



"FRESH IS BEST"

WITH SYDNEY DIRECT FRESH PRODUCE

FORTNIGHTLY MARKET UPDATE

27TH FEB - 5TH MARCH 2019 / ISSUE 59

KEEPING YOU FRESH @

SYDNEYDIRECTFRESHPRODUCE

FRUITANDVEGETABLEWHOLESALE

1300 303 041

ORDERS@SDFP.COM.AU

SDFP SPECIAL 27TH - 5TH MARCH 2019



LOCAL SWEETCORN
\$18 PER BOX



**LOCAL SWEET
POTATO**
\$18 PER BOX



NZ KIWI BERRIES
\$3 PER PUNNET



GENERAL MARKET NEWS

MAJOR MARKET SHORTAGES - Beans, broccoli, cauliflower, celery, snow peas, sugar snaps, bananas, strawberries, and all tomato lines are extremely short in supply and expensive.

Baby spinach, broccolini and most herb lines are recovering and prices are starting to ease.

AVOCADOS - New season shepard avocados have started but we're sticking with WA Hass for as long as we can. They are far superior quality and shelf life.

FRESH PISTACHIO - It's only a short season so get in quick whilst they are around.

KIWI BERRIES - Now in season and available.

APRICOTS - The season is finishing and quality is starting to diminish. Please remove from menu.



NEW PRODUCTS AVAILABLE

- ROYAL GALA APPLES
- PERSIMMONS
- LEMONS
- KIWI BERRIES
- FRESH PISTACHIO
- BROWN PEARS
- USA BLOOD ORANGES
- COTTON CANDY GRAPES
- QUEEN GARNET PLUMS
- SUGAR PLUMS .
- **TRY SOMETHING DIFFERENT:**
- SMOKED EGGS
- FRESH WASABI
- CUCAMELONS
- VINE AND FIG LEAVES



WHAT'S IN GOOD SUPPLY?

- **VEGETABLES**
- ZUCCHINI
- YELLOW SQUASH
- LEEKS
- SWEET POTATO
- LOCAL SWEETCORN
- JAPANESE PUMPKIN
- SILVERBEET
- RED CABBAGE
- BUTTON MUSHROOMS
- **FRUIT**
- PAPAYA
- PEARS
- SEEDLESS WATERMELON
- GRAPES
- LIMES
- ROCKMELONS
- LOCAL FIGS
- PEACHES
- BLACKBERRIES

WHAT'S IN SHORT SUPPLY?

- **SHORT SUPPLY AND HIGH PRICE:**
- SNOW PEAS
- SUGAR SNAPS
- BEANS
- TOMATOES
- CELERY
- BROCCOLI
- LEMONS
- CAULIFLOWER
- HONEYDEW
- RUBY GRAPEFRUIT
- BANANAS.
- **FINISHING FOR THE SEASON:**
- APRICOTS
- GLOBE ARTICHOKE, AUSTRALIAN
- CHERRIES
- BROAD BEANS, AUSTRALIAN
- MANGOES

GOURMET VEGETABLES AND EXOTIC FRUITS

- **GOURMET VEGETABLES**
- PURPLE SAPPHIRE POTATOES
- PADRON PEPPERS
- LEMON VERBENA
- WASABI ROOT & LEAVES
- RED KARKALLA
- **EXOTIC FRUIT**
- PRICKLY PEAR
- PITAYA
- PARADISE PEAR
- LYCHEES
- MANGOSTEEN
- LOGANS
- STARFRUIT
- POMEGRANATE
- CURRANT GRAPES
- FINGER LIMES
- DRAGON FRUIT.

PETITE BOUCHE HERBS, LEAVES AND VEGETABLES

- **BABY VEGETABLES:**
- FINGER FENNEL
- FRESH RADISH
- BABY CORN
- PENCIL LEEK
- BLUSH TURNIP
- **HERBS AND LEAVES:**
- AMARANTH
- GREEN ELK
- DANDELION
- GARLIC KALE
- HOT MUSTARD MIX
- RED VEIN SORREL
- SALAD BURNET
- SEASONAL MIX
- BI-COLOUR SHISO
- UPLAND CRESS

EDIBLE FLOWERS

FLOWERS HAVE BEEN AFFECTED BY THE HEAT. ALL VARIETIES WILL BE IN LIMITED SUPPLY.

LUKE'S SPECIALS

- LOCAL SWEETCORN - **\$18 PER BOX**
- LOCAL SWEET POTATO - **\$18 PER BOX**
- NZ KIWI BERRIES - **\$3 PER PUNNET**

