



SUPPLY OUTLOOK

RECOMMENDED



BROCCOLI: Gatton-grown, fresh, and local. A standout choice for quality and value.

BLOOD ORANGES: Juicy and abundant. Spring cocktail, anyone?

BLUEBERRIES & STRAWBERRIES: Both are exceptionally fresh and high quality with great prices.

CORIANDER: Our top herb pick this week. Fresh and aromatic.

CORN: Priced well and available in great quality.

DUTCH CARROTS: Available in abundance—**orange, purple, and yellow**—with prices easing.

OYSTER MUSHROOMS: Local supply is plentiful and well-priced.

APPLE PINK LADYS: Crisp, juicy, and with eased prices, offering great value.

AUSTRALIAN ASPARAGUS: We've completely transitioned from Mexican to local Australian asparagus. Prices have eased and will continue to do so.

BABY BEETS: Supply has improved, and prices have eased slightly, offering better value.

BABY TURNIPS: Vibrant white colour and high quality, a top choice.

BLACKBERRIES: Prices have eased, providing better value for this delicious fruit.

BOK CHOY: Fresh and high quality like all our Asian veg.

CELERIAC: Local, high quality and in abundance.

DE PADRON PEPPERS: Available, great quality and prices have eased back.

EGGPLANT: High quality and in good supply.

GARLIC SHOOTS: Spring has brought fresh garlic shoots. Pre-order.

MOREL MUSHROOMS: The Morel Mushroom season has started. Available by pre-order, arriving later in the week.

MUSHROOMS: Buttons, field mushrooms, and oysters are well-priced. Shiitake mushrooms are also plentiful and of high quality.

RAMARRO FARMS: The Ramarro Radicchio season has ended, but regular radicchio is still available. If you missed it this season, don't worry, it will be back in January!

SHALLOTS: Prices have decreased significantly from last week, with excellent supply.

THAI BASIL & BASIL: Fresh and in good supply.

WATERCRESS: Abundant and looking excellent.

ZUCCHINI: Prices have dropped significantly with more supply available, thanks to favourable growing conditions.

GENERAL

BEANS: Prices are decreasing but are still slightly higher than usual - handpicked and machine picked.

BRUSSELS SPROUTS: Being a winter veg, the season is now started to slow down, leading to higher prices due to less product available. Quality remains good.

GRAPES: Green grapes are currently preferable over red. But, all grapes are US product, so we encourage you to opt for something Aussie-grown.

LONG RED CHILLIES: Prices have eased slightly.

MANGOES: Premium quality from the NT, excellent tropical flavours and soft juicy flesh. Let us know if you would like to try some!

POTATOES: Cocktail Potatoes: Local crops have started, sizes are ideal, and prices have eased. **Washed Potatoes:** Now local. **Dutch Cream** and **Nicola** are best for mash. **Purple Congo/Purple Bliss:** Gap in supply; awaiting new season.

WATERMELON: Prices have eased, making watermelon great value.

NOT RECOMMENDED

BABY CAPSICUMS: Limited supply due to poor weather conditions.

BANANAS: Prices have eased slightly but remain high. Winter affects supply and quality each year, so it shouldn't last too much longer now its getting warmer.

BROADLEAF ROCKET: A gap in supply is expected for the next two weeks. Wild Rocket is in abundance if you were looking for an alternative.

FIGS: Extremely short supply. Expect cutbacks.

LIMES: Very limited and expensive. Alternatives include East Coast Pure Lime Juice or lemons.

LEBANESE CUCUMBERS: Expensive, avoid them if you can. Continentals are much more affordable.

RASPBERRIES: High prices due to slowed supply. Consider blackberries or blueberries as alternatives.

SHISHITOS: Not available due to poor weather conditions.

TOMATOES: Brown Rugose Fruit Virus affecting SA crops. This will effect all tomatoes coming from SA. Large Heirloom Mixed Colour Tomatoes unavailable until December. But, Large Red Heirlooms (local). Pezzeto & sampari tomatoes: Unavailable for the next two weeks. Yellow tomatoes (not available). Cherry Truss (on the vine) are going to be short.



PSA: Transition to Digital Produce Supply Outlook

In alignment with our commitment to sustainability, we will soon discontinue printing the weekly produce supply outlook. You can conveniently access it using the QR code at the top of your invoices, through our app, or by email. Thank you for supporting our efforts to reduce waste and protect the environment.