

Market Update



Yellow and White **Nectarines** are great value coming from Queensland and Victoria. Packed with flavour and full of health benefits, Nectarines are high in antioxidants, vitamins and minerals, and can help reduce the risk of heart disease, cancer, and diabetes. Eat them on their own for a delicious snack.



Tasmanian **Dutch Carrot** Bunches. These slender and vibrant carrots boast a sweet and mild flavour, capable of elevating your customers' Christmas meals. Ideal for both raw snacking and various cooking methods, these bunches promise versatility in the kitchen.



UPDATES

Avocados are Hass, 25 and 28 to a tray.

Apricots are available and in stock.

Watermelons are large in size.

New Season **Kennebec Potatoes** are arriving Tuesday. Other potatoes in stock include Nicola 10kg and Bismarks in 15kg, Kennebec 10kg and Russets in 5kg.

Leeks are mainland supply.

Australian Asparagus is available.

Tasmanian Capsicums Red and Yellow.
Tasmanian Green is not currently available.
Mainland Green is available.

Australian Red and Green Grapes are now in stock.

QUICK NOTES

- **Figs** in punnets are available.
- **Purple Cauliflower** cases available.
- **Drinking Coconuts** are available.
- Coloured **Baby Carrots** available in purple, gold and white.
- **Kiwi Gold** has finished for the season.
- **Butter Beans** are available in 5kg cases.
- **Kohlrabi** is available.
- Some specialty lines available from market include **Apple Cucumbers, Blood Oranges, Peas, Yellow Squash, Dragon fruit, Quince, Choko's, Red Papaya, Custard Apples, Bitter Melons, cooking Mangoes, Green Paw Paw and Globe Artichokes.**
- **Kiwi Fruit** is out of NZ.
- **Gourmet Tomatoes** are large and ¾ colour.
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Brussels Sprouts** 5kg case available.

December 12, 2023