

# Market Update



Local **Rhubarb** is available and is of excellent quality. Rhubarb is a nutritious vegetable often enjoyed in sweet and savoury dishes alike. Rhubarb is also a good source of fibre, aiding in digestion, and it contains vitamin K, essential for bone health. In the kitchen, rhubarb is incredibly versatile: its tart flavour makes it perfect for pies, jams, and sauces.



New Season **Pink Eye and Bismark Potatoes** are available in 10kg boxes. Bismarks are a long potato with creamy white flesh and purple eyes, excellent for boiling when young and makes excellent chips when mature. Pink Eyes feature a cream skin with pink eyes with a yellow flesh. An all rounder that makes an excellent mash.



**Yellow Nectarines** have arrived and our buyers are suggesting the early season fruit is eating particularly well this season. Stock up now for this seasonal favourite.



## UPDATES

**Jonagold Apples** have finished for the season.

**Mangoes** to start next week.

**Yellow Nectarines and Peaches** have started.

**Local Strawberries** are starting later this week. **Raspberries, Blueberries and Blackberries** are mainland supplied.

**Spring Onions** are now mainland supply.

**Egg** supply is strong,

**Australian Asparagus** is now in stock.

**Capsicums** are all now mainland supply.

**Navel Oranges** are finishing in the next 2 weeks. Late Lane variety to follow.

**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. Pine Eyes and Bismarks are in 10kg cases.

## 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
- Blood Oranges
- Figs
- Pomegranate
- Dragon Fruit
- Witlof White & Red Prepacks
- Radicchio
- Kohlrabi
- Papaya
- Butter Beans

October 30th, 2024