

Market Update



In great quality and strong supply. Brown Mushrooms will enhance any meal with a mighty flavour. They have a rustic earthy appearance and a robust, dense texture (unlike their white counterparts) which helps them hold strong when cooked.



Australian **Asparagus** is in great supply. Asparagus can be enjoyed fresh or cooked and contains vitamins K, A and C, which all act to support and promote skin health.



UPDATES

Australian Green Grapes are now in stock.

Watermelon is in short supply to market this week with prices firming. Sizes are large.

Navel Oranges from NSW are looking really good this week.

Cauliflower will be mainland stock this week.

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)

Mandarins will be Afourer this Week. Easy to peel, sweet and low seed count. Carton count 80.

NOW AVAILABLE

Cara Cara **Oranges**, **Blood Oranges** (count 55 ex Griffiths NSW) and 1kg **Mandarin** (Afourer) bags. Oranges are Navel in cartons and 3kg nets.

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

QUICK NOTES

- Some specialty lines available from market include **Figs**, **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.
- **Red Cherry Tomatoes** are mainland.



****JL King 800gm Salads are available again and on promotion in the IGA Footy Finals feature. Special runs until Oct. 3.**

September 19, 2023