



SUPPLY OUTLOOK

RECOMMENDED



ASIAN VEG: Bok Choy, Pak Choy, Gailan and Choi Sum are all good.

BANANA CHILLIS: There's plenty around, and the quality you ask? Chef's kiss!

BLOOD ORANGES: The season is still kicking with around two weeks remaining.

BROAD BEANS: Spring's arrival has brought a large supply of beautiful and cheap Broad Beans.

BUTTER BEANS: Low prices, and premium quality.

CABBAGE: Drumhead, Wombok, and Red Cabbage supply is healthy, offering good value. Sugarloaf prices have risen slightly due to a planting gap.

CAULIFLOWER: The quality of the Victorian Caulis is next level—firm, dense and full of flavour.

CHERRY TOMATOES: Local supply has ramped up, so prices have eased.

CONTINENTAL CUCUMBERS: High quality, eating well and fantastic value. Including bulk Qukes.

DAIKON: Fresh and shiny Daikons are in abundance.

EDIBLE FLOWERS: There are plenty of beautiful edible blooms around.

HERBS: Basil, Tarragon, Lime Leaves, Sage, Rosemary, Mint and Thai Basil are in excellent supply with great quality and prices.

LEMONS: Consistently good quality and prices - a great buy, while Limes remain expensive.

MANGOS: Oh yeah, the season is on! Prices are coming down, and they're eating nicely.

MUSHROOMS: All varieties like Buttons, Fields, Oysters, Shiitake, and Enoki, are excellent.

POTATOES: Large Washed is our top pick spud this week with easing prices and great quality.

RADISH: Looking beautiful, good-sized bunches and of great value.

SEEDLESS WATERMELON: Prices are dropping, and the flavour is on point. Hello Summer!

STONEFRUIT: Yellow Nectarines and Peaches are available, and prices are easing. The quality is good, but it will be even better in December.

STRAWBERRIES: The best berry this week, with top-notch quality.

TASMANIAN WHITE ASPARAGUS: Tender and delicious Tassie White Asparagus will be around for another 3-4 weeks. Pre-order.

ZUCCHINI & ZUCCHINI FLOWERS: Fresh and in abundance this week. High quality and great value.

GENERAL

BROCCOLINI & BABY BROCCOLI: Prices have eased on the back of more supply.

EGGPLANT: We have switched to **Hydro** Eggplant as the quality is much better.

PINEAPPLE: Prices are starting to ease as we escape the cooler weather.

RED ONIONS: Prices are continuing to ease as volume increases.

WHITE ONIONS: The season has gotten off to a nice start, with good quantities coming through.

NOT RECOMMENDED

BEANS: Green Beans are high in price as weather has impacted supply.

COCKTAIL POTATOES: Due to the recent storms in Gatton, farms haven't been able to get in to pick. Supply is extremely limited, and prices are high. Please expect cutbacks. We recommend using Large Desiree or Large Washed as an alternative.

FIGS: High prices, limited supply and average quality. The season has ended, but will re-commence in December. Please expect cutbacks.

FIORETTO: Supply remains extremely short due to quality issues.

FRESH FINGER LIMES: Still n/a, will be back in December. However, we always have frozen available.

HEIRLOOM TOMATOES: Remain extremely limited and expensive due to the Brown Rugose Fruit Virus affecting SA crops, causing a nationwide shortage.

HONEYDEWS & ROCKMELONS: Are in a short supply gap as rain has affected harvesting. Therefore, prices are high.

LARGE RED WASHED POTATOES: Very short in supply and expensive.

LEEKs: Supply is short, and prices are high due to a supply gap in Victoria.

LIMES: High prices and limited supply remain. The quality remains good, but East Coast Lime Juice or Lemons are a cheaper alternative.

PEELED GARLIC: Has risen in price due to transport delays affecting supply.

POMEGRANATE: Expensive and imported; avoid it if possible.

SNOW PEA SPROUTS: Limited due to seeding issues. Please expect cutbacks.

WASHED KIPFLERS: Limited supply and expensive. We will do our best to fulfil orders but may sub with brushed where needed.

But wait, there is more! The entire Produce Supply Outlook can be found via email. Not on our list? Be sure to chat to your Account Manager to ensure you stay up to date with all things fresh.