

FRESH IS BEST

26TH MARCH - 8TH APRIL

NEWS

Jerusalem Artichokes

Jerusalem Artichokes are now in season and will be available for the next 6-8 months!

Blueberries & Strawberries

Blueberries are in short supply as we change over from our Northern NSW to our Victoria & Tasmanian growers.

Strawberries are currently also in short supply due to our main supplier in Victoria being challenged with a heat wave coupled with being at the end of their season before we move to QLD supply.

NEW PRODUCTS

LUKE'S TOP PICKS

- o Cape Gooseberries
- o Jerusalem Artichokes
- o Yuzu
- o Fresh Pistachios
- o Custard Apples
- o Olives Fresh
- o Tomatillos
- o Quince

FORTNIGHTLY SPECIALS



BABY ROCKIT APPLE
\$18 PER TRAY



FEIJOA'S
\$28 PER TRAY



BABY FENNEL
\$18 PER BOX



BUTTERNUT PUMPKIN
\$18 PER BOX

GOOD SUPPLY COST OF GOODS

VEGETABLES

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

FRUITS

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

EXOTIC FRUITS UNIQUE

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

SHORT SUPPLY HIGH PRICE \$

- Broccoli & Cauliflower
- Beans
- Cabbages \$\$\$
- Lettuce Iceberg & Cos (Improving)
- Strawberries
- Blueberries
- Tomatoes - All Lines

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)

- 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

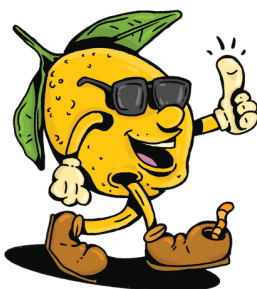
- Amaranth Tips
- Bi - Shizo
- Bleeding Garnett
- Bulls Blood
- Chervil Tips
- Confetti Coriander
- Petite Green Cos
- Petite Red Cos
- Dandelion
- Green Elk & Red
- Hot Mustard Mix 50g
- Iceplant
- Lebanese Cress
- Red Elk
- Red Mizzuna
- Red Vein Sorrel
- Rocket
- Pizzo
- Salad Burnett
- Seasonal Mix 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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