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# market review



Winter 2010 Tuesday June 8

## **Strawberries**

Are now from Qld and are becoming more plentiful. Quality is excellent and price is on the decline.

## **Cherries**

Are available from USA and cost around \$20 / kg.

## **Figs**

Very scarce. Quality is average and price is up. I should be able to get them, but you should take them off the Menu.

## **Zucchini Flowers**

At this stage I only have one quality grower, but in saying that there are two problems that need to be mentioned - Price is NOT cheap; and they are available only twice a week. It is best to pre-order on a Monday and a Wednesday.

## **Forest Mushrooms**

Are NOT available at this stage, but in saying that you never can tell what might turn up. I will let you know if any arrive but DON'T count on them.

## **Large Desiree Potatoes**

Are NOT available at the moment. I am using *Medium Desirees* until the large become available.

## **Baby Turnips**

The growers have held off on picking due to the small size at present. Until they get a little bigger, there will be none available.

## **Globe Artichokes, Broad Beans & Borlotti Beans**

All coming into season now, but prices are still up a little.

## **Celeriac, Green Garlic and Local Broccoli**

Are all excellent and good value.

## **Tomatoes**

Due to extensive rain and growers being forced to re-seed their paddocks, we have lost a months supply of produce. We are slowly catching up but price, quality and supply are still far from perfect.

## **Asparagus**

Due to increased imports, prices have fallen.

## **expensive or hard to get**

*Blueberries, Raspberries, Figs, Cherries, Brussels Sprouts, Roman Beans, Yellow Zucchini, Zucchini, Quinces, Tomatoes, Large Desirees, Corn and Grapes*

## **good or cheap**

*Jerusalem Artichokes, Broccoli, Beetroot, English Spinach, Silverbeet, Mandarins, Pomegranates, Radicchio, Rockmelon, Persimmons, Kohl Rabi, Rappa, Custard Apples, Cabbages, Kale, Rhubarb, Green Garlic and Cavolo Nero*



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# market review



Winter 2010 Tuesday June 15

## Beans

Are all on their way up in price. **Roman Beans** especially, should be taken off the Menu in the next week or so, due to increased prices.

## Zucchini Flowers

I am having a lot of difficulty finding growers with quality and consistency of supply. Please order, but I can't guarantee that you will get what you want.

## Globe Artichokes, Broad Beans, Rappa and Rhubarb

Are getting better and cheaper. However, the season is not fully underway.

## Baby Turnips

Very short in supply this week.

## Gold Beetroot

Excellent at the moment, as is **Baby Red Beetroot**.

## Capsicums

Are getting cheaper as Qld produce begins to make its way south.

## Strawberries

Are excellent. They are from Qld and the price will only get better. Currently selling for around \$4 / punnet.

## Cherries

From USA are available and cost \$20 / kg.

## Figs

Still available, but supply will stop some time soon.

## Fennel, Celeriac & Green Garlic

Seem to be quite plentiful.

## Herbs & Leaf Products

Price is about to go through the roof, mainly due to the frost and wet weather that we have experienced over the past two weeks. Quality is also going to be a major issue, with produce turning yellow before it is picked.

## Jerusalem Artichokes, Nettles, Pears, Broccoli and Australian Walnuts

All available, and quality and price are good.

## Heirloom Carrots

**Purple** are very hard to get, but **Yellow** and **Golf Ball** seem to be OK.

## Salsify

I have good supplies at the moment. The cost is \$45 / kg.

## Tomatoes

There has been no major improvement this week.

## expensive or hard to get

**Zucchini Flowers, Figs, Blueberries, Raspberries, Brussels Sprouts, Corn, English Spinach, Quinces, Tomatoes, Baby Turnips, Roman Beans and Green Beans.**

## good or cheap

**Broccoli, Lettuce, Radicchio, Lotus Roots, Mandarins, Apples, Pears (Brown & Green), Silverbeet, Rainbow Chard, Red Radish, Beetroot, Rappa, Royal Blue Potatoes, Parsnips, Strawberries, Lavender, Fennel, Eggplant, Cumquats, Oranges, Avocadoes and Gold Beetroot.**



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# market review



Winter 2010 Monday June 21

## Blood Oranges

Arrived in the market this morning. Quality appears good, but if you can wait a few days the price should and will drop. Currently around \$55 / box.

## Field / Flat Mushrooms

At the moment demand is outstripping supply, which is creating a couple of problems. Firstly, there are NOT enough large mushrooms, and secondly the ones that are available are quite cupped and young. There are excellent quality **Portobellos**, but they are a lot more expensive.

## Roma Tomatoes

Are now on their way down in price. Quality is good, however it is still proving difficult to come by really deep red coloured produce.

## Zucchini Flowers

Not cheap, but a little better in supply this week.

## Figs

Still available and quality is good, but they are extremely expensive.

## Strawberries

Coming out of Qld and they are beautiful. You should be using as many as you can whilst the Qld season is on. **Blueberries** and **Raspberries** are still quite expensive.

## Dobson – Heritage Potatoes

Are available costing around \$50 / box. Varieties include **Dutch Cream**, **Nicola**, **King Edward** and **Kipfler**. They are washed and come in cocktail size.

## Salsify

I have plenty of beautiful **Salsify**, so please put it on the Menu and order up.

## Jerusalem Artichokes

Quite plentiful. Price is OK, and supply and quality are excellent.

## Heirloom Carrots

**Yellow** are no real problem. It is the **Purple** and **Golf Ball** varieties that are difficult to get.

## Grapes

Traditionally we would have USA imports by now, but they were rejected at customs, so we are forced to use our domestic produce. Therefore, we have a problem with quality. The only grapes worth using at the moment are **Crimson Seedless**.

## Broad Beans

Supply is OK, but price is still well up.

## Borlotti Beans, Local Broccoli, Rappa & Globe Artichokes

Are all really good at the moment.

## expensive or hard to get

**Red Roma Tomatoes, Wild Mushrooms, Brussels Sprouts, Flat Mushrooms, Blueberries, Raspberries, Baby Turnips, Horseradish, Green & White Asparagus, Broad Beans, Cherries (USA), Blood Oranges and Grapes.**

## good or cheap

**Strawberries, Rappa, Local Broccoli, Avocadoes, Rhubarb, Rockmelon, Honeydew, Kumquats, Gold Beetroot, Australian Walnuts, Jerusalem Artichokes, Tuscan Cabbage, Fennel, Apples, Pears, Mandarins, Quinces, Pomegranates, Silverbeet, Red Radish, Borlotti Beans, Nettles and Radicchio**



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# market review



Winter 2010 Monday June 28

## Blood Oranges

There is more to pick from in the Market this week. However, price is holding firm.

## Cumquats

Plenty in the Market this morning, so please order freely.

## Grapes

There are **no 'New Season' grapes** at the moment. There is no produce being imported either. The grapes that are available are coming out of cold storage, and have been there a long time. Quality is very inconsistent and generally poor.

## Strawberries

The Qld season is almost in full swing. Colour, looks and taste are excellent.

## Cherries

Are imported from the USA, and although not cheap at \$20 / kg, quality is excellent.

## Zucchini Flowers

Price is on the way down, and availability is much, much better.

## Broad Beans

Supply is OK (only just), but the quality at this stage of the week does NOT look impressive. Hopefully some better produce will arrive soon.

## Globe Artichokes

Supply is good but the Market is maintaining price firmly. This will be the case until more of the local Victorian produce kicks in.

## Salsify

Supply and quality are excellent. Should definitely be on your Menu.

## Mushrooms

**Forest Mushrooms** are basically NOT available, except for the odd case of **Slippery Jacks** that could turn up. All other varieties seem to be back to normal.

## Green Beans, Peas & Borlotti Beans

Are excellent. Price is solid, but I am very impressed by the quality.

## Gold Beetroot

Quality and supply are excellent. Should be on the Menu now whilst in season.

## Tomatoes

Quality is still NOT perfect, but at least price has dropped significantly.

## in season now

*Baby Turnips, Yellow Carrots, Pencil Leeks, Johnny Love Bite Tomatoes, Tuscan Cabbage and Rappa*

## expensive or hard to get

*Grapes, Cherries, Asparagus, Roman Beans, Blueberries, Raspberries, Blood Oranges, Short Red Chilli, Golf Ball Carrots, Purple Carrots, Figs, Violets, Yellow Squash, Yellow Zucchini and Mangoes (Mexico)*

## good or cheap

*Mandarins, Nettles, Jerusalem Artichokes, Beans, Avocados, Oranges, Lemons, Cumquats, Eggplant, Custard Apples, Strawberries, Beetroot, Gold Beetroot, Capsicums, Rockmelon, Honeydew, Chestnuts, Celeriac, Local Broccoli, Lavender, Pears, Apples, Australian Walnuts, Kohl Rabi and Red Radish*



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# market review



Winter 2010 Monday July 5

## Wild Rocket

Due to cold weather and disease, supplies of wild rocket have dropped dramatically. There is not enough to fill orders, so we will have to use an alternative or local bunched rocket.

## Blood Oranges

Are in season now. Quality is very good, but price is still up.

## Zucchini Flowers

Seem to be much better in supply. However, price is up and doesn't look like coming down any time soon.

## Golf Ball Carrots and Purple Carrots

**Golf Balls** are out of season and NOT available.

**Purple Carrots** are available, but are extremely short in supply and very inconsistent.

## Roman Beans

Mostly coming from Queensland. Quality is ordinary, and I strongly recommend not using them at all.

## Broad, Borlotti and Green Beans

These should be on the Menu. They are all excellent at the moment, although **Broad Beans** are still quite expensive.

## Gold Beetroot

Really nice golf ball sized at the moment. Price, supply and quality are all good.

## White Onions

None available at the moment.

## Tomatoes

Quality is good, and price is the best it has been for some time now.

## Grapes

They are available but quality is absolutely terrible! They were picked in summer and are coming out of "Cold Storage". Traditionally at this time of year, we would have USA imports to help, but they did not make it through quarantine.

## Strawberries

Excellent at the moment. They are coming from Queensland and will get cheaper. However, price shouldn't matter because they really are so beautiful right now.

## Local Broccoli, Rappa & Green Garlic

All available without too much trouble. Quality is excellent.

### expensive or hard to get

**Purple Carrots, English Spinach, Pencil Leeks, Wild Rocket, Grapes, Raspberries, Blueberries, Cherries (USA), Horseradish, Tamarillos, Baby Leeks, Brussell Sprouts, Johnny Love Bites and Large Desires**

### good or cheap

**Mandarins, Globe Artichokes, Strawberries, Nettles, Cauliflowers, Beans, Borlotti Beans, Kale, Fennel, Cumquats, Red Capsicum, Broccoli, Local Broccoli, Gold Beetroot, Baby Beetroot, Green Garlic, Rhubarb, Lettuces, Walnuts, Blood Oranges, Navel Oranges, Jerusalem Artichokes and Tuscan Cabbage**



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# market review



Winter 2010 Monday July 26

## Wild Rocket

Due to crop damage and disease in Victoria, the supply of rocket has almost halved. We are filling orders, but only just. Local bunches of rocket are OK, and may have to be used as a last resort.

## Blood Oranges

More plentiful this week, but price is still up.

## Grapes

At the moment there is no new season Australian Produce available. There are NO imports so we are relying on produce from cold storage. We have exhausted all the seedless varieties and are now left with only **Black Seeded Varieties**.

## Limes

Up in price. Quality is excellent. Looks like there will be no changes either good or bad, in the short term.

## Asparagus

Imports have slowed up which has seen prices skyrocket. There will be no relief until the local Australian season is underway.

## Cherries

From USA are very good.

## Mandarins, Globe Artichokes & Strawberries

Are all excellent at the moment.

## Broad Beans

Available and quality is good. Price though, is still really expensive.

## Zucchini Flowers

Better value this week, with more local produce being made available.

## Mushrooms

Nothing to get excited about at the moment. **Nameko**, **Yellow Enoki & Chestnuts** are extremely inconsistent.

## Australian Walnuts

Are in season. Plenty to choose from.

## Jerusalem Artichokes, Local Broccoli & Gold Beetroot

Are plentiful, well-priced and easy to get.

## Tomatoes

At the moment we are having an easy run. Quality and prices are all good. **Ox Hearts** are probably the only ones we are having difficulty with. **Johnny Love Bites** are in, and are tasting good.

### expensive or hard to get

**Ox Heart Tomatoes, Zucchini Flowers, Asparagus, Celeriac, Chestnuts, Cucumbers, Figs, Australian Garlic, Wild Rocket, Blood Oranges, Yellow Zucchini, Yellow Squash and Broad Beans**

### good or cheap

**Rappa, Local Broccoli, Broccoli, Oranges, Gold Beetroot, Silverbeet, Kohl Rabi, Local Washed Sebago Potatoes, Pineapples, Strawberries, Rhubarb, English Spinach, Mandarins, Globe Artichokes, Jerusalem Artichokes, Green Garlic, Tuscan Cabbage and Royal Blue Potatoes**



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# market review



Winter 2010 Monday August 2

## Seville Oranges

Now in season. They cost around \$35 / 18kg box containing 56 – 64 pieces.

## Baby Fennel

Very limited supply. My regular suppliers are badly failing me. I have been forced to use the limited amount of local produce, but the quality is ordinary. It would be preferable to use the large winter **Fennel**, which has great quality and supply.

## Strawberries

Coming from Queensland. They are beautiful and you should be making the most of them right now. Good berries for Jam etc are appearing from time to time and cost around \$3 / 500g punnet. **Blueberries** and **Raspberries** are still very expensive.

## Grapes

Only **Black Grapes** are available. They are expensive and are coming out of cold storage, so the quality is ordinary.

## Zucchini Flowers

**Males** are a little light in supply, but **Females** are OK. Price is still holding firm – not cheap yet.

## Roman Beans

Very light in supply. I wouldn't recommend having them on the Menu.

## Heirloom Carrots

Orders are being filled, but only just. Place your orders, but be prepared to have to use regular **Dutch Carrots**.

## Wild Rocket

Still very short in supply.

## Asparagus

Available, but price is exceptionally high.

## Figs

Please order as you like. No problems at the moment.

## Tuscan Cabbage, Nettles, Kohl Rabi, Borlotti Beans & Local Broccoli Shoots

All in season and quality is excellent.

## Treviso Lettuce

Excellent at the moment. **Radichio** is ordinary, so we are not sending it out.

## Local Broccoli

Grown locally and looks different to regular **Broccoli**. Ask for a sample if you are not familiar with it. Comes in bunches and looks similar to **Broccolini** with leaves attached (which taste beautiful!) to stalks, but is about three times the size. Costs \$4 / bunch.

## specialty produce and prices

Product	Price	Note
Pencil Leeks	\$16.50 / bunch	Min order 1 bunch 1 bunch = 15-20 pieces
Pencil Fennel	\$15 / bunch	Min order 1 bunch 1 bunch = 25 pieces
Fresh Wasabi	\$80 / 500g	Min order 500g Need 2 days notice
Wood Sorrell	\$3.50 / bunch	Min order 1 bunch Need 2 days notice
Lamb Sorrell	\$3.50 / bunch	Min order 1 bunch Need 2 days notice
Edible Flowers	\$13.50 / punnet	Min order 1 punnet Friday delivery only

## expensive or hard to get

**Chestnut, Nameko & Gold Enoki Mushrooms, Pomegranates, Wild Rocket, Baby Globe Artichokes, Celeriac, Baby Fennel, Passionfruit, Zucchini Flowers, Broad Beans, Figs, USA Cherries and Asparagus**

## good or cheap

**Blood Oranges, English Spinach, Walnuts, Snowpeas, Broccoli, Avocadoes, Gold Pineapples, Apples, Pears, Coloured Curly Kale, Baby Red Beetroot, Nettles, Jerusalem Artichokes, Large / Winter Fennel, Mandarins, Tuscan Cabbage, Rhubarb, Rappa, Kohl Rabi, Local Broccoli, Silverbeet and Gold Beetroot**



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# market review



Winter 2010 Monday August 9

### Asparagus

The Australian season will be starting soon, so start planning for this on your Menus. The problem has been that there is a shortage of imported produce, so we have seen prices go through the roof. Bunches priced at \$3.50 each.

### Green Beans & Broccoli

Plenty to choose from. Price, quality and supply are all excellent.

### Broad Beans & Borlotti Beans

Quality is excellent. Supply has been OK – no major problems. Price is still quite expensive though.

### Snowpeas & Sugar Snap Peas

Quality and price are excellent. Use them as much as you can. Between \$6 - \$8 / kg.

### Treviso Lettuce

Much better than *Radichio* at the moment. Colour, size and price are excellent, so I will be using them while they are good.

### Seville Oranges & Blood Oranges

In season, so please order freely.

### Jerusalem Artichokes

Still no problems at this stage, but I am expecting supply to shorten and price to jump up soon.

### Globe Artichokes

Local produce has increased in supply and quality has improved as well. Everything looks good except that there are very few *Baby Globe Artichokes* available.

### Heirloom Carrots

We have been filling orders so far. However, they can be temperamental in supply, so be prepared for sudden shortages.

### Figs

Appear to be all over for the season. However, some could unexpectedly arrive from North Queensland. Let me know if you would like any, just in case.

### Strawberries

From Queensland. Excellent flavour and are beautiful.

### Baby Fennel

Our regular interstate growers are not sending anything to Market. We've been forced to use local produce which just doesn't have the same standard / quality.

### Grapes

Still no improvement. We are now forced to use **Black Seedless Grapes**, as there is nothing else available.

### Pomegranates

Finished for the season. Only available from cold storage.

### Edible Flowers

Quality and varieties available are excellent. Require two days notice when ordering.

### specialty produce and prices

Product	Price	Note
Pencil Leeks	\$16.50 / bunch	Min order 1 bunch 1 bunch = 15-20 pieces
Pencil Fennel	\$15 / bunch	Min order 1 bunch 1 bunch = 25 pieces
Fresh Wasabi	\$80 / 500g	Min order 500g Delivery on Friday only
Wood Sorrell	\$3.50 / bunch	Min order 1 bunch Delivery on Friday only
Lamb Sorrell	\$3.50 / bunch	Min order 1 bunch Delivery on Friday only
Edible Flowers	\$13.50 / punnet	Min order 1 punnet Need 2 days notice

### expensive or hard to get

*Asparagus, Celeriac, Broad Beans, Borlotti Beans, Tamarillos, Yellow Squash, Truss Tomatoes, Salsify, Raspberries, Blueberries, Grapes, Cumquats, Brown Pears, Pomegranates, Quinces & White Onions*

### good or cheap

*Snowpeas, Sugar Snap Peas, Broccoli, Green Beans, Oranges, Blood Oranges, Seville Oranges, Mandarins, Roma Tomatoes, Red Capsicum, Eggplant, Beetroot, Gold Beetroot, English Savoy Cabbage, Green Garlic, Large Fennel, Avocados, English Spinach, Walnuts, Turnips and Red Radish*



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# market review



Winter 2010 Monday August 23

## Zucchini Flowers

We are still having problems with **Males**. **Females** though, will be quite plentiful over the next week or so. The Full Moon and warmer weather make growing conditions ideal.

## Grapes

We now have two choices:

**New Season Green Grapes** – have arrived but cost approximately \$25 / kg.

**Old Season Black Grapes** – cost \$12 - \$14 / kg.

## Leeks

The supply and quality of local leeks has dropped off significantly, which is forcing us to buy interstate produce. The result is a better product, but higher prices.

## Blood Oranges

Getting cheaper. There are even **Juicing Blood Oranges** available at \$20 / 10 kg box.

## Cumquats

Plentiful supply. Please order – no problems at all.

## Globe Artichokes

Quality is improving, and the availability of the **Baby Globes** has improved also.

## Pomegranates

Have finished for the time being. USA imports will be available in about 3-4 weeks.

## Broad Beans & Borlotti Beans

Are quite plentiful. **Roman Beans** however are virtually non-existent.

## Heirloom Carrots

**Purple** and **Golf Ball** are both OK, but **Yellow** are proving to be quite scarce.

## Limes

Have kicked up in price this week. Hopefully this will be short term only.

## Asparagus

Still very short in supply so price is right up. The Australian season is only around the corner.

## Cherries

Imported from the USA and still OK.

## Baby Fennel

Still no Victorian produce available. There is **local Baby Fennel**, but quality is a bit inconsistent.

## Eggs

Get ready for another increase in price.

## Mandarins

Are excellent for either eating or juicing.

## Jerusalem Artichokes

Still going strong.

## Cara Cara Oranges

Beautiful sweet flavour with a dark orange flesh. Organically grown and cost \$39 / 12kg box.

## expensive or hard to get

**Lebanese Cucumbers, Leeks, Asparagus, Basil, Limes, Passionfruit, Capsicum, Chestnut, Yellow Enoki and Nameko Mushrooms, Raspberries, Blueberries, Figs, Broad Beans and Royal Blue Potatoes.**

## good or cheap

**Silverbeet, Lettuces, Beetroot, Nettles, Globe Artichokes, English Spinach, Baby Turnips, Mandarins, Strawberries, Trevisio Lettuce, Gold Pineapples, Local Broccoli Shoots, Roma Tomatoes, Kale and Cauliflowers.**



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# market review



Winter 2010 Monday August 30

## **Zucchini Flowers**

Quite plentiful in supply. Price has come down a little bit more. **Males** are still a little light in supply, however.

## **Warrigal Greens**

Plenty this week. We will receive our next delivery on Thursday to deliver Friday. Cost \$20 / box, so please order up.

## **Broad Beans**

At last price has begun to drop. Quality is excellent, so you can start seriously looking at having them on the Menu.

## **Strawberries, Oranges, Pears & Pink Grapefruit**

Are all excellent at the moment.

## **Blood Oranges**

Are still around, but will dry up shortly.

## **Mangoes**

The Australian season is underway and the flavour is getting better all the time. Cost at this stage is \$3.50 each, for fruit that is generous in size.

## **Leeks**

Are very, very expensive. This is simply due to a lack of supply. Once the local growers begin to harvest again, price will drastically fall.

## **Globe Artichokes**

Quality and supply are excellent. We are even starting to get more of the **Baby Globe Artichokes**.

## **Pomegranates**

Have finished for the time being. There will be some USA imports arriving, but not for at least a month.

## **Cherries**

**USA Cherries** have all finished. Whatever I buy and have in the coolroom today and tomorrow, will be all that I have until the Australian season begins.

## **Grapes**

There are **new season Australian Grapes** arriving in the market, but not many. Price for these is well up at around \$25 / kg. **Old season Black Grapes** are available at \$15 / kg, but quality is ordinary due to cold storage.

## **Large Desiree Potatoes**

A little light in supply this week, so at times I may have to use **Mediums** to fill orders.

## **expensive or hard to get**

**Leeks, Yellow Squash, Yellow Zucchini, Yellow Carrots, Large Desiree Potatoes, Asparagus, Sweet Potatoes, Figs, Roman Beans, Borlotti Beans, Avocados, Tele / Leb Cucumbers and Nashi Pears.**

## **good or cheap**

**Local Broccoli Shoots, Rappa, Rhubarb, Beetroot, Radish, Roma Tomatoes, Australian Walnuts, Tuscan Cabbage, Coloured Curly Kale, Nettles, Long Red Chillies, Spinach, Zucchini Flowers, Broccoli, Jerusalem Artichokes and Globe Artichokes**



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