberries, Lemons, Gold Beetroot, Green Beans, Peas, Yellow Beans, Borlotti Beans, Grapes & Heirloom Tomatoes

good or cheap

Mulberries, Eureka Gold Potatoes, Tuscan Cabbages, Oranges, Asparagus, Roman Beans, Yellow Carrots, Golf Ball Carrots, Purple Carrots, Baby Turnips, Red Radish, Globe Artichokes, Broad Beans, Green Garlic, Zucchini Flowers, Mangoes & Zucchini



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Spring 2010 Monday November 1

Broad Beans

Have well and truly peaked. There are plenty around but the quality is not great.

Borlotti Beans

Very short in supply and we are barely filling orders. You may still order, but be prepared for disappointment!

Roman Beans

Excellent, so please order.

Fresh Almonds

No problems filling orders.

Asparagus

Purple, White and **Green** are all OK. There is plenty around and quality is good. Order what you like.

Berries

Strawberries, Blueberries & Raspberries are all a bit short in supply, so price is up. **Mulberries** are very plentiful so order while you can.

Brussels Sprouts

The good ones are only coming to Market twice a week, so although they are available quality can be a little inconsistent.

Fennel

Large Fennel is coming to the end of the season, so supply is limited and quality is ordinary. **Baby Fennel** is the way to go.

Mangoes

Northern Territory produce is excellent. Price, quality and supply are probably now at their best.

Blood Oranges

Finished until next Winter.

Leeks

There are very few available in the Market. Therefore, what is available is very expensive.

Tomatoes

Generally quite expensive. They are mostly coming from Queensland, so until local Sydney growers begin production we can expect to see high prices.

Heirloom Tomatoes

Still not many in the Market. My supplier is telling me that the situation will improve in the next week or so.

Globe Artichokes

Still available, but the season is coming to the end very soon.

expensive or hard to get

Tomatoes, Yellow Zucchini, Yellow Squash, Leeks, Lemons, Ox Heart Tomatoes, Red Capsicum, Celeriac, Long Red Chillies, Grapes, Passionfruit, Lychees, Ginger & Borlotti Beans

good or cheap

Mangoes, Broad Beans, Roman Beans, Green Garlic, Rainbow Chard, Purple Carrots, Yellow Carrots, Golf Ball Carrots, Zucchini Flowers, Lebanese Cucumbers, Telegraph Cucumbers, Asparagus, Pears, Oranges, Mulberries, Globe Artichokes & Rhubarb



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Spring 2010 Monday November 8

Red Capsicums

Not good and very expensive.

Pickling Onions

Not available at the moment. **Small onions** are the best available, but not small enough to replace **Pickling Onions**.

Fresh Almonds

Not flooding the market, but there are plenty around to use and quality is good.

Grapes

Not many Australian grapes are in the market, and the only variety that is available are **Maroo Seedless**. All the **Red & Green Seedless Grapes** are from the USA.

Asparagus

The Australian season is well underway, but price has kicked up slightly this week. **Purple, White** and **Baby** are all available.

Baby Cukes

These are used for pickles. An excellent product and quite plentiful at present.

Apples

Season is coming to the end with **Pink Ladies** becoming quite scarce. I will be using **Sundowners** very soon. Price is well up.

Globe Artichokes

Still very good but the season is nearly over so supply might drop at any time, so don't bank on having them.

Borlotti Beans

Almost impossible to get, so I can't guarantee supply. Please let us know if you need them, so that if some do arrive I can let you know.

Fennel

Is available but not in its usual supply. There is not a lot to choose from, and price is right up for **Large** and **Small**.

Figs

Slightly more in the market, but price has not dropped much.

Edible Flowers

More suppliers are getting involved in the supply of these, so they are quite plentiful. They come in mixed colours and look fantastic.

Australian Garlic

More and more is arriving in the market but price is still up.

Black Garlic – NEW PRODUCT!

Am sourcing some from Victoria but do not have prices yet. Let me know if you are interested.

Tomatoes

We had the first sign today that quality and price will improve. There were no real troubles with supply of **Mixed Heirlooms**.

Cherries

Are now in but are very expensive. They will only get cheaper as the weeks go by.

Peaches & Nectarines

Are now available but flavour is not excellent – they will be fine to get started.

Gold Beetroot

Still a bit small this week. There is some **Target Beetroot** available, but they are small also.

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Spring 2010 Monday November 15

Fresh Almonds

First Stage – These are the young green almonds that we eat whole, and they have now finished.

Second Stage – These are the green almonds that need the skin to be removed before eating. We can expect these in three weeks.

Third Stage – These are the almonds that need their outer shell removed before eating. These will arrive later on.

Figs

USA imports have stopped for the season. This has left us at this stage, with only a handful of Australian growers in production. The result is high prices and inconsistent quality and supply.

Black Garlic

Costs \$60 / 500g bag. Supply is very inconsistent.

Globe Artichokes and Broad Beans

Seasons have virtually come to an end. They are still available but quality is not very good.

Corn

Very short in supply this week. This is mainly due to the commitments that growers have made to chain stores, for what is an already scarce product.

Red Capsicum

Still no change in price and quality this week. This will not improve until growers from South Australia and Bundaberg begin production of significant quantities.

Lemons

Price is up and will continue to rise until Christmas. Import from USA have begun to try to help with prices, but do not expect any improvements. Strong and consistent demand will be met with low volumes of produce due to adverse growing conditions.

Tomatoes

Romas – Getting better and cheaper as Sydney growers begin to swing into production.

Salad Tomatoes – Price is moderate. There is not enough local produce yet to help lower price.

Ox Hearts – Just beginning and cost around \$80 / 10kg box.

Mixed Heirlooms – Look excellent this week. Price won't change much but at least we don't have to worry too much about supply.

Cherry Tomatoes - Virtually NOT available and quality is average.

Cherry Truss - Much better in supply and quality but price is up.

Yellow and Orange - Mainly in punnets at cherry tomato size. Availability is quite good.

Black Tomatoes - Only **Kumatoes** are available and mainly in cherry tomato size and in punnets. Tennis ball size may arrive, but not very often.

Summer Fruits

Peaches, Nectarines, Apricots, Cherries, Red and Green grapes, Mangoes and Lychees are all in now. The problem is how much you are prepared to pay for what is available. Please speak with John or Matt for further direction. NB **Plums** have not begun yet.

Edible Flowers

A lot of suppliers seem to be getting in on the act at last. Supply is quite good.

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Spring 2010 Monday November 22

There seems to be plenty of variety in the market at the moment. From Apricots and Cherries, to Heirloom Carrots and Salsify, we are having no problems filling orders. Price for all produce though is up and staying firm.

Pears

At this stage the only Australian pears are **Green Packham Pears**. There are imported **Nashi, Ya** and **Chinese Fragrant Pears**. **Corella, William, Brown or Beurre Bosc** are all unavailable. Please order accordingly.

Garlic

There is plenty of **Australian Garlic** coming into the market – buy in braids, bunches, boxes or loose. Quality is fantastic, but price is \$25 / kg plus.

Horseradish

Has dried up for the time being. Our usual supplier has been stripped of all his produce due to excessive demand. We are trying to source some from other suppliers, but no luck yet.

Broad Beans

Coming from Queensland and Victoria. Quality is quite good.

Borlotti Beans

Virtually not available.

Asparagus

Only **Green** and **White** are available. Price, quality and supply are all good.

Berries

Blueberries and **Raspberries** have fallen in price, but are still not cheap. **Strawberries** are up a little. **Mulberries** are still in season but supply is very inconsistent – if we can't get them one day, we should be able to get them the following day.

Tomatoes

All varieties are much better in quality, supply and price this week. The only problem appears to be with supply of **Cherry Truss Punnets**.

Globe Artichokes

You should take these off the Menu. They are still around but quality is average.

Figs

Price hasn't been so high for such a long time. Usually it falls by now, but there have been very low quantities of fruit arriving in the market.

Micro Vegies

Red Radish, Baby Turnips, French Radish, Finger Fennel and **Pencil Leeks** seem to be very good in supply.

Heirloom Carrots

No problems at all.

Grapes

Australian and USA produce is available. We are only sending out **Red & Green Australian Grapes** as they do not fall off the vine as easily as other varieties.

Cherries, Peaches & Nectarines

Getting cheaper every day so don't buy too many at a time.

Nettles

All finished for the year.

Salsify

No problems so please order up.

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Spring 2010 Monday November 29

RAIN: *There have been exceptionally high levels of rainfall in major growing regions of Qld and Vic, resulting in all sorts of problems. When it rains the pickers and tractors are unable to get into the fields, so fruit cannot be picked. Consequently supply to the markets has dropped and price is up. Quality has also diminished on various products - wet produce if packed and put into storage, will break down faster. So in short, the rain may mean that price will be up, quality will be down, and produce that looks OK one day, might be rotten the next.*

Cherries

There are a lot more in the market, but not a lot of hard firm fruit. Price is around \$10 - \$15 / kg. **White Cherries** are also available now.

Cherry Tomatoes

Locally grown produce is excellent in quality and price. There are regular punnets or loose trays of **Truss Cherry Tomatoes**.

Ox Heart and Mixed Heirloom Tomatoes

Are more plentiful this week. Although prices have not changed, it won't be long before we see improvement.

Thyme

Still has a lot of flowers, and this week there is hardly any arriving in the market

Figs

Have dropped below \$100 / tray. Hopefully this is the start of falling prices.

Gold Beetroot

Supply has slowed a little, and size is still very small.

Globe Artichokes

All over for the season, so please take them off the Menu!

Borlotti and Roman Beans

Availability is a lot better this week, and quality is very good.

Gherkins

Fresh Gherkins are in the market and price is around \$20 for a 3-4 kg box.

Sour Green Baby Apples

Are in the market costing \$40 / box. Very popular amongst the Lebanese.

Raddichio

No problems filling orders, although quality is not great.

Chipping Potatoes

The best variety for chips at the moment is **Atherton Sebagos**. **Russets** are out until next year.

Berries

Blackberries have begun and more varieties are on their way.

Elderflowers

We are getting the first batch up this week. Not sure what they will be like, so give me a call if you are interested.

expensive or hard to get

Navel Oranges, Peas, Sugar Snap Peas, Apples, Pears, Finger Fennel, Yellow Squash, Ox Heart Tomatoes, Figs, Cherries – large and firm, Eggplant, Capsicum, Grapes and Tuscan Cabbage

good or cheap

Valencia Oranges, Mangoes, Broad Beans, Zucchini, Grey / Lebanese Zucchini, Zucchini Flowers, Roma Tomatoes, Cherry Tomatoes, Jerusalem Artichokes, Cherries (some varieties by the box only), Tele Cucumbers, Lebanese Cucumbers, Turnips and Broccoli



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