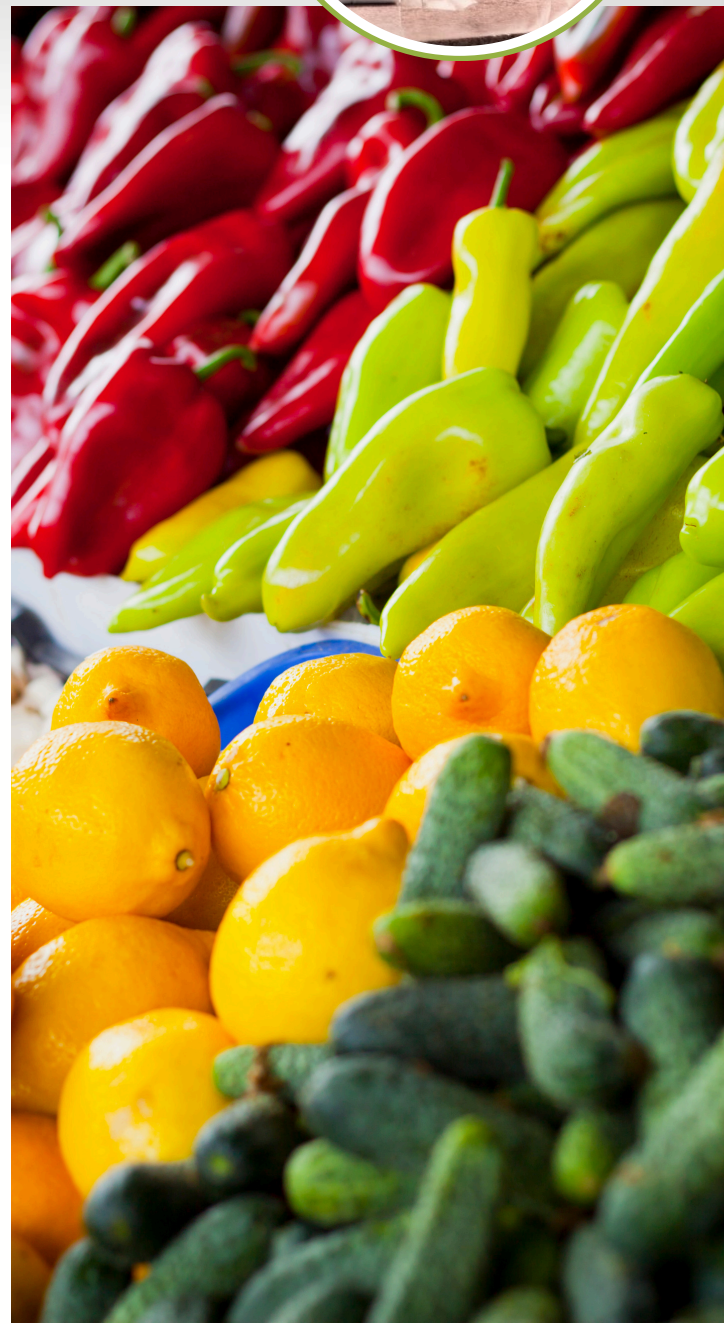


FRUIT & VEG MARKET REPORT

FRESH FROM THE MARKET: CHEF JULIO'S INSIDER GUIDE TO SEASONAL PRODUCE

Welcome to our latest market report! Every chef knows that the secret to exceptional dishes lies in the quality and freshness of ingredients. This month, Julio Azzarello, our Director of NSW ACT & Regions, takes us on a tour of the Sydney Fruit and Veg Market to share his expert insights. Whether you're writing a menu for the season or stocking up for your next special, this guide is your go-to resource for the best in fresh produce. Dive in as we uncover the trends, top picks, and must-haves that are going to save you money and provide insights to what's available.



Buyer's Choice

Cauliflower Blossoms: Now is the perfect time to embrace the abundance of cauliflower blossoms. Bursting with flavour, these are not just an alternative to regular florets but a standout ingredient in their own right, offering excellent value in bulk large heads or convenient loose 2kg boxes.

Market Trends

Farewell to Summer: As we bid adieu to summer, the last stocks of plums and figs are making their final appearances. It's time to welcome the robust flavours of winter.

A Bounty of Winter Produce: The transition brings us a rich harvest of citrus fruits, apples, and pears. Vegetables are coming back strong, with improving supply and value. Watch for the Queensland season to bring a resurgence in tomatoes, corn, and capsicums.

Top Picks in Produce

Leafy and Lush: From the fields, green beans from Queensland are arriving with promising quality. Snake beans, butter beans, and borlotti are also ready to enrich your dishes. Meanwhile, broccolini and broccoli continue to be abundant.

Colourful Crunch: Cabbages—green, red, wombok, and sugarloaf—are holding their value and supply well. Capsicum updates present a mixed bag: while reds are scarce and expensive, greens are plentiful and affordable.

Seasonal Highlights

Nutty Delights: The chestnut season is upon us, offering a variety of sizes perfect for roasting or incorporating into sweet and savoury dishes.

Mushroom Medley: For fungi enthusiasts, there's good news and bad. Button mushrooms are increasingly available, but Portobello and Swiss varieties are becoming scarce. For those seeking variety, pine mushrooms offer an inconsistent but rewarding find.

Fruit Focus

Core Fruits: The apple season is vibrant, with granny smith, gala, red delicious, and fuji all providing excellent flavour profiles. Citrus fruits like lemons, limes, and the early navels are also thriving.

Berry Bonanza: The berry market is flourishing with raspberries, blackberries, and the introduction of feijoas, providing plenty of options for desserts and garnishes.

Exotic Adventures: For those looking to add a twist to their menus, the market also offers dragon fruit, custard apples, mangosteens, and more, each with unique flavours and textures.

Must-Haves

Star Fruit Magic: This season, transform your plating with star fruit. Thinly sliced and mixed with apples, citrus, and a sprinkle of coriander and mint, it makes for a refreshing salad or garnish that's sure to impress.

Sweet and Savoury Onions: White onions, with their milder and sweeter taste, are perfect for raw applications like salsas or cooked down in a tart tatin for a beautiful caramelisation.

Prep Department Highlight

Ready for Roasting: Our skin-on heirloom roast mix is back by popular demand. This 2.5kg assortment of seasonal vegetables, including Dutch carrots, sweet potatoes, and golden beetroot, is prepped and ready for your oven. Just add oil and sea salt for a hassle-free, delicious side.