

Market Update



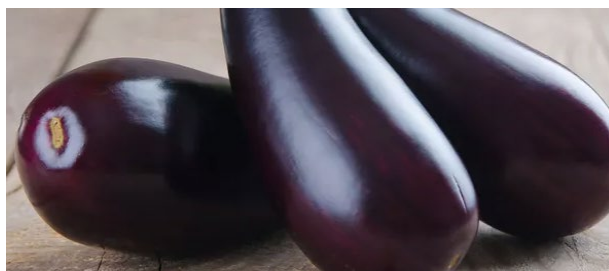
Blueberries are becoming great value. Their vibrant purplish-blue colour, sweet flavour and high antioxidant content make them a healthy choice. Great for mixing with yoghurt and muesli or could be used to make overnight blueberry chia pods!



Kiwi Fruit from New Zealand are presenting excellently. The benefits of kiwi fruit include: alleviating symptoms of asthma, supporting a healthy heart, rich in fibre and immune-supportive nutrients to help ward off illnesses.



Egg Plant from South Australia is another line currently in great condition. Eggplants are rich in antioxidants and support heart health, aid in weight management and help regulate blood sugar. Eggplants can be grilled, roasted, or added to stir-fries.



UPDATES

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.

Bosc Pears are Tasmanian and are eating very well.

1kg Mandarin Nets are in stock. Great for lunchboxes.

Watermelons are small to medium size.

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's trays.
- **Kiwi Fruit** are New Zealand origin.

Stock available to purchase ex. Market

- Kiwi Fruit Gold
- Yellow Squash
- Quince
- Blood Oranges
- Seville Oranges
- Custard Apples
- Figs
- Finger Limes
- Lychee
- Pomegranate
- Cara Cara Navel Oranges
- Dragon Fruit (Pink & White available)
- Witlof White & Red Prepacks
- Raddicio
- Kowl Rabi
- Papaya

September 10th, 2024