



"FRESH IS BEST"

with Sydney Direct Fresh Produce

FORTNIGHTLY MARKET UPDATE

19TH DEC - 2ND JAN 2016 / ISSUE 03

KEEPING YOU FRESH



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



SDFP SPECIALS 19TH DECEMBER 2016 - 2ND JANUARY 2017



PEACHES
\$15 PER TRAY



CELERY
\$15 PER BOX



KALE
\$1 PER BUNCH



SNOW PEA
\$6 PER KILO

GENERAL MARKET NEWS

ASPARAGUS - The local season is coming to an end and we will switch over to imported stock. Prices are high.

LOCAL FIGS - They have now started and prices will ease in the coming weeks.

AVOCADOES - Supply has tightened and the prices have increased slightly.

MELONS - All melon lines are very short in supply and expensive.

Oyster Mushrooms - Limited in supply due to last weeks heat.

**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:

FORBES PEACHES
RED CURRANT
LOCAL SNAKE BEANS
APPLE CUCUMBER
LOCAL FIGS
BLACKBERRIES
SPAGHETTI SQUASH
BLOOD PLUMS
GHERKINS
STARFRUIT
LYCHEES

GOURMET VEGETABLES AND EXOTIC FRUIT

GOURMET VEGETABLES

PURPLE ASPARAGUS, BORLOTTI BEANS, GHERKINS, BUTTER BEANS, PURPLE WOMBOK, APPLE CUCUMBERS, GREEN ALMONDS, YELLOW ZUCCHINI, BABY CORN IN HUSK AND FINGER FENNEL.

EXOTIC FRUIT

APRICOTS, CHERRIES, DRAGONFRUIT, BLUEBERRIES, KIWI - GOLDEN, LYCHEE, NECTARINE, PEACHES, POMELO, RAMBUTANS, STARFRUIT.

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

BABY FENNEL, KALE, CELERY, ICEBERG, COS, EGGPLANT AND ZUCCHINI.

FRUIT

PLUMS, PEACHES, NECTARINE, BLUEBERRIES, BANANAS, MANGOES AND PASSIONFRUIT.

PETITE BOUCHE

Petite Bouche is a specialist producer of high end herbs, baby vegetables, edible flowers and micro herbs. Here is what's hot and not:

GOOD SUPPLY

GREEN ELK, AMARANTH TIPS, SUMMER PURSLANE, CONFETTI CORIANDER, SALAD BURNET, FINGER FENNEL, BRONZE FENNEL FONDS, BLUSH TURNIPS AND BABY PETITE CORN.

LIMITED SUPPLY

NO BULLS BLOOD, NO WATERCRESS, NO YUUKI MIX, EDIBLE FLOWERS ARE LOW IN SUPPLY.

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

ROCKMELON, HONEYDEW, WATERMELON, CHERRIES, PINEAPPLES AND GLOBE ARTICHOKE.

ALL MELON LINES will continue to be expensive and in short supply.

FINISHING FOR THE SEASON

BLOOD ORANGE HAVE FINISHED.