

# FRESH IS BEST

13TH MARCH - 25TH MARCH

## NEWS

### QLD Shepard Avocados

As the WA Hass Avocado season begins to wind down, we'll start switching over to the new season of QLD Shepard Avocados over the next two weeks.

### Cabbage Supply Shortage

The Bad News: We're experiencing a major shortage in Cabbages and limited supplies of Cauliflower and Broccoli.

The Good News: We have an abundance of good value vegetable options available, including Zucchini, Eggplant and all of the Pumpkin lines!

## NEW PRODUCTS

LUKE'S TOP PICKS

- o Yuzu
- o Breadfruit
- o Fresh Pistachios
- o Custard Apples
- o Persimmons
- o Olives Fresh
- o Tomatillos
- o Quince

## FORTNIGHTLY SPECIALS



**PERSIMMONS**  
\$18 PER TRAY



**CHESTNUTS**  
\$5 PER KG



**GREEN GRAPES**  
\$30 PER BOX



**ANDEAN SUNRISE POTATOES**  
\$30 PER BOX

**GOOD SUPPLY** COST OF GOODS

**VEGETABLES**

- Asparagus (Supply Improving)
- Green Capsicums
- Carrots
- Eggplant
- Kale & Purple Kale
- Pumpkin - All Varieties
- Sweet Potato
- Spagetti Squash
- Large Washed Potatoes
- Zucchini
- Yellow Zucchini

**FRUITS**

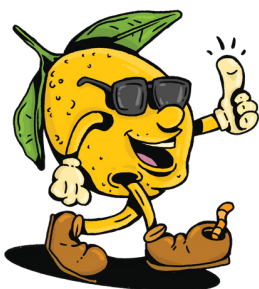
- Avocados (Switching to Shepard's / Green Skin)
- Apples - Pink Lady
- Blackberries
- Peaches White & Yellow
- Plums
- Nectarines
- Pears
- Pineapples
- Rockmelon (Improving)
- Watermelon

**EXOTIC FRUITS** UNIQUE

- Star Fruit
- Donut Peaches
- Guava
- Mangosteen
- Achacha
- Prickly Pears



**MEET THE GROWER**  
FARM & MARKET  
TOURS EVERY MONTH....



**SHORT SUPPLY** HIGH PRICE \$

- Broccoli
- Broccolini (Improving)
- Cabbages \$\$\$
- Lettuce Iceberg & Cos (Improving)
- Mushroom Buttons & Cups

**FINISHING FOR THE SEASON**

- Cherries (Finished)
- Lychees (Finished)
- Globe Artichokes

**GOURMET POTATOES** BEST USAGE



- Andean Sunrise (Roasting)
- Dutch Cream (All rounder)
- Royal Blue (All rounder)
- Washed Kipfler (Steaming)
- Sebago (Chipping)
- Nicola (Roasting)
- King Edward (Waxy)
- Pink Eye (All-rounder)
- Russet (Chipping)
- Purple Congo (Steaming)

**GOURMET GROWERS LIST** SOMETHING DIFFERENT

(Pre order via rep only )

- Maitaike Mushroom
- Lions Mane Mushroom
- Blue Oyster Mushroom
- Wild Garlic And Flowers
- Old Man Saltbush
- Pink Peppercorn Leaves
- Wattle Flowers
- Wild Cardoons
- African Daisy Flowers
- Wild Fennel
- Wild Mirabelle Plums
- Spigarello
- Fushimi Chilli
- Bequinho Peppers
- Shishito Peppers
- Crystal Iceplant

**GARNISH BABY HERBS, VEG AND FLOWERS**

**HERBS**

- Amaranth Tips
- Bi - Shizo
- Bleeding Garnett
- Bulls Blood
- Chervil Tips
- Confetti Coriander
- Petite Green Cos
- Petite Red Cos
- Dandelion
- Green Elk & Red
- Hot Mustard Mix 50g
- Iceplant
- Lebanese Cress
- Red Elk
- Red Mizzuna
- Red Vein Sorrel
- Rocket
- Pizzo
- Salad Burnett
- Seasonal Mix 500g
- Sheep Sorrel
- Upland Cress 50g
- Verigated Iceplant
- Wasabi Mustard Leaf 50g
- Warrigal Greens
- Wild Sorrel 50g
- Yarrow

**BABY VEG**

- Petite French Radish
- Petite Leeks
- Finger Fennel
- Pencil Leeks
- Baby Jap Turnips
- Baby Corn In Husk
- Baby Blush Turnips

**EDIBLE FLOWERS**

- Society Garlic Flower
- Elderflower
- Rocket Flower
- Viola
- Johnny Jump Ups
- White Flox (Inconsistent Supply)
- Dianthus Flower
- Marigold Flower
- Mixed Linaria Flower

CONTACT YOUR ACCOUNT MANAGER TO FIND OUT MORE.

**NEED MORE INFORMATION?**

Contact your Account Manager.

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