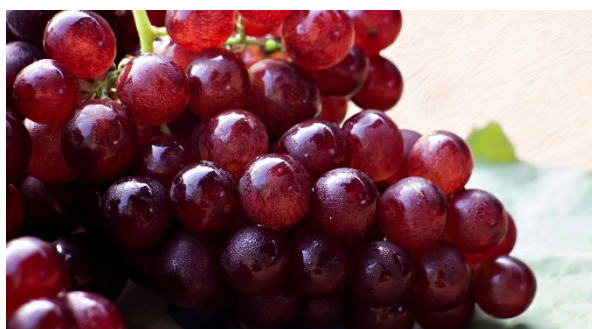


Market Update



Red Grapes from Victoria are currently in stock. Quality is excellent. A great addition to any platter or lunch box.



Australian Kiwi Fruit is now in season. An excellent source of Vitamin C, Kiwi fruit helps to elevate fruit salads but is also a handy snack.



IFP supply Tasmanian Golden Shallots from Esk Valley Farm. Golden Shallots are a small type of onion with a mild subtle flavour.

Shallots are great for making pickled onions and a range of sauces and can be used in place of normal onions for a milder taste.



UPDATES

We have a wide range of high quality **Apples** available. Gala, Pink Lady, Golden Delicious, Fuji, Jazz, Akane, Jonagold and Granny Smith.

New Season Bosc & Packham Pears are in stock.

Avocados are now Shepard variety.

USA **Navel Oranges** are now in stock.

Red Chillies are back in stock.

Asparagus will be Australian and imported.

Watermelons are large in size.

2.5kg Potatoes Bags are using Kennebec potatoes. Kennebec potatoes are also available in 5kg bags.

Leeks are now Tasmanian.

Tasmanian Capsicums are available in Red, Yellow and Green.

QUICK NOTES

- New lines available to order include **Nashi Pears, Butter Beans, Black Grapes, Custard Apples, Figs, Red Sweet Potatoes, Persimmon, Dragonfruit, Pomegranate and Quince.**
- New Season **Corella Pears** are available.
- **Witlof** in Red and White is available.
- Coloured **Baby Carrots** available in purple, gold and white.
- **Kohlrabi** is available.
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Brussels Sprouts** 5kg case available.
- **Medley Cherry Tomatoes** are in stock.
- **Purple Kale** is in stock.
- **Raddicio Lettuce** prepacks are available.

April 3rd, 2024