

# Market Update



Australian **Rockmelons** are great value this week. Featuring a moist, sweet, orange to peach-coloured flesh and a distinct tropical fragrance, Rockmelon is a nutrient-rich, hydrating fruit. Benefits include increased immune health, digestion, skin, and heart health while being low in calories.



**3kg Orange** nets are currently great quality and value buying. Oranges are renowned for their high vitamin C content, boosting immune health and providing powerful antioxidant benefits.



JC's 1kg Honey is about to be released. Available in cases of 6 units, this product is 100% Australian .



## UPDATES

**USA Red & Green Grapes** now available.

**Tangellos** are very good quality now.

**Mandarins** are Afourer and 72 count cartons.

**Blackberries** are still having gaps in supply.

**Strawberries** are great value again this week.

**Aberfeldy 700g Barn Laid Eggs** are now in stock.

**Capsicums** are all now mainland supply.

**Strawberries** are now mainland supply.

**Oranges** are great value now.

**Bosc Pears** are Tasmanian and are eating very well.

**1kg Mandarin Nets** are in stock. Great for lunchboxes.

**Watermelons** are large in size.

**Gourmet Tomatoes** are medium in size. ¾ colour.

**Herbs** will be a mix of Tasmanian and mainland supply through winter.

**Potatoes** are available in 5 and 10kg bags.

## QUICK NOTES

- **Wombok Cabbage** is in stock.
- **Asparagus** is imported.
- **Scottsdale Rhubarb** in stock.
- **Avocados** are 25's trays.
- **Kiwi Fruit** are New Zealand origin.

## Stock available to purchase ex. Market

- Persimmons
- Yellow Squash
- Quince
- Blood Oranges
- Seville Oranges
- Custard Apples
- Figs
- Finger Limes
- Lychee
- Pomegranate
- Cara Cara Navel Oranges
- Dragon Fruit

August 7th, 2024