

Market Update



A reminder about Dendra Gardens Tasmanian **Celery** which is great value this week. Numerous benefits of celery include being low in calories, rich in antioxidants, and a good source of dietary fibre.



Pink Lady Tasmanian Apples offer a fresh, mildly sweet flavor and a firm, dense texture. They are characterised by a distinctive pink blush over yellow-green skin and are known for their high sugar content. This makes them ideal for cooking in sweet dishes, desserts, and muffins.



Tasmanian Bosc Pears have a yellowish, tender, juicy flesh with a perfumed flavour. A rough-skinned, russeted classic shaped pear. Sweet, juicy and firm, holding together well when cooked.



UPDATES

USA Green Grapes have arrived this week.

Blackberries are still having gaps in supply.

Aberfeldy 700g Barn Laid Eggs are now in stock.

Capsicums are all now mainland supply.

Strawberries are now mainland supply.

Oranges are great value now.

1kg Mandarin Nets are in stock. Great for lunchboxes.

Watermelons are large in size.

Gourmet Tomatoes are medium in size. ¾ colour.

Herbs will be a mix of Tasmanian and mainland supply through winter.

Potatoes are available in 5 and 10kg bags.

QUICK NOTES

- **Wombok Cabbage** is in stock.
- **Asparagus** is imported.
- **Scottsdale Rhubarb** in stock.
- **Avocados** are 28's trays.
- **Kiwi Fruit** are New Zealand origin.

Stock available to purchase ex. Market

- **Persimmons**
- **Yellow Squash**
- **Quince**
- **Blood Oranges**
- **Seville Oranges**
- **Custard Apples**
- **Figs**
- **Finger Limes**
- **Lychee**
- **Pomegranate**
- **Cara Cara Navel Oranges**
- **Dragon Fruit**

July 31st, 2024