



# "FRESH IS BEST"

with Sydney Direct Fresh Produce

## FORTNIGHTLY MARKET UPDATE

9TH JAN - 22ND JAN 2017 / ISSUE 04

# KEEPING YOU FRESH



FRUITANDVEGETABLEWHOLESALE  
SYDNEYDIRECTFRESHPRODUCE

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## SDFP SPECIALS 9TH JANUARY - 22ND JANUARY 2017



**BLACKBERRIES**  
**\$3 PER PUNNET**



**BLOOD PLUMS**  
**\$20 PER BOX**



**LOCAL SNAKE  
BEANS**  
**\$15 PER BUNCH**



**LOCAL FIGS**  
**\$25 PER TRAY**

## GENERAL MARKET NEWS

**ASPARAGUS** - Very Limited in supply and prices are high. Australian asparagus season is pretty much finished, so we are relying on Peru imports.

**LOCAL FIGS** - Excellent supply and quality. A must for your menu's chef.

**AVOCADOES** - Supply remains short and expensive as we change over from Western Australia season to the new season in Queensland, NSW.

**MELONS** - They are all back and in good supply with excellent prices.

**SNAKE BEANS** - Local snake bean bunches have now started and are in excellent quality.

**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  
PADRON PEPPERS  
LOCAL SNAKE BEANS  
APPLE CUCUMBER  
LOCAL FIGS  
BLACKBERRIES  
SPAGHETTI SQUASH  
BLOOD PLUMS  
GHERKINS  
STARFRUIT  
LYCHEES

## GOURMET VEGETABLES AND EXOTIC FRUIT

### GOURMET VEGETABLES

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

### EXOTIC FRUIT

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

## 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

RED WITLOF, YELLOW ZUCCHINI, CHERRIES, CHESTNUT MUSHROOM, GLOBE ARTICHOKE.

## 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, ZUCCHINI. BROCCOLI, CAULIFLOWER.

### 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

RED VEIN SORREL, CORIANDER, GREEN ELK, FINGER FENNEL, BRONZE FENNEL FONDOS, BLUSH TURNIPS, ALL MICRO HERBS, BABY COS AND BABY PETITE CORN.

### LIMITED SUPPLY

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

**TOMATOES** - Both regular and roma remain short in supply. They will be expensive as we change growing areas to the new season in Bundaberg, South Queensland.

### FINISHING FOR THE SEASON

BLOOD ORANGE, RED CURRANTS, PURPLE ASPARAGUS, AUSTRALIAN ASPARAGUS, NAMEKO MUSHROOM.