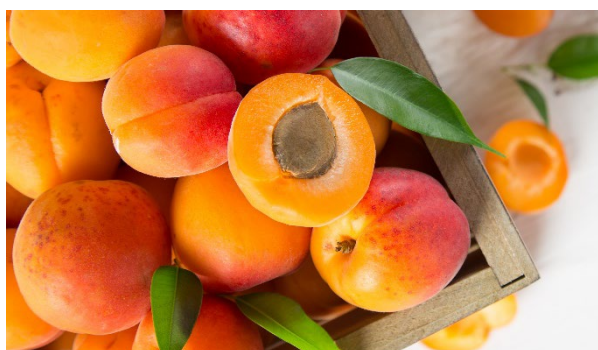


# Market Update



**Apricots** will arrive this week. Whether fully yellow or adorned with an orange hue and a charming red blush, Apricots boast a distinctive flavour and sweetness that intensify as they soften. These versatile fruits are perfect fresh, but also excel in desserts and poached or stewed dishes. Additionally, Apricots make excellent companions to meats and poultry. Beyond their culinary appeal, apricots serve as an excellent source of Vitamin A.



**Tasmanian Baby Cos Lettuce** are now in stock. Grown in the south of Tasmania, customers will savour the satisfying crunch and sharp flavour of these lettuces. Cos leaves can be used as a base for salads or can even be used a scoop for dips.



## UPDATES

**Plums** are available soon.

**Avocados** are Hass, 28 to a tray.

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

**Australian Asparagus** is available.

**Tasmanian Capsicums** Red, Yellow and Green are available.

**Australian Red and Green Grapes** are now in stock.

**Oranges** are moving to Valenica soon.

**Potatoes** in stock include new season Pink Eye, Nicola and Bismark's in 10kg cases. Dutch Cream and Kennebec potatoes are in 5 and 10kg. Washed Bintjes are available in cocktail, medium and large. Sweet Potato Red is now available.

## NOW AVAILABLE

**Corella Pears, New Season Peas, Gold Kiwi Fruit, Nashi Pears and Celeriac** are now available to order.

## QUICK NOTES

- Some specialty lines available from market include **Apple Cucumbers, Blood Oranges, Peas, Yellow Squash, Dragon fruit, Quince, Choko's, Red Papaya, Custard Apples, Bitter Melons, cooking Mangoes, Green Paw Paw and Globe Artichokes.**
- **Kiwi Fruit** is out of NZ.
- **Broad Beans** are available.
- **Gourmet Tomatoes** are medium and  $\frac{3}{4}$  colour.
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Brussels Sprouts** 5kg case available.