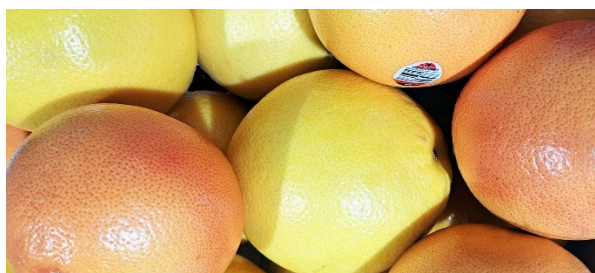


Market Update



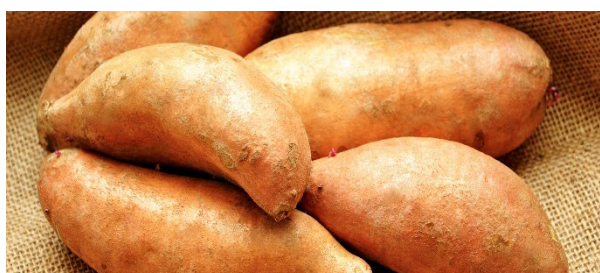
Ruby Red & Yellow Grapefruit are a fantastic fruit to display to brighten your fruit offering. This low calorie, nutrient dense fruit comes with a host of health benefits. It's high in vitamin C and antioxidants, can benefit your heart and immune system, and more. Ruby Red Grapefruit is known for its red interior colour, sweet taste and seedless qualities. Yellow Grapefruit features a bright lemon yellow skin, a thick rind, and sweet flesh with almost no bitterness



Royal Gala Apples are currently great value buying. Tasmanian grown, these Royal Gala's possess the trademark crispness of our cool island climate. An absolute staple in the lunch box.



Gold Sweet Potatoes are currently in very good condition and displaying beautifully. Sweet potatoes are full of antioxidants, vitamins and fibre. There are so many fun and tasty ways to eat sweet potatoes



UPDATES

Strawberries are now Mainland supply. Area Free.

Jerusalem Artichokes are now available.

Tangellos are available soon.

Lemons are carton counts of 100.

Cabbages are Tasmanian supply.

Leeks are Tasmanian supply.

Apples in stock include Royal Gala, Ambrosia, Golden Delicious, Pink Lady, Jonagold, Jazz and Granny Smith.

Potatoes are Nicola variety in the 2.5kg bags. 5kg Bags are also available.

Tasmanian Cherry Tomatoes are in stock.

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

Tasmanian Capsicums are finished for the season.

The Australian **Grape** season will be finished soon. Green and Black to end first, then Red shortly after.

Watermelons are medium/large in size.

Gourmet Tomatoes are medium in size. ¾ colour.

Beans are now mainland supply out of Qld.

QUICK NOTES

- **Sweet Potatoes** are available in Red & White ex. Market
- **Gold Kiwi Fruit** is now available.
- New lines available to order include **Nashi Pears, Butter Beans, Custard Apples, Figs, Red Sweet Potatoes, Persimmon, Dragonfruit, Pomegranate** and **Quince**.
- **Pawpaw** is good quality now.
- **Celeriac** is in stock.
- **Asparagus** is imported.
- **Kiwi Fruit** is New Zealand origin.
- **Mandarins** are Daisy variety.
- **Avocados** are 28 count. Hass variety.

June 25th, 2024