

Market Update



Strawberries, are in excellent supply and taste beautiful as the Sunshine Coast growing region is at full harvest!



Sweet Potatoes are out of Qunaba Queensland are a medium size.

Sweet Potatoes are a strong source of fibre and antioxidants and therefore great for a healthy gut and brain. They're also incredibly rich in beta carotene, which is converted to vitamin A to support good vision and your immune system.



UPDATES

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. Red skin washed potatoes are available in 2kg bags and Sweet Potato Red is now available.

Avocados are Hass variety (28 count trays)

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

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

Egg supply will be tight on supply for the next 12 months.

Apples are now all Tasmanian supply, **Royal Gala**, **Pink Lady**, **Jonagold** and **Granny Smith**. 1.5kg bags available in Red, Golden and Granny Smith.

NOW AVAILABLE

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

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

SWITCHING TO MAINLAND STOCK

Celery (soon), **Spring Onions**, all **Berries**, **Packham Pears** (Bosc is Tasmanian), **Iceberg Lettuce**, **Cherry Tomatoes**, **Beans** and **Rhubarb** are now mainland.

*** **JL King Pasta Fav's. 400g Range is on promo beginning 9/8. Promo sell is \$7.49. *****

QUICK NOTES

- Some specialty lines available from market include **Figs**, **Yellow Squash**, **Dragon fruit**, **Quince**, **Choko's**, **Red Papaya**, **Cumquats**, **Custard Apples**, **Bitter Melons**, cooking **Mangoes** and Green **Paw Paw**.
- Australian **Red Grapes** are now finished. USA air freight stock now available. Price is high but will decrease when shipped stock arrives in Australia.
- **Medley Cherry Tomatoes** will be short supply for 3 weeks.
- **Celery** is mainland stock.
- **Herbs** are a mix of local and mainland.
- **Asparagus** is imported.
- **Kiwi Fruit** is out of NZ.