



January 2018

Our picks for the week

- Lychees
- Peaches
- Nectarines
- QLD Mango
- Koala Cherries
- Tomatillo
- Padron Peppers
- Turkish Green Chilli
- Silky Eggplant
- Champagne Radish
- White Almonds
- Local Eggplant
- Yellow Zucchini
- Heirloom Beets

Market News

2018 has arrived and with a full market of summer fruit and vegetables on offer its never been a better time to shake off 2017 with a fresh menu. Give us a call and let us help.....

Vegetables in good supply

Jerusalem Artichokes, Green Beans, Beetroot, Golden Beetroot, Brussel Sprouts, Capsicum, Heirloom Carrots, Cukes, Local Eggplant, Fennel, Kohlrabi, Silver beet, Peas, Snow peas, Rhubarb, Gourmet Tomatoes, Zucchini, Kale, Rainbow Chard, Borlotti Beans, Corn.

Fruit in good supply

Bananas, Blueberries, Strawberries, Raspberries, Black Berries, Grapefruit (finishing), Kiwi, Honeydew, Rockmelon, Watermelon, Mango, Pears, Peaches, Nectarines, Pomegranate (USA), Green & Black Figs, Kiwi Gold(Italy)

Eggs

Regular 600gm, Cage free 660gm, Chef Select 700gm, XL 800gm, Free Range 660gm, Organic 660gm.

Asian Vegetables and Fruit

Taro, Jicama, Green Mango, Green Papaya, Tito, Bok Choy, Choy Sum, Jackfruit, Durian.

Micro Herb, Salad Leaf and Baby Vegetable.

Green and Red Elk, Red Vein Sorrel, Hot Mustard, Upland Cress, Red Mizzuna, Warrigal Greens, Seasonal Mix and Watercress Tips, Wasabi Mustard, Bronze Fennel, Summer Purslane, Amaranth, Salad Burnet, Red Lace.

Japanese and Blush Turnips, Finger Fennel, Pencil Leeks, Amsterdam Carrots, Paris Carrots, French Radish, Baby Corn in Husk.

Mixed Flowers, Nasturtium, Johnny Jump Ups, Dianthus, Mixed Viola, White Linaria, Mixed Linaria, Snap Dragons, Purple Viola.

Out of season

Japanese Land Seaweed, Rock Samphire, Wasabi Leaf, Bulls Blood Chard.

High Prices and short supply

Broccoli, Ginger, Lemons, Fennel, Long Red Chilli.

Finished for the season

Celtuce, Black Radish, Nettles, Rappe, Purple Congo Potatoes, Mulberries, Tamarillo, Green Apricots, White asparagus, Horseradish, Lavender, Lotus Root, Local Asparagus, White & Purple Asparagus, Red & White Currents, Green Almonds, Starfruit, Longon, Nashi.