

# Market Update



We have fresh locally grown **Silverbeet**. Silverbeet is a good source of iron, vitamins K, A and C and calcium. It is full of antioxidants and the vitamins within it help to prevent inflammation. Silverbeet can help to add a nutritious and vibrant touch to hearty stews and casseroles.



**Lemons are presenting brilliantly.** Lemons bring a refreshing burst of citrus flavor to winter dishes, brightening up hearty soups, roasted vegetables, and warming teas with their tangy zest and juice.



**Grey Pumpkins** with their dense and sweet flesh, are perfect for winter cooking, adding rich flavor and creamy texture to soups, risottos, and roasted vegetable dishes. Their unique color and hearty taste make them a versatile and delicious ingredient for seasonal recipes.



## UPDATES

**Strawberries** are now Mainland supply. Area Free.

**Blackberries** are still Tasmanian supply for 1-2 weeks followed by a gap in supply due to growing regions crossing over.

**Blueberry** supply will improve late June/Early July, price will ease.

**Tangellos** are available in about 1 week.

**1kg Mandarin Nets** are in stock.

**Tasmanian Capsicums** are nearly finished for the season.

The Australian **Grape** season will be finished soon.

**Ginger** is in stock and great for winter immune systems boosts.

**Leeks** will be Tasmanian and Mainland Supply.

**Asparagus** is imported.

**Watermelons** are small/medium in size.

**Gourmet Tomatoes** are medium in size. ¾ colour.

**Beans** are now mainland supply.

## 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, Persimmon, Dragonfruit, Pomegranate** and **Quince**.
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Pawpaw** is good quality now.