



"FRESH IS BEST"

WITH SYDNEY DIRECT FRESH PRODUCE

FORTNIGHTLY MARKET UPDATE

12TH JULY - 25TH JULY 2017 / ISSUE 17

KEEPING YOU FRESH @

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

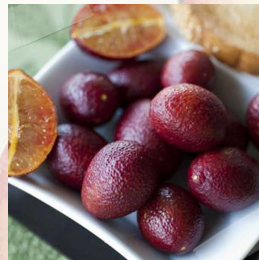
SDFP SPECIALS 12TH JULY - 25TH JULY 2017



RED CAPSICUMS
\$15 PER BOX



SNOW PEAS
\$5 PER KG



BLOOD LIMES
\$3 PER PUNNET



ZUCCHINI
\$15 PER BOX

GENERAL MARKET NEWS

Blood Orange - The supply and quality is improving on a daily basis. This is a perfect time to get blood oranges on your menu.

Baby Globe Artichoke - The local supply has now started and are of excellent quality.

Pencil Leeks - Our main grower at this time of year is in a grower gap, so supply is low for the next 2-3 weeks.

Sweetcorn - The supply has improved and prices are down. The quality is excellent.

Blood Limes - A wonderful cross between a finger lime and mandarin with a red flesh. They are the same size as a cumquat.

New Zealand Yams - Are now available. They tend to have a slightly tangy lemon taste. The flesh is firm but juicy and crisp when eaten raw or lightly cooked. They become more starchy if fully cooked.



NEW TO THE MARKET

NEW ZEALAND YAMS, BLOOD LIMES, BLOOD ORANGES, CAPE GOOSEBERRIES, TREVISO (RADICCHIO), FRESH GARLIC BUNCHES AND USA IMPORTED PLUMS.

TRY SOMETHING DIFFERENT : PURPLE CAULIFLOWER, PURPLE BRUSSEL SPROUTS, CUMQUATS AND TRUFFLES.

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VEGETABLES

ZUCCHINI, RED CAPSICUM, BEANS, KALE, CAULIFLOWER, FENNEL, SWEET POTATO, RHUBARB, SWEETCORN AND BROCCOLINI.

FRUIT

PINEAPPLES, MANDARINS, RED GRAPES, PEARS AND LEMONS.

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WHAT'S IN GOOD SUPPLY?

GOURMET VEGETABLES

KALETES, PURPLE BRUSSEL SPROUTS, PURPLE CAULIFLOWER, BROAD BEANS, FIORETTO, JERUSELUM ARTICHOKE, GOLF BALL DUTCH CARROT, BUTTER BEANS, BORLOTTI BEANS, STINGING NETTLES AND SMOKED GARLIC.

EXOTIC FRUIT

CAPE GOOSEBERRIES, USA CHERRIES, NECTARINES, PLUMS & PEACHES, STARFRUIT, DRAGONFRUIT, FINGER LIME, QUINCE, CUMQUATS AND BLOOD LIMES.

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GOURMET VEGETABLES AND EXOTIC FRUIT

BABY VEGETABLES

JAPANESE AND BLUSH TURNIP, BABY CORN IN HUSK, AMSTERDAM, PARIS AND RAINBOW PETITE CARROTS ARE IN EXCELLENT SUPPLY.

PETITE BOUCHE HERBS IN GOOD SUPPLY INCLUDE SEASONAL MIX 100G & 500G, RED & GREEN PETITE COS, GREEN & RED ELK, HOT MUSTARD MIX, DANDELION, SHEEPS SORREL, RED VEIN SORREL, RED LACE, WINTER PURSLANE, RED LEAF MIZUNA, WOODLAND SORREL AND GREEN FRILL.

EDIBLE FLOWERS AVAILABLE ARE MIXED LARGED FLOWERS, JOHNNY JUMP UP'S AND DIANTHUS.

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PETITE BOUCHE HERBS, MICRO & EDIBLE FLOWERS

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

SHORT SUPPLY AND HIGH PRICE

LONG RED CHILLI, BASIL, BANANAS, BABY GOLD BEETROOT, TARRAGON, FIGS AND RED BULL HORN CHILLI.

FINISHING FOR THE SEASON

PETITE BOUCHE AMARANTH, SAMPHIRE, YUZU FRUIT, ACHACHA AND PINE MUSHROOMS.

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GO TO WWW.SDFP.COM.AU FOR MORE NEWS, SPECIALS AND MEET THE GROWER ACTION .

