

Market Update



For those seeking the freshest local Lettuces, Tasmanian Baby Cos Twin Packs are an excellent option. Grown by Southern Fields, these lettuces are crisp and an excellent solution for summer salad meals.



Eggplants are currently of excellent value and quality. There are several health benefits attributed to Eggplant, including bone health, improved memory and lower blood pressure.



UPDATES

Tasmanian Vine Ripened Tomatoes are available. Cases are 10kg

Avocados are Hass and 28 to a tray.

Apricots are available and in stock.

Nectarines are available in Yellow and White.

Peaches are available in Yellow and White.

Watermelons are medium to large in size.

Kiwi Fruit are now USA stock.

Kestrel Potatoes are available. The potatoes feature a unique purple blush and are a good all-round potato.

2.5kg Potatoes are now New Season stock. Other New Season **Potatoes** in stock include Dutch Cream, Bismark, Pink Eyes and Kennebecs.

Australian Asparagus is available.

Tasmanian Capsicums are available in Red and Yellow. Mainland Green caps are available.

Australian Red and Green Grapes are now in stock.

QUICK NOTES

- **Witlof** in Red and White is available.
- **Black Plums** are in stock.
- Fresh **Peas** are available.
- Coloured **Baby Carrots** available in purple, gold and white.
- **Kiwi Gold** has finished for the season.
- **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.**
- **Gourmet Tomatoes** are medium and ¾ colour.
- **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.

January 16th, 2024