

Market Update



With Halloween approaching in just a few weeks, pumpkins are ideal for crafting eerie Halloween displays. **Kent Pumpkins** sourced from North Queensland, are also a nutritious choice for your customers. They are rich in vitamins and fibre.



Valencia Oranges are starting next week. They feature a sweet and juicy flavour. These oranges are not only delicious but also a great source of vitamin C. Valencia oranges are distinguished by their bright orange colour and slightly thin skin, making them easy to peel and enjoy.



UPDATES

Tasmanian Strawberries start next week.

Australian Asparagus is available.

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

Jazz Apples are now in stock.

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

Watermelon prices are high with smaller sizes this week. Supply is still tight.

Cauliflower is now local stock.

Potatoes in stock include Dutch Cream and Kennebec in 5 and 10kg bags. Washed Bintjes are available in cocktail, medium and large. Pink Eye washed potatoes in 15kg bags are now available. Sweet Potato Red is now available.

Avocados are Hass variety (28 count trays).

New Season **Butternut Pumpkins** are now available.

NOW AVAILABLE

Gold Kiwi Fruit, **Nashi Pears** and **Celeriac** are now in stock.

QUICK NOTES

- **Stonefruit** will be available next week.
- Some specialty lines available from market include **Yellow Squash**, **Dragon fruit**, **Quince**, **Choko's**, **Red Papaya**, **Custard Apples**, **Bitter Melons**, cooking **Mangoes**, **Green Paw Paw** and **Globe Artichokes**.
- **Celery** is mainland stock.
- **Herbs** are a mix of local and mainland.
- **Kiwi Fruit** is out of NZ.
- **Broad Beans** are available.
- **Bosc Pears** are Tasmanian.
- **Gourmet Tomatoes** are medium and ¾ colour.