

Market Update



Navel Oranges are one of the most popular orange varieties and available during the winter from June – October. They are sweet and juicy, rich in orange colour, seedless and easy to peel, making them perfect as a half-time energy boost, or a healthy lunchbox treat. Currently great value.



White Mushrooms (PB's) are usually sold in what can be described as a 'Cup' stage of their maturity. Their texture is firm but their flavour and colour is more intense than button mushrooms. A versatile mushroom, highly rated in soups and sauces.



Passionfruit are at their best when fruit is smooth, plump and heavy for its size. In addition to being a refreshing and fragrant fruit, Passionfruit is a good source of fibre, a source of vitamin C and low in kilojoules. Panamas variety currently available.



UPDATES

Strawberries are now Mainland supply.

1kg Mandarin Nets are in stock. They average around 14 fruit per net, great for lunchboxes.

Ginger is in stock. Great for the immune system.

Watermelons are small/medium in size.

Gourmet Tomatoes are medium in size. ¾ colour.

Red Grapes are in stock. Green and Black have finished.

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

Baby Cos Lettuce Twin packs will be mainland supply for the next 2 months.

Tangellos will be available this week.

Tasmanian **Celery** is in stock.

Potatoes are available in 5 and 10kg bags

QUICK NOTES

- **Cara Cara Navel Oranges** are available to order.
- **Sweet Potatoes** are available in Red & White ex. Market
- **Wombok Cabbage** is in Stock.
- **Gold Kiwi Fruit** is now available.
- **Black Grapes** are available.
- New lines available to order include **Nashi Pears, Butter Beans, Custard Apples, Figs, Red Sweet Potatoes, Pomegranate and Quince.**
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Pawpaw** is good quality now.
- **Raspberries** will be short supply for the next 2 weeks.
- **White Onions** are in short supply for the next few weeks.
- **Beans** are mainland supply.
- **Asparagus** is imported.

July 2nd, 2024