

Market Update



Tangelos are a popular hybrid citrus, uniting the qualities of the easy-to-peel tangerine with the sweet tang of either a grapefruit or pomelo.

Smooth skinned and easy to peel, Tangelos are juicy with few seeds, they are perfect for making juice and are delicious eaten fresh.

Fruit should feel firm and heavy for its size, with deep orange skin.



Kiwi Fruit are currently great quality. With many health benefits, Kiwi Fruit are high in vitamin C, helping supports immune function, potentially reducing the severity of colds and flu. Kiwi fruit are great in smoothies, desserts and breakfast bowls.



1kg Pink Eye Potatoes bags are in stock and great for winter dishes. waxy potato that is very well known in Tasmania. Pink Eyes are great for creamy mash, boiling and potato salads!



UPDATES

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.

Blueberry prices are improving as supply increases.

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 large in size.

Gourmet Tomatoes are medium in size. ¾ colour.

Red Grapes are finishing this week.

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

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.
- New lines available to order include **Nashi Pears, Butter Beans, Custard Apples, Figs, Red Sweet Potatoes, Pomegranate, Quince and Persimmons.**
- **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.
- **Tasmanian Cherry Tomatoes** in stock.
- **Scottsdale Rhubarb** in stock.
- **Blackberries** now available again.

July 9th, 2024