



### Our picks

- Borlotti Beans
- QLD Strawberries
- Bravo Apple
- Grey Zucchini
- Spring Onions
- Nettle
- Green Garlic
- Kumquats
- Romanesco
- Yuzu
- Bergamot
- Blood Orange
- Baby Beans
- Rhubarb
- Red Kiwifruit
- Fennel Fronds

### Market News

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

USA Nectarines, Peaches and Cherries are available.

Truffle season is in full swing with a variety of options to choose from.... Please call to discuss your requirements. 48 hours' notice required so we can get them up fresh from Terra Preta Truffles Braidwood.

Please note that cultivated button and field mushrooms are in short supply and expensive due to lower yields during cooler weather.

Still a few Cape Gooseberries around at beginning of week....

Local grape season drawing to a close..... prices are reflecting this, USA fruit yet to arrive to ease \$\$

### 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, Baby Beans, Borlotti Beans,

Brussel Sprouts, Bullhorn Capsicum, Radishes, Rappe, Sugarloaf Cabbage, Globe Artichokes, Celeriac, Turnips, Japanese Pumpkin.

#### High prices and short supply

Ginger, Passionfruit, Fig, Yellow Squash, Beans, Cucumbers.

#### Potatoes in good supply

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

#### Fruit in good supply

Bananas, Strawberries, Raspberries, Black Berries, Kiwi, Honeydew, Rockmelon, Watermelon, Pears, Pomegranate, Mandarin, Red, Black and Green Grapes, Yellow Honeydew, Guava, Rhubarb, Corella Pears, Persimmon, Papaya, Nashi, Feijoa, Rhubarb.

#### 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, Tito, Bok Choy, Choy Sum, Longon, Finger Limes, Custard Apples, Starfruit, Dragonfruit, Celtuce, Lotus Root, Kaffir Lime.

#### 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

