

Market Update



Bananas are at the end of their winter fruit supply. Fruit may be slightly less vibrant in colour as they ripen but the taste will still be very good. Minor scuff marks are caused through the pick/pack delivery process.

There are many nutritional benefits of Bananas, they are a rich source of vitamins, minerals and dietary fibre. Bananas greatly benefit heart health, digestion and energy levels. A low-fat content and natural sugars make Bananas a suitable choice for various dietary preferences.



New Season **Butternut Pumpkins** are available. Fantastic roasted or blended into hearty soups. Fresh out of Queensland and packed with nutrients and natural sweetness.



UPDATES

USA Red Grapes are now available. USA Green

Grapes will also be available this week with Australian stock available in around 2 weeks.

Cauliflower will be mainland stock this week.

Watermelons are medium in size this week.

Potatoes in stock include Dutch Cream and Kennebec in 5 and 10kg bags. Washed Bintjes are available in cocktail, medium and large. Pink Eye washed potatoes in 15kg bags are now available. Sweet Potato Red is now available.

Avocados are Hass variety (28 count trays)

Mainland Gourmet Tomatoes are a medium/large size in a ¾ colour range and good condition.

Mandarins will be Afourer this Week. Easy to peel, sweet and low seed count. Carton count 72.

NOW AVAILABLE

Cara Cara **Oranges**, **Blood Oranges** (count 55 ex Griffiths NSW), 1kg **Mandarin** (Afourer) bags and **Tangelos**. Oranges are Navel in cartons and 3kg nets.

Gold Kiwi Fruit, **Nashi Pears** and **Celeriac** are now in stock.

QUICK NOTES

- Some specialty lines available from market include **Figs**, **Yellow Squash**, **Dragon fruit**, **Quince**, **Choko's**, **Red Papaya**, **Custard Apples**, **Bitter Melons**, cooking **Mangoes**, **Green Paw Paw** and **Globe Artichokes**.
- **Medley Cherry Tomatoes** will be short supply for 3 weeks.
- **Celery** is mainland stock.
- **Herbs** are a mix of local and mainland.
- **Asparagus** is Australian.
- **Kiwi Fruit** is out of NZ.

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