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Media Release

Pass on the chocolate and chips... Christmas period expected to be an absolute stone-fruit bonanza for shoppers!

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The Adelaide Produce Market is reporting premium South Australian cherries, apricots, peaches, nectarines and plums are about to flood the market floor and is calling on shoppers to make the most of it and pass on the chocolate and chips this festive season.

“It’s going to be an absolute stone fruit bonanza over the next month, so consumers should really be making the most of it by eating as much as they can while these fantastic fruit lines are in season this Christmas period,” Adelaide Produce Market spokesperson Julian Carbone said.

Other fruit expected to be in high supply includes blueberries, strawberries, raspberries, mangoes and grapes. Vegetables expected to be in high supply over the Christmas period includes lettuce, cabbage, pumpkin, potato and carrot. With the exception of a few lines which are out of season, all fruit and vegetables lines are in moderate to high supply at the moment.

“Vegetables commonly used in Australian Christmas dishes such as potato, carrot and pumpkin are expected to be in high supply over the festive season, which will hopefully push retail prices down,” Mr Carbone said.

“With most fruit and vegetables lines in good supply or very good supply, there is no reason for anyone to snack of chocolate or chips. Get into your local greengrocer and have an absolute feast on healthy, delicious and locally grown fruit and vegetables,” Mr Carbone said.

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