



"FRESH IS BEST"

WITH SYDNEY DIRECT FRESH PRODUCE

FORTNIGHTLY MARKET UPDATE

28TH JUNE - 11TH JULY 2017 / ISSUE 16

KEEPING YOU FRESH @

 SYDNEYDIRECTFRESHPRODUCE
 FRUITANDVEGETABLEWHOLESALE
 1300 303 041
 ORDERS@SDFP.COM.AU

SDFP SPECIALS 28TH JUNE - 11TH JULY 2017



WOMBOK CABBAGE
\$15 PER BOX



SILVER BEET
\$1 PER BUNCH



BUTTER BEANS
\$4 PER KG



IMPERIAL MANDARIN
\$15 PER BOX

GENERAL MARKET NEWS

Blood Orange - Is coming through but the flesh is not at it's deepest red colour yet. Still good to go though chef and will improve in the coming weeks. Try peeling, blow torching and then freeze drying for a broken crunch texture on a dessert.

Tomatoes - Finally some good news! Bowen season has started and supply is excellent. Prices are falling everyday and we expect them to go back to normal within the next few weeks.

Basil - Supply and quality is improving with prices easing.

Cape Gooseberries - Now available but the season is short, so get in fast. Quality is excellent and they will be \$60 per kilo.

Sweetcorn - Supply is short and very expensive. We are still waiting on Bowen corn to start over the next few weeks, then prices will ease.



CAPE GOOSEBERRIES, TREVISO (RADICCHIO), FRESH GARLIC BUNCHES AND RED FRESH NAVEL ORANGES.

TRY SOMETHING DIFFERENT : PURPLE CAULIFLOWER, PURPLE BRUSSEL SPROUTS, CUMQUATS, YUZU FRUIT & TRUFFLES (PRE ORDER & VERY EXPENSIVE).

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VEGETABLES

BEANS, BUTTER BEANS, BROCCOLI, KALE, CAULIFLOWER, FENNEL, SWEET POTATO, RHUBARB AND BROCCOLINI.

FRUIT

ROCKMELON, PINEAPPLES, MANDARINS, RED GRAPES, PEARS AND LEMONS.

2

WHAT'S IN GOOD SUPPLY?

GOURMET VEGETABLES

BLACK & PURPLE RADISH, PURPLE BRUSSEL SPROUTS, PURPLE CAULIFLOWER, BROAD BEANS, FIORETTO, BABY RAPPE, KALE 1.5KG SMALL LOOSE BOX, JERUSELUM ARTICHOKE, GOLF BALL DUTCH CARROT, BUTTER BEANS, BORLOTTI BEANS AND STINGING NETTLES.

EXOTIC FRUIT

CAPE GOOSEBERRIES, YUZU, USA CHERRIES, USA NECTARINES & PEACHES, STARFRUIT, DRAGONFRUIT, FINGER LIME, QUINCE AND CUMQUATS.

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GOURMET VEGETABLES AND EXOTIC FRUIT

BABY VEGETABLES

FINGER FENNEL, PENCIL LEEK, AMSTERDAM, PARIS AND RAINBOW PETITE CARROTS ARE IN EXCELLENT SUPPLY.

PETITE BOUCHE HERBS IN GOOD SUPPLY INCLUDE SEASONAL MIX 100G & 500G, WATERCRESS TIPS, CHERVIL TIPS, GREEN ELK, PETITE ROCKET LEAF, HOT MUSTARD MIX, WOODLAND SORREL, GREEN FRILL, YUUKI MIX, DANDELION AND WASABI MUSTARD LEAF.

EDIBLE FLOWERS AVAILABLE ARE MIXED FLOWERS, JOHNNY JUMP UP'S, HEIRLOOM BROAD BEAN FLOWERS, DIANTHUS, MIXED VIOLA AND PETITE FLOWER MIX.

4

PETITE BOUCHE HERBS, MICRO & EDIBLE FLOWERS

WHAT'S IN SHORT SUPPLY AND COMING TO THE END OF ITS SEASON?

SHORT SUPPLY AND HIGH PRICE

BASIL, BANANAS, SNOW PEAS, EGGPLANT, SEEDLESS WATERMELON, BABY GOLD BEETROOT, TARRAGON, FIGS AND RED BULL HORN CHILLI.

FINISHING FOR THE SEASON

PETITE BOUCHE AMARANTH, SAMPHIRE, PLUMS, ACHACHA AND PINE MUSHROOMS.

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