

Market Update



Blueberries are in great supply from New South Wales this week and are the perfect way to celebrate the change in season. Blueberries are a good source of manganese, vitamin C, vitamin K1, are full of antioxidants and have a delightfully sweet flavour.



Australian **Asparagus** is now available and in good 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

USA Red Grapes are now available. USA Green Grapes will also be available this week with Australian stock available in around a week.

Sweet Corn from Gatton QLD is at good supply levels now with very good eating,

Navel Oranges from NSW are looking really good this week.

Cauliflower will be mainland stock this week.

Watermelons are large in size 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)

Mainland Gourmet Tomatoes are a medium/large size in a ¾ colour range and good condition.

Mandarins will be Afourer this Week. Easy to peel, sweet and low seed count. Carton count 72.

NOW AVAILABLE

Cara Cara **Oranges**, **Blood Oranges** (count 55 ex Griffiths NSW), 1kg **Mandarin** (Afourer) bags and **Tangelos**. 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.
- **Asparagus** is Australian.
- **Kiwi Fruit** is out of NZ.
- Red **Cherry Tomatoes** are mainland.