

# Market Update



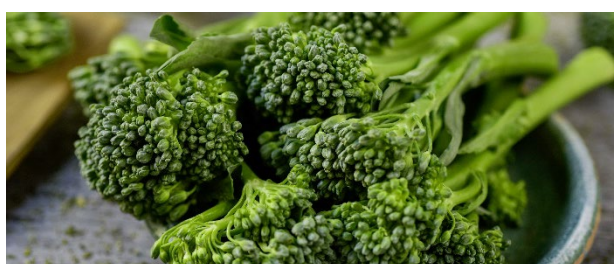
**Asparagus** is a nutrient-rich vegetable, loaded with fibre and vitamins. Its crisp texture and delicate flavor make it perfect for light, seasonal dishes. Whether grilled, roasted, or added to salads, asparagus brings a fresh, vibrant touch to meals.



**Lemons** are currently in excellent quality. Packed with vitamin C, Lemons are great for boosting immunity and aiding digestion. Their refreshing zest and juice makes them the perfect garnish for drinks like iced tea, lemonade or cocktails. Additionally, fantastic squeezed into water or used in cooking.



**Baby Broccoli** features mild, slightly sweet flavor that's rich in nutrients like vitamin C, A, calcium, and fibre. Its tender stalks and small florets are quick to prepare and work well steamed, roasted, or stir-fried. Perfect as a side dish or in salads and pasta.



## UPDATES

**Strawberries, Raspberries and Blueberry** quality is being affected by the wet weather in northern growing regions.

**Spring Onions** are now mainland supply.

Local **Fennel** has finished.

**Egg** supply is strong,

**Australian Asparagus** is now in stock.

**Leeks** will be Tasmanian this week.

**USA Red Grapes** are available.

**Tangellos** are very good quality now.

**Capsicums** are all now mainland supply.

**Oranges** are great value now.

**Tasmanian Angel Tomatoes** are available

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

**Potatoes** are available in 5 and 10kg bags. Kennebec, Dutch Cream and Maiflower available.

## QUICK NOTES

- **Wombok Cabbage** is in stock.
- **Scottsdale Rhubarb** in stock.
- **Avocados** are 28 count trays.
- **Kiwi Fruit** are New Zealand origin.

## Stock available to purchase ex. Market

- Kiwi Fruit Gold
- Yellow Squash
- Blood Oranges
- Figs
- Finger Limes
- Lychee
- Pomegranate
- Dragon Fruit
- Witlof White & Red Prepacks
- Radicchio
- Kowlrabi
- Papaya
- Butter Beans

October 2nd, 2024