

FRESH

FRUIT

Apples are now in season with most fruit being picked. Pink lady apples are now the apple of choice. Majority of apples are now in controlled atmosphere storage and are drawing down for the rest of the year. Pears are now readily available. Banana prices have come down and should remain stable, although quality may be affected by the colder weather. The Australian grape season has ended and imported grapes are now available from Mexico and the United States. Kiwi fruit are available and prices have reduced. All citrus fruit are now abundant, with navel oranges currently at their best. Stone fruits such as plums, peaches and nectarines have had a great run and are now out of season until the end of the year. All melons are scarce, but will start to flow from Northern Queensland soon. Paw paw, papaya, pineapples and exotics such as lychees and dragon fruit are all available now.

VEGETABLES

Avocados are in good supply which should continue for the rest of the year. Tomatoes have been on a roller coaster for the whole year. However, good supply from Northern Queensland should stabilise this. All beans, Brussels sprouts, broccoli, cauliflower, capsicum, cabbage, carrots and celery are in good supply. Cucumbers and lettuce maybe effected by the colder weather but are in good supply for now. Potatoes, onions and eggplants are all in consistent supply. There is good supply of buttons, flats and exotic mushrooms and pricing is sound.

HERBS AND LOOSE LEAVES

Herbs and salad leaves are the most susceptible to the cold weather. All loose leaf spinach, rocket and mescaline are stable for now, yet this may change if there is further extremely cold weather.