

# Market Update



Tasmanian Blueberries continue to be abundant and of high quality! Packed with antioxidants, these vibrant berries contribute significantly to maintaining overall well-being. Rich in vitamins C and K, blueberries support a robust immune system.



Tasmanian **Vine Ripened Tomatoes** are in season and quality is excellent with vibrant colour and flavour. Tomatoes are a summer essential, offering your customers a versatile option for meals. Whether sliced in salads or sandwiches, or grilled as a juicy side, tomatoes are a delicious and nutritious addition to your summer stock.



## UPDATES

**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 small to medium in size.

**Kiwi Fruit** are now USA stock.

**2.5kg Potatoes** are now New Season stock. Other New Season **Potatoes** in stock include Dutch Cream 15kg, Bismark 15kg, Pink Eyes 15kg and Kennebec 15kg.

**Australian Asparagus** is available.

**Tasmanian Capsicums** are available Red, Yellow and Green.

**Australian Red and Green Grapes** are now in stock.

## QUICK NOTES

- **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.
- **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.**
- **Gourmet Tomatoes** are medium and ¾ colour.
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Brussels Sprouts** 5kg case available.
- **Broad Beans** are available.
- **Medley Cherry Tomatoes** are in stock.
- **Purple Kale** is in stock.
- **Raddicio Lettuce** prepacks are available.

January 9th, 2024