

Kirsty Cranitch

BECAUSE rain and wind stopped trawlers from working last week, fresh seafood supply has been fairly hard hit, says Vicki Jaggard of Morgan's Seafood at Scarborough.

Ocean prawns aren't quite in season yet but there is a decent supply of bay prawns coming through, which are great for curries and fried rice. This week we might also see Moreton Bay producing some medium and large king prawns

If you like reef fish, now is the time to buy wild barramundi and fresh Spanish mackerel. These haven't

been affected by last week's storms and supplies are expected to build in coming weeks.

Stanthorpe high-chill varieties of peaches, nectarines and apricots – which Pershouse Produce's Peter Kedwell says are better eating than the low-chill type – continue to enter the market.

Cherries from Young are now being seen but they're still the soft, eating ones, Kedwell says. The crunchier numbers will hit the market in a few weeks.

David Faranda of Naturally Fruit says Australia's lucky to be one of the few countries with most fruit and vegetables supplied year round, and

strawberries are no exception. They continue to enter the market from Victoria, and at a good price, too.

Australian fresh figs, great with porridge or in baking, are arriving in small numbers, but quantities should increase soon.

As wet weather prevented growers from picking rockmelons last week, prices will increase.

Meanwhile, the market is abundant with button yellow squash, and small washed potatoes are new from South Australia. Jap pumpkins have increased in volume and dropped in price.

Vegetables continue to be affordable, Kedwell says, but now

that the Gatton season is over, lettuce is coming out of Stanthorpe and Victoria, and all tomato varieties continue to be plentiful and ripe.

Kedwell, Faranda and Ross Cowling of United Organics all agree it's looking like a bounty season for mango lovers. Kedwell has seen some Kensington Prides around, while Cowling says organic Northern Territory mangoes continue to be well-priced and abundant.

Cowling says North Queensland watermelons and Lebanese cucumbers are on special at the moment and are selling well, and there are good-quality Stanthorpe cos and iceberg lettuces about.

