

NEWS

SOMETHING UNQIUE...

Introducing Sudachi, a unique citrus fruit that's not typically eaten off the tree, but rather used as a flavouring in place of lemon or lime. Sudachi is considered an indispensable companion to certain dishes in Japan, where it's served in thin slices as a garnish.

If you're looking to add a twist to your menu creations, Sudachi's flavour and zest are the perfect starting point. Originating in Japan, the Sudachi is a cross between a Yuzu and another Japanese citrus like a Koji or Tachibana orange.

NEW LUKE'S TOP PICKS PRODUCTS

- Custard Apples
- Brown Pears
- o Breadfruit
- o Persimmons (Fuyu Fruit)
- Local Prickly Pears
- Fresh Pistachios

FORTNIGHTLY SPECIALS



WHITE DRAGON FRUIT \$18 PER TRAY



FRESH PISTACHIOS \$18 PER KG



BABY CORN LOCAL \$2 PER PUNNET



SHISHITO PEPPERS \$18 PER KG







GOOD COST OF GOODS **SUPPLY**

VEGETABLES

- Local Eggplant
- Green Capsicums
- Carrots
- Eggplant
- Fennel
- Kale & Purple Kale
- **Sweet Potato**
- Spagetti Squash
- Large Washed Potatoes
- Zucchini
- Yellow Zuchinni

FRUITS

- Apples New Season Galas
- Figs
- Limes
- Lemons (Supply Improving)
- **Peaches**
- **Plums**
- **Nectarines**
- Pears Bosc & Packham

EXOTIC UNIQUE **FRUITS**

- Achacha
- Juiube
- Star Fruit
- **Donut Peaches**
- Mangosteen

SHORT HIGH PRICE \$ **SUPPLY**

- Asparagus
- Beans
- **Broccoli**
- Broccolini
- Cabbages Red & Green
- Cauliflower
- Mushroom Buttons & Cups
- **Blackberries**
- Kiwifruit \$
- Mandarins \$

FINISHING FOR THE SEASON

- Cherries (Finished)

GOURMET BEST USAGE **POTATOES**

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

- Lychees (Finished)
- Globe Artichokes

Andean Sunrise (Roasting)

- Sebago (Chipping)

MEETTHEGROWER **FARM & MARKET TOURS EVERY MONTH....** CONTACT YOUR ACCOUNT MANAGER TO FIND OUT MORE.

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 50a
- 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



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