



Our Picks

- Borlotti Beans
- Strawberries
- N.T Mangoes
- Quince
- Eggplant
- Golden Nugget Mandarins
- Red Elk Leaf
- Treviso
- Rainbow Chard
- Chicory
- Baby Artichokes

Market News

Don't forget to place your orders through our MP phone app to get our weekly specials.....

Australian Asparagus season is just around the corner, white asparagus will follow soon after.

Fioretto has now finished.

Button and Flat mushrooms continue to be in short supply. Will get better over next few weeks as we get into spring.

Broad Bean flowers are in good supply, crimson and chocolate heirloom varieties the pick.

Australian Mango season has started with the first fruit coming out of the N.T, flavour is very good.

Still plenty of US peaches and nectarines around but cherries have finished.

White cucumbers, Rappe and Tomatillo's also in limited supply.

Fresh Finger Limes are getting harder to find, frozen an option if your desperate!!

Golden Nugget Mandarins, seedless exceptional flavour and very sweet..... not the prettiest fruit but flavour is next level.

Tomato and Zucchini prices are starting to rise and this cold snap isn't helping.....

Vegetables in good supply

Jerusalem Artichokes, Green Beans, Cukes, Local Hydro Eggplant, Fennel, Kohlrabi, Silver beet, Snow Peas, Gourmet Tomatoes, Zucchini, Kale, Rainbow Chard, Corn, Cabbage, Brussel Sprouts, Bullhorn Capsicum, Radishes, Rappe, Sugarloaf Cabbage, Globe Artichokes, Celeriac, Turnips, Japanese Pumpkin.

High prices and short supply

Figs, Yellow Squash, Yellow Zucchini, Lebanese and Tele Cucumbers, Basil, Red Witlof, Zucchini, all Tomatoes

Potatoes in good supply

Dutch Cream, King Edward, Nicola, Sebago, Desiree, Ruby Lou, Pink Eye, Purple Bliss, Royal Blue, Russet, Gold Finger, White and Purple Kumera.

Fruit in good supply

Bananas, Strawberries, Raspberries, Kiwi, Honeydew, Rockmelon, Watermelon, Pears, Mandarin, Honeydew, Rhubarb, Corella Pears, Papaya, Nashi, Blood Oranges, Bravo Apples, Navel Oranges, Persimmon, Yellow Watermelon.

Australian Natives

Saltbush, Samphire, Karkalla, Warrigal Greens(also available in 1kg & 3kg pre-order only), Seaspray

Eggs

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

Asian Vegetables and Fruit

Taro, Jicama, Green Papaya, Bok Choy, Choy Sum, Starfruit, Celtuce, Lotus Root, Kaffir Lime, Cumquat, Jackfruit.

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, Bulls Blood, Blood Mustard, Yarrow, Cranberry Hibiscus.

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

Mixed Flowers, Fennel Flower, Rose Petals, Confetti Mix, Viola, Pansy, Sweet Allysum, Nasturtium, Marigold, Snap Dragon

