

Market Update



Zucchini are great value this week and presenting excellently. Zucchini can be a delightful addition to winter meals, offering a fresh and nutritious boost to seasonal dishes. In soups and stews, zucchini adds a tender texture and absorbs the rich flavors of hearty ingredients.



Tasmanian Cherry Tomatoes are still in season. Cherry tomatoes can bring a burst of color and flavor to winter meals, brightening up the season's heartier dishes. They can be roasted to intensify their sweetness and added to winter stews, soups, or casseroles.



Baby Bok Choy is an excellent addition to seasonal stir-fries, bringing a mild, slightly sweet flavor and a pleasing crunch.



UPDATES

Tasmanian Strawberry, Raspberry and Blackberries have nearly finished for the season.

1kg Mandarin Nets are in stock.

Capsicums will be a mix of Tasmanian and mainland supply as the Tasmanian season finishes. Mainland price remains strong.

We have a wide range of high quality **Apples** available. Ambrosia, Gala, Pink Lady, Golden Delicious, Jazz, Granny Smith and Jonagold.

New Season Bosc & Packham Pears are in stock.

Fennel is available in Baby and Large Bulbs.

Asparagus is imported.

Watermelons are small/medium in size.

2.5kg Potatoes Bags are using Dutch Cream potatoes. Dutch Cream potatoes are also available in 5kg bags.

Gourmet Tomatoes are medium in size. ¾ colour.

Kiwi Fruit is now Australian.

Beans are now mainland supply.

QUICK NOTES

- **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.**
- Coloured **Baby Carrots** available in purple, gold and white.
- **Kohlrabi** is available.
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Brussels Sprouts** are available.
- **Medley Cherry Tomatoes** are in stock.
- **Purple Kale** is in stock.
- **Raddicio Lettuce** prepacks are available.
- **Celeriac** is in stock.
- **Rhubarb** is Scottsdale Supply.
- **Mangosteen** is available.

May 28th, 2024