



"FRESH IS BEST"

with Sydney Direct Fresh Produce

FORTNIGHTLY MARKET UPDATE

8TH FEB - 22ND FEB 2017 / ISSUE 06

KEEPING YOU FRESH



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

SDFP SPECIALS 8TH FEBRUARY - 22ND FEBRUARY 2017



BLOOD PLUMS
\$18 PER BOX



PADRON PEPPERS
\$25 PER KILO



CURRENT GRAPES
\$25 PER BOX



LIMES
\$15 PER TRAY

GENERAL MARKET NEWS

- CURRENT GRAPES** - Baby grapes with serious pop coming through at the market. Jump on our special chef.
- AVOCADO** - Supply remains very short and expensive. Prices are high.
- POMEGRANATE** - Fresh produce has finished until local produce comes through in 2-3 weeks. We have sourced some local pre picked packs of pomegranate seeds, but they have a high price.
- HEIRLOOM & OX HEART TOMATOES** - Supply is tight until new crops come through in 3-4 weeks.
- QUEEN GARNET PLUMS** - The season has just started but price is high until demand reduces. We will keep you posted.
- GOLD NUGGET PUMPKIN** - Looking awesome and in abundance.
- LEMONS** - The Australian season is starting to ramp up, prices will ease as supply increases.

**FRESH IS BEST. THE NEW SDFP WAY TO KEEP YOU UP TO SPEED WITH ALL OUR
FRUIT AND VEGETABLE NEWS.**

NEW TO THE MARKET

We always search high and low to bring you some unique and interesting flavours. Here is what's new this week:

GOLD NUGGET PUMPKIN
CURRANT GRAPES
CUSTARD APPLES
TAMARILLO
SUGAR PLUMS
QUEEN GARNET PLUMS
PADRON PEPPERS

GOURMET VEGETABLES AND EXOTIC FRUIT

GOURMET VEGETABLES

GOLD NUGGET PUMPKIN, GREY & YELLOW ZUCCHINI, SNAKE BEANS, BORLOTTI BEANS, GHERKINS, GREEN ALMONDS, BABY CORN HUSK, FINGER FENNEL, HORSERADISH, SALSIFY, PURPLE KALE, SPAGHETTI PUMPKIN AND ROMAN BEANS.

EXOTIC FRUIT

FINGER LIME, CURRANT GRAPE, PARADISE PEARS, STARFRUIT, LYCHEE, DRAGON FRUIT, RAMBUTAN, CHERRIES, LONGAN., GOLD KIWI AND POMELO.

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

All good produce comes to the end of its season, get's affected by weather or has a rise in price due to shortages and high demand. Here is an overlook for YOU:

SHORT SUPPLY AND HIGH PRICE

BABY COS, ICEBERG LETTUCE, SWEET POTATO, CAULIFLOWER, BROCCOLI, RED WITLOF, JERUSALEM ARTICHOKE AND AVOCADO.

WHAT FRUIT AND VEGETABLES ARE IN GOOD SUPPLY?

The SDFP team keep a constant eye on what is performing the best. Here is the fruit and vegetable lines that are in good supply:

VEGETABLES

BEANS, CARROTS, ZUCCHINI, SQUASH, BABY FENNEL, KALE, CELERY, SWEETCORN AND BEETROOT BAGS.

FRUIT

BLOOD PLUMS, HONEYDEW MELON, PINEAPPLE. PEACHES, NECTARINES, ROCKMELON AND WATERMELON.

PETITE BOUCHE

Some Petite Bouche lines will be a little slow whilst they get the new farm up to speed. We will keep you posted or you can go to exportfresh.com.au for more information.

GOOD SUPPLY

ALL MICRO HERBS, AMARANTH, PETITE CARROTS, PENCIL LEEK, FINGER FENNEL, RED VEIN SORREL, BABY COS, GREEN & RED ELK, WASABI LEAF AND SALAD BURNET.

PLEASE BE PATIENT ITS GROWING

BRONZE FENNEL, CHERVIL, CONFETTI CORIANDER, GHOST KALE, ICE PLANT, LABANESE CRESS, ROCKET, WOODLAND SORREL AND EDIBLE FLOWERS WILL BE LOW IN SUPPLY.

PETITE BOUCHE - The Export Fresh new farm is making great progress and we will have more options available in the next 2-3 weeks. Go to www.exportfresh.com.au for more information.

FINISHING FOR THE SEASON

FRESH WHOLE POMEGRANATE FINISHED - LOCAL PRE PICKED SEEDS AVAILABLE.
AUSTRALIAN ASPARAGUS FINISHED. MEXICAN IMPORTS AVAILABLE.

NOW HIRING

SDFP DELIVERY DRIVERS WANTED - START EARLY, FINISH EARLY, SYDNEY METRO 6 DAYS A WEEK. EMAIL YOUR RESUME AND A COVER LETTER TO MARTIN@SDFP.COM.AU