

Market Update



Tasmanian Blueberries will arrive this week. Blueberries are full of antioxidants, have a delightfully sweet flavour, and are perfect eaten alone or with a cheese platter.



Yellow and White Nectarines are now in stock. Yellow Nectarines boast a vibrant golden skin and succulent, sweet and tangy flesh, perfect for snacking. White Nectarines offer a subtly sweet, slightly more floral taste with a creamy texture. Both varieties are rich in essential vitamins, providing a refreshing and healthy snack choice.



UPDATES

Apricots will be available soon out of Mildura.

Avocados are Hass, 28 to a tray.

Sweet Corn is in short supply for 2 weeks.

Australian Asparagus is available.

Baby Cos Lettuce is now Tasmanian.

Tasmanian Capsicums Red, Yellow and Green are available.

Australian Red Grapes are now in stock.

Tasmanian **Golden Delicious Apples** are available loose or in 1.5kg bags. **Jazz Apples** are now in stock.

Oranges are moving to Valenica soon.

Potatoes in stock include Pink Eye and Bismark 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 **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 ¾ colour.
- **Tasmanian Angel Snacking Tomatoes** are in stock.
- **Brussels Sprouts** 5kg case available.