



PACIFIC
PROVIDORES

Fresh from the Markets

Market Report as at 5th October 2011

Fruit

APPLES – stocks of both red and green apples continue to dwindle. There are reasonable supplies of Pink Lady, Sundowners and Red Delicious, however specific sizing can be problematic.

AVOCADOS – although supply is good at the moment, the quality of the fruit is proving to be variable. Bulk boxes present the best value especially if mashing.

BANANAS – prices have dropped this week. Fruit continues to be markets and still on the small side.

GRAPES –USA grapes continue to be available. Aussie season is only just kicking off and therefore Aussie fruit is very limited.

HONEYDEW MELONS – continue to be scarce and prices have increased. Certainly one to avoid!

KIWI FRUIT – NZ fruit continues; good quality and great value. Gold Kiwis are currently available.

LEMONS – the upward trend in price continues as supply of good fruit becomes harder to source.

LIMES – traditionally prices start their upward trend a month or so out from Melbourne Cup, and this year is no different. Dare I saw use lemon wedges in your Coronas? Currently bulk juicing limes are not available.

MANDARINS – Honey Murcotts are still the variety of choice; they are juicy and full of flavour.

ORANGES – the Navel season is still going strong; fruit has excellent eating quality. Blood Oranges are still available but not in great numbers.

PEARS – Pakham, Josephine, Buerre Bosc Corella and Nashi all available and are all eating well. Prices are stable.

PINEAPPLES – supply has improved slightly and prices are steady.

ROCKMELONS – supply has improved, as has price.

WATERMELON – prices have eased slightly this week, however supply is still tight and fruit quality is reasonably good..

Berries

BLUEBERRIES – plenty of good fruit around at present; quality is excellent and very well priced.

MULBERRIES – are currently available and quality is good.

RASPBERRIES – supply of quality raspberries continues to be tight and prices reflect this.

STRAWBERRIES – the Queensland season is proving to be a good one; quality and prices are good. There is good WA fruit around also.

Stone Fruit

CHERRIES –yet to hit the market. First boxes will arrive in a few weeks, however will not be in full swing until well into November.

MANGOES – reasonably well supplied. Prices are dropping but yet to present good value.

PEACHES AND NECTARINES – continue to arrive in small numbers. As you would image price are high and quality is not.

Exotics

DATES – still some around in limited supply.

LYCHEES – fruit is being imported from China.

TAMARILLO – red fruit is available in limited quantities.

STARFRUIT – is available in limited quantities.

Other exotics currently available are **GUAVA and POMMEGRANITE (US fruit and is very limited)**. Please note, supply of exotics is very inconsistent therefore, when ordering, please provide as much forward notice as is possible.

Vegetables

ASPARAGUS – Victorian growing regions are now exclusively supplying the markets, however due to cooler than expected weather supplies are not abundant. Prices will improve further once weather warms up.

BEANS – although still well supplied, regular green beans are not as plentiful this week therefore prices have increased. However, quality is excellent. Local Broad Beans are available for a short time and quality is good.

BROCCOLI – continues to be a great value buy. Quality is excellent and price is right.

BROCCOLINI – continues to be well supplied.

CAPSICUM – supply and price of both red and green caps has improved and prices have fallen. Red Bull-horn capsicums are currently available; these are sweeter and more flavoursome than normal red capsicums.

CARROTS – supply is steady as are prices.

CAULIFLOWER – well priced and quality is excellent; still proving to be a good value buy.

CELERY – continues to be a strong performer. Excellent quality and very well priced.

CHILLIES – supply has improved slightly therefore a fall in prices is imminent.

CORN – there is a strong supply of good quality stock keeping prices down. Continues to be a good value buy.

CUCUMBERS – supply of all cucumbers has improved and prices have fallen. Lebanese cucumbers now present the best value.

EGGPLANT – very well supplied; quality is good and prices are at their cheapest.

LEEKS – there is a good supply of local and Victorian leeks; quality is good as are prices.

LETTUCE – another spike in the price for Iceberg Lettuce as supply has tightened, however quality is good.. Cos lettuce continues to be supplied in good quantities and prices are low. Hydroponic lettuces are all readily available.

MUSHROOMS – strong supply of buttons, cups, flats and most exotics. Supply of chestnut, pink and yellow oyster mushrooms is proving to be less dependable, therefore order a day or so ahead. Please note Pine mushrooms and Slippery Jacks are out of season.

ONIONS – a slight increase in brown onions this week as supply has tightened up a tad.

PUMPKIN – the price of Jarrahdale pumpkin has also increased this week; Jap pumpkin has jumped again. Orange pumpkin is currently available and is a must for all Halloween events. Buy now to avoid disappointment as stocks will be depleted very quickly. It has a good shelf life and, if kept whole, will be fine till October 31.

TOMATOES – the supply of both Gourmet and Roma tomatoes has improved this week and prices have fallen.

SQUASH – reasonably good supplies continue as do favourable prices.

ZUCCHINI – prices continue their upward trend and supply continues to tighten. Larger zucchinis are proving to be the best value.

ZUCCHINI FLOWERS – supply is good as is quality.

Herbs

Quality has improved over the past few weeks and, with good growing conditions, bunch sizes have filled out. However, please be aware that adverse weather conditions will have an immediate impact here.

MICRO/GOURMET HERBS – supply and quality of most varieties is excellent. Contact us for a factsheet on the different herbs available and/or suggestions on how they can best enhance your cooking.

If you require any further details, clarification or advice on any product, whether they are mentioned above or not, please feel free to contact either Manuel Vrontas (0423-924137) or David Smith (0413-137944).