

Market Update



Look for **Green Grapes** on promotion this week! Grapes offer a myriad of health benefits as they are packed with immune-boosting vitamin C, antioxidants, and potassium. Grapes also support heart, kidney, and bone health, enhance cognitive function, and provide anti-inflammatory effects, making them a delicious and nutritious addition to your diet.



Broccolini is of great value and quality. This versatile and delicious vegetable can be used in a variety of ways on summer menus. Its unique flavour can be utilised grilled, in salads, pastas or in stir fries.



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, Pink Eyes and Kennebecs.

Australian Asparagus is available.

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

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 $\frac{3}{4}$ 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 23rd, 2024