

# IN2FOOD

YOUR FRESH FOOD PARTNER

IN2FOOD

# We have built this business by investing in Partnerships for Growth.

We partner with our growers, our people and our customers to deliver high quality and market fresh produce to food service, catering and retail businesses nationwide.

IN2FOOD

YOUR FRESH FOOD PARTNER  
YOUR FRESH FOOD PARTNER



We share a love of fresh food and quality produce with our partners, and work as a part of your team, being collaborative and accountable so that everyone benefits.

We are local first with national capabilities, and we're committed to safety, innovation and sustainability.

Our partnerships are genuine, and together we build successful, profitable businesses.

Our style, and the style of our people is hands-on. This includes critical daily on-site contact with our grower partners so we can deliver on time and in full to our customers.

*We are your fresh food partner.*



## IN2FOOD

# About us.

Since it's inception, it has always been the In2Food vision to supply our community with the best possible fresh produce and food. From the outset, the philosophy has been simple; the benchmark was excellence, whether in food quality, customer service or price.

At In2Food we strive to be the best valued choice in fresh produce. Servicing food service establishments across Australia, our fruit and vegetables are sourced daily, and we work closely with local growers, farmers and producers, to ensure only fresh and high-quality produce is delivered to our clients.

Our clients and customers are our priority, and we have built a support network that focuses on innovative and exceptional ways to enhance your experience with In2Food.

We have a number of policies and best practice commitments that we practice, and that can be found at [in2food.com.au/policies](https://in2food.com.au/policies).



## OUR CAPABILITIES

# The In2 Difference.

### NATIONAL CAPABILITIES

We combine dedication to excellence across our extensive national supply chain with our personal service and local knowledge to deliver the In2food difference.

### FARM DIRECT

We value our grower relationships. By entrusting and investing in our network of growers, we provide consistent, high-quality service across Australia to ensure continuity of supply.

### GROWER PARTNERSHIPS

We are passionate about sourcing the highest quality, freshest fruit and vegetables, starting with our growers.

### ORDERING SYSTEM

In2food's smart online ordering system, putting fresh produce ordering, tracking and self-management in your hands at the touch of your phone.



## OUR VALUES

# Our Core Beliefs.

### 01. In2 INTEGRITY

Integrity is the foundation for our attitude and success towards our work and the people we support and engage with.

### 02. In2 INNOVATION

We are committed to constantly reviewing our national capabilities, systems and processes to provide better high-quality fresh produce and outstanding service ongoing. We love turning challenges into solutions that add value to our customers. We understand our customer's dependency for us to consistently deliver outcomes.

### 03. In2 COMMUNICATION

Effective communication in all areas of our business is key to success. We acknowledge it is our responsibility to listen to feedback and to act on this in our daily business activities. We strive to be efficient, proactive and accommodating in our responses with our partners and customers at all times.

### 04. In2 CUSTOMER SERVICE IS KEY

We believe in outstanding customer service and strive in building a support system that will add value to our customers. We do this by focusing on innovative and exceptional ways to enhance your experience with our team and our partners.

### 05. In2 OUR TEAM

We believe in supporting humour and passion and encourage enthusiasm in everything we do. Our aim is to cultivate and nurture a collaborative team spirit. We acknowledge the importance of our staff and encourage their contribution to enhance our business. We have a number of policies and best practice commitments.

### 06. In2 DIVERSITY

We respect the individual and a diverse community and encourage a culture of inclusion among employees of all ages and knowledge backgrounds. We embrace the benefits that diversity brings to our organisation. We will strive to continue to lead others by example.

### 07. In2 SUSTAINABILITY

By living and breathing sustainability it makes us, and our partnerships, stronger. Sustainability is important to us and how we show that every day we care by helping nurture the world for future generations.

## OUR COMMITMENT

# Our Promise, Culture and company-wide Philosophy.

01. We are Your fresh food partner.

02. The partnerships we build and invest in with our farmers, our growers, our people and our customers are built on a mutual love and passion of fresh food and quality produce.

03. We back ourselves to create meaningful and valuable partnerships with all of our audiences and balance reliability with innovation to deliver on our fresh food partner promise.

04. We believe in partnerships for growth.

05. With our partners we strive to thrive together, doing business with safety, sustainability and a strong culture at our core, and with a commitment to open, accountable relationships that create mutual benefit.

06. We insist on fairness, collaboration and rewarding for effort, and empower those who work and do business with us to grow with us.

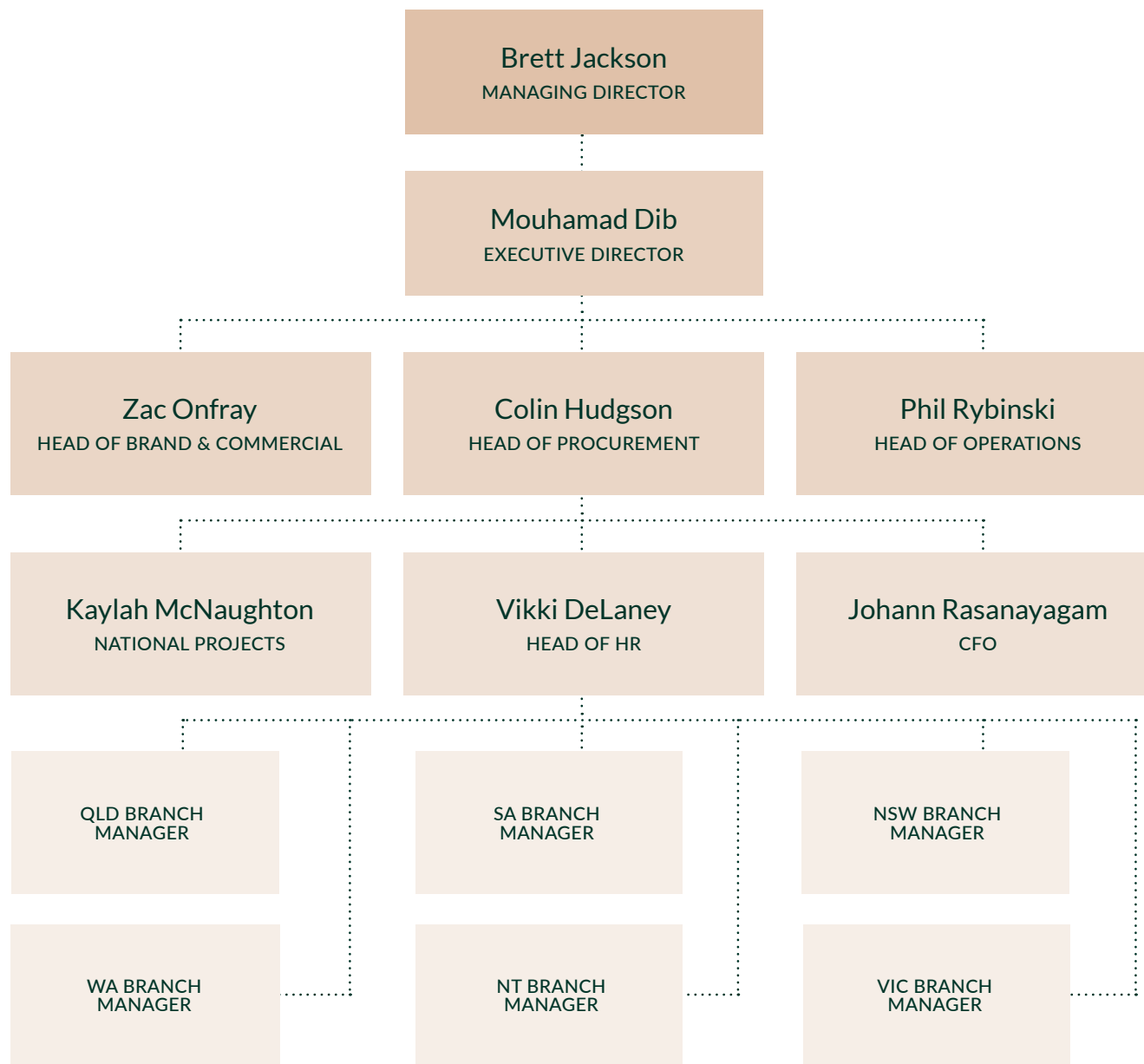


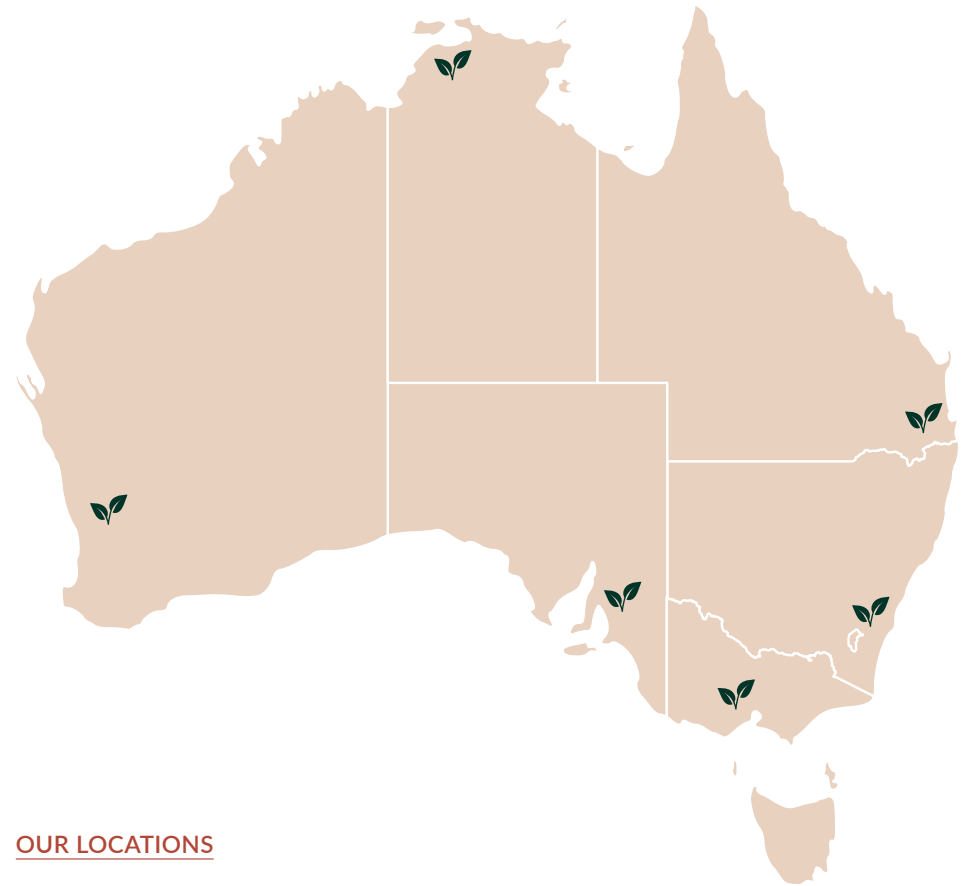


## OUR MANAGEMENT

# Our Core Team.

In2Food is one of Australia's largest wholesale fruit and vegetable wholesalers, providing customers all over Australia with high quality and fresh produce daily. Our national distribution network paired with our local focus allows us to support our grower partnerships and our customer network reliably on a daily basis.





#### OUR LOCATIONS

## **We are National with a local mindset.**

Our senior management teams are based in both our Victorian and New South Wales operations supported by a network of state based branch managers, sales and operations teams.



# Why Choose In2Food.

## 1. WE HAVE A NATIONAL DISTRIBUTION CAPABILITY WITH A LOCAL MINDSET

The In2Food network is the largest fresh fruit and vegetable wholesale distributor in Australia, meaning we are able to draw on our network of growers and producers to supply our customer community with the highest quality, and most affordable produce.

However, we prioritise supporting local. Each state has its own team and grower network and so when possible, the most local produce will be provided to the customer, keeping it close, fresh, affordable and within the state.

## 2. WE HAVE OVER 15 YEAR'S IN THE FRESH PRODUCE BUSINESS

In2Food has prided itself on providing the freshest fruit and vegetables to Australian business and the hospitality industry since it began. We have an extensive understanding of our industry and place great emphasis on providing our clients with not only exceptional produce at affordable prices, but exceptional service at all times.

## 3. WE HAVE STRONG RELATIONSHIPS WITH OUR GROWER PARTNERS.

In2Food strives to maintain and grow strong working relationships with local Australian growers. Our ultimate aim is to ensure that choice of produce and meals are enhanced not only nutritionally but also from a flavour profile. We cannot do this without sourcing a wide variety of high-quality, fresh and seasonal produce straight from our local growers and delivering them straight to the door of our clients.

## 4. WE HAVE STATE BASED BRANCHES LOCATED IN FRESH FOOD MARKETS

Given the relationship between high-quality food and nutrition, and its impact on all aspects of health, the importance of accessing high-quality produce is fundamental. Being able to serve our customers from markets around Australia means that In2Food remains in-the-know about challenges in the industry, what's in season, what is coming, and has access to the freshest produce all year round. The fact that high-quality produce is at our fingertips, translates to our clients being supplied with nothing but the best at all times.

## 5. WE DELIVER ON AFFORDABILITY

In2Food believes that being affordable should not translate to compromising on the quality of the produce we supply. We select quality and seasonal fruit and vegetables that optimise nutrition, maximise flavour and keep menus interesting and full of taste whilst still keeping costs affordable for our customers.

## 6. WE HAVE EXCELLENT TECHNOLOGY THAT SUPPLIES PRE-PREPARED FRUIT AND VEGETABLES

In2Food is building out the ability to supply pre-prepared fruit and vegetables to our clients if required via our Slice & Dice range. We use state-of-the-art systems and processors at our specialised fresh fruit and vegetable facility to be able to provide custom cuts, sizes or shapes of any fruit or vegetable needed. This has been an innovative way that we can further add value by improving our client's efficiency and consistency.

## 7. WE BELIEVE IN TRACEABILITY FROM THE FARM TO THE FRIDGE

Our customers can breathe easy knowing that their produce is traced from the farm to them and is fully backed by our quality and freshness guarantee.

## 8. WE BACK OURSELVES WITH HIGH STANDARDS OF CLEAN

Sanitisation and hygiene have always been of the utmost importance to In2Food. As has always been the case but especially now with the impact of COVID-19, we place great emphasis on sound and responsible business practices at all levels. We are fully certified by the relevant Health & Food Authorities across Australia and we ensure that our facilities are fully sanitised at all times. We also ensure that our delivery drivers and staff are fully vaccinated against COVID-19 prior to delivering to any of our clients for their and our customers protection.





## WHY US

# Why Work with In2Food.

We engage our national distribution but local mindset to provide our retail customers with high quality market fresh produce on time and at affordable prices.

- 🌿 For all your fresh produce needs
- 🌿 Orders picked and packed in our state-of-the-art facilities with complete cold chain capability
- 🌿 A focus on farm direct procurement
- 🌿 We are local first with national capabilities
- 🌿 Committed to safety, innovation and sustainability
- 🌿 Six branches around Australia

*We are your fresh food partner.*



## OUR PARTNERSHIPS

# Our Grower and Customer Partnerships.

We partner with our growers to deliver trusted products to food service, catering and retail businesses nationwide. With them we share a love of fresh food and quality produce and together bring this to market.

We are local first with national capabilities, and we're committed to safety, innovation and sustainability and choose grower partners how believe in the same principles. We are hands-on, which includes critical daily on-site contact with our grower partners.

## CUSTOMERS THAT LOVE US

This page is a select representation of national organisations and customers that choose In2Food as their fresh food partner.

Marley Spoon  
Gate Gourmet  
Foodbuy  
T.G.I. Friday's  
Seagrass  
Bupa Aged care  
Allity Aged care  
Ikea  
Accor  
The Sporting Globe  
The Coffee Club  
Zambreros  
IGA

MARLEY SPOON

Gategourmet

Foodbuy



SEAGRASS  
BOUTIQUE HOSPITALITY GROUP

Bupa  
Aged Care

Allity



ACCOR HOTELS



THE COFFEE CLUB

Zambrero





## ACCREDITATIONS

# Our Accreditations.

In2Food is a fully accredited supplier of fresh and prepared produce across Australia and all sites nationally are HACCP approved and registered.

# Our Capabilities.

In2Food have a national fleet in excess of 110 trucks. Each state has purpose built facilities, as well as high care specialised food processing in Sydney and food processing facilities in Melbourne and Perth.



# Summer Produce

# IN2FOOD

December		January		February	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
<b>Apples</b> Granny Smith <b>Apples</b> Pink Lady Apple Royal Gala <b>Apple</b> Red Delicious <b>Apricots</b> <b>Avocado</b> Hass <b>Bananas</b> <b>Blackberries</b> <b>Blueberries</b> <b>Cherries</b> Figs <b>Grapes</b> Kiwi fruit Lemons <b>Limes</b> <b>Lychees</b> <b>Mandarins</b> <b>Mangoes</b> <b>Melons</b> Rock <b>Melon</b> Honey <b>Melon</b> Seedless <b>Nectarines</b> <b>Oranges</b> Juicing Oranges Navel <b>Paw Paw</b> <b>Papaya</b> <b>Pomegranate</b> <b>Peaches</b> <b>Pears</b> <b>Passionfruit</b> <b>Pineapples</b> <b>Plums</b> <b>Raspberries</b> <b>Strawberries</b>	<b>Asparagus</b> <b>Asian</b> Vegetables <b>Beans</b> <b>Broccoli</b> <b>Broccolini</b> <b>Brussel</b> Sprouts <b>Capsicum</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celery</b> <b>Chillies</b> <b>Cucumber</b> Continental <b>Cucumber</b> Lebanese <b>Eggplant</b> <b>Garlic</b> <b>Ginger</b> <b>Herbs</b> <b>Leafy</b> Vegetables <b>Lettuce</b> <b>Mushrooms</b> <b>Onions</b> White <b>Onions</b> Red <b>Parsnip</b> <b>Potatoes</b> <b>Pumpkin</b> <b>Root</b> Vegetables <b>Snow</b> Peas <b>Swedes</b> <b>Sweet</b> Corn <b>Sweet</b> Potatoes <b>Tomatoes</b> <b>Witlof</b> <b>Zucchini</b>	<b>Apples</b> Granny Smith Apples Pink Lady Apple Royal Gala <b>Apple</b> Red Delicious <b>Apricots</b> <b>Avocado</b> Hass <b>Bananas</b> <b>Blackberries</b> <b>Blueberries</b> <b>Cherries</b> <b>Figs</b> <b>Grapes</b> Kiwi fruit <b>Lemons</b> <b>Limes</b> <b>Lychees</b> <b>Mandarins</b> <b>Mangoes</b> <b>Melons</b> Rock <b>Melon</b> Honey <b>Melon</b> Seedless <b>Nectarines</b> <b>Oranges</b> Juicing Oranges Navel <b>Paw Paw</b> <b>Papaya</b> <b>Pomegranate</b> <b>Peaches</b> <b>Pears</b> <b>Passionfruit</b> <b>Pineapples</b> <b>Plums</b> <b>Raspberries</b> <b>Strawberries</b>	<b>Asparagus</b> <b>Asian</b> Vegetables <b>Beans</b> <b>Broccoli</b> <b>Broccolini</b> <b>Brussel</b> Sprouts <b>Capsicum</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celery</b> <b>Chillies</b> <b>Cucumber</b> Continental <b>Cucumber</b> Lebanese <b>Eggplant</b> <b>Garlic</b> <b>Ginger</b> <b>Herbs</b> <b>Leafy</b> Vegetables <b>Lettuce</b> <b>Mushrooms</b> <b>Onions</b> Brown <b>Onions</b> White <b>Onions</b> Red <b>Parsnip</b> <b>Potatoes</b> <b>Pumpkin</b> <b>Root</b> Vegetables <b>Snow</b> Peas <b>Swedes</b> <b>Sweet</b> Corn <b>Sweet</b> Potatoes <b>Tomatoes</b> <b>Witlof</b> <b>Zucchini</b>	<b>Apples</b> Granny Smith Apples Pink Lady <b>Apple</b> Royal Gala <b>Apricots</b> Avocado Hass <b>Avocado</b> Sheppard <b>Bananas</b> <b>Blackberries</b> <b>Blueberries</b> <b>Cherries</b> <b>Figs</b> <b>Grapes</b> Kiwi fruit <b>Lemons</b> <b>Limes</b> <b>Lychees</b> <b>Mandarins</b> <b>Mangoes</b> <b>Melons</b> Rock <b>Melon</b> Honey <b>Melon</b> Seedless <b>Nectarines</b> <b>Oranges</b> Juicing Oranges Navel <b>Paw Paw</b> <b>Papaya</b> <b>Pomegranate</b> <b>Peaches</b> <b>Pears</b> <b>Passionfruit</b> <b>Pineapples</b> <b>Plums</b> <b>Raspberries</b> <b>Strawberries</b>	<b>Asparagus</b> <b>Asian</b> Vegetables <b>Beans</b> <b>Broccoli</b> <b>Broccolini</b> <b>Brussel</b> Sprouts <b>Capsicum</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celery</b> <b>Chillies</b> <b>Cucumber</b> Continental <b>Cucumber</b> Lebanese <b>Eggplant</b> <b>Garlic</b> <b>Ginger</b> <b>Herbs</b> <b>Leafy</b> Vegetables <b>Lettuce</b> <b>Mushrooms</b> <b>Onions</b> Brown <b>Onions</b> White <b>Onions</b> Red <b>Parsnip</b> <b>Potatoes</b> <b>Pumpkin</b> <b>Root</b> Vegetables <b>Snow</b> Peas <b>Swedes</b> <b>Sweet</b> Corn <b>Sweet</b> Potatoes <b>Tomatoes</b> <b>Witlof</b> <b>Zucchini</b>
<b>Bold</b> = In Season      Light = Shoulder Season					



# Autumn Produce

# IN2FOOD

March		April		May	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
<b>Apples</b> Granny Smith Apples Pink Lady <b>Apple</b> Royal Gala Apricots Avocado Hass <b>Avocado</b> Sheppard <b>Bananas</b> <b>Blackberries</b> <b>Blueberries</b> <b>Figs</b> <b>Grapes</b> <b>Kiwi</b> fruit <b>Lemons</b> <b>Limes</b> Mandarins Mangoes <b>Melons</b> Rock <b>Melon</b> Honey <b>Melon</b> Seedless <b>Nectarines</b> <b>Oranges</b> Juicing Oranges Navel <b>Paw</b> Paw <b>Papaya</b> <b>Pomegranate</b> <b>Peaches</b> <b>Pears</b> <b>Passionfruit</b> <b>Pineapples</b> <b>Plums</b> <b>Raspberries</b> <b>Strawberries</b>	<b>Asparagus</b> <b>Asian</b> Vegetables <b>Beans</b> <b>Broccoli</b> <b>Broccolini</b> <b>Brussel</b> Sprouts <b>Capsicum</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celery</b> <b>Chillies</b> <b>Cucumber</b> Continental <b>Cucumber</b> Lebanese <b>Eggplant</b> <b>Garlic</b> <b>Ginger</b> <b>Herbs</b> <b>Leafy</b> Vegetables <b>Lettuce</b> <b>Mushrooms</b> <b>Onions</b> Brown <b>Onions</b> White <b>Onions</b> Red <b>Parsnip</b> <b>Potatoes</b> <b>Pumpkin</b> <b>Root</b> Vegetables <b>Snow</b> Peas <b>Swedes</b> <b>Sweet</b> Corn <b>Sweet</b> Potatoes <b>Tomatoes</b> <b>Witlof</b> <b>Zucchini</b>	<b>Apples</b> Granny Smith Apples Pink Lady <b>Apple</b> Royal Gala Avocado Hass <b>Avocado</b> Sheppard <b>Bananas</b> <b>Blackberries</b> <b>Blueberries</b> Cherries <b>Figs</b> <b>Grapes</b> <b>Kiwi</b> fruit <b>Lemons</b> <b>Limes</b> <b>Mandarins</b> Melons Rock <b>Melon</b> Honey <b>Melon</b> Seedless <b>Oranges</b> Navel <b>Paw</b> Paw <b>Papaya</b> <b>Pomegranate</b> <b>Pears</b> <b>Passionfruit</b> <b>Pineapples</b> Plums <b>Raspberries</b> Strawberries	<b>Asparagus</b> <b>Asian</b> Vegetables <b>Beans</b> <b>Broccoli</b> <b>Broccolini</b> <b>Brussel</b> Sprouts <b>Capsicum</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celery</b> <b>Chillies</b> <b>Cucumber</b> Continental <b>Cucumber</b> Lebanese <b>Eggplant</b> <b>Garlic</b> <b>Ginger</b> <b>Herbs</b> <b>Leafy</b> Vegetables <b>Lettuce</b> <b>Mushrooms</b> <b>Onions</b> Brown <b>Onions</b> White <b>Onions</b> Red <b>Parsnip</b> <b>Potatoes</b> <b>Pumpkin</b> <b>Root</b> Vegetables <b>Snow</b> Peas <b>Swedes</b> <b>Sweet</b> Corn <b>Sweet</b> Potatoes Tomatoes <b>Witlof</b> Zucchini	<b>Apples</b> Granny Smith Apples Pink Lady <b>Apple</b> Royal Gala <b>Apple</b> Red Delicious <b>Avocado</b> Hass <b>Bananas</b> <b>Blackberries</b> <b>Blueberries</b> Cherries <b>Figs</b> <b>Grapes</b> <b>Kiwi</b> fruit <b>Lemons</b> <b>Limes</b> <b>Mandarins</b> Melons Rock <b>Melon</b> Honey <b>Melon</b> Seedless <b>Oranges</b> Navel <b>Paw</b> Paw <b>Papaya</b> <b>Pomegranate</b> <b>Pears</b> <b>Passionfruit</b> <b>Pineapples</b> Plums <b>Raspberries</b> Strawberries	<b>Asparagus</b> <b>Asian</b> Vegetables <b>Beans</b> <b>Broccoli</b> <b>Broccolini</b> <b>Brussel</b> Sprouts <b>Capsicum</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celery</b> <b>Chillies</b> <b>Cucumber</b> Continental <b>Cucumber</b> Lebanese <b>Eggplant</b> <b>Garlic</b> <b>Ginger</b> <b>Herbs</b> <b>Leafy</b> Vegetables <b>Lettuce</b> <b>Mushrooms</b> <b>Onions</b> Brown <b>Onions</b> White <b>Onions</b> Red <b>Parsnip</b> <b>Potatoes</b> <b>Pumpkin</b> <b>Root</b> Vegetables <b>Snow</b> Peas <b>Swedes</b> <b>Sweet</b> Corn <b>Sweet</b> Potatoes Tomatoes <b>Witlof</b> Zucchini
<b>Bold</b> = In Season      Light = Shoulder Season					

# Winter Produce

# IN2FOOD

June		July		August	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
Apples Granny Smith	Asparagus	Apples Granny Smith	Asparagus	Apples Granny Smith	Asparagus
Apples Pink Lady	Asian Vegetables	Apples Pink Lady	Asian Vegetables	Apples Pink Lady	Asian Vegetables
Apple Royal Gala	Beans	Apple Royal Gala	Beans	Apple Royal Gala	Beans
Apple Red Delicious	Broccoli	Apple Red Delicious	Broccoli	Apple Red Delicious	Broccoli
Avocado Hass	Broccolini	Avocado Hass	Broccolini	Avocado Hass	Broccolini
Bananas	Brussel Sprouts	Bananas	Brussel Sprouts	Bananas	Brussel Sprouts
Blackberries	Capsicum	Blackberries	Capsicum	Blackberries	Capsicum
Blueberries	Carrots	Blueberries	Carrots	Blueberries	Carrots
Cherries	Cauliflower	Cherries	Cauliflower	Cherries	Cauliflower
Figs	Celery	Figs	Celery	Figs	Celery
Grapes	Chillies	Grapes	Chillies	Grapes	Chillies
Kiwi fruit	Cucumber Continental	Kiwi fruit	Cucumber Continental	Kiwi fruit	Cucumber Continental
Lemons	Cucumber Lebanese	Lemons	Cucumber Lebanese	Lemons	Cucumber Lebanese
Limes	Eggplant	Limes	Eggplant	Limes	Eggplant
Mandarins	Garlic	Mandarins	Garlic	Mandarins	Garlic
Melons Rock	Ginger	Melons Rock	Ginger	Mangoes	Ginger
Melon Honey	Herbs	Melon Honey	Herbs	Melons Rock	Herbs
Melon Seedless	Leafy Vegetables	Melon Seedless	Leafy Vegetables	Melon Honey	Leafy Vegetables
Nectarines	Lettuce	Nectarines	Lettuce	Melon Seedless	Lettuce
Oranges Navel	Mushrooms	Oranges Navel	Mushrooms	Nectarines	Mushrooms
Paw Paw	Onions White	Paw Paw	Onions White	Oranges Navel	Onions White
Papaya	Onions Red	Papaya	Onions Red	Paw Paw	Onions Red
Pomegranate	Parsnip	Pomegranate	Parsnip	Papaya	Parsnip
Peaches	Potatoes	Peaches	Potatoes	Pomegranate	Potatoes
Pears	Pumpkin	Pears	Pumpkin	Peaches	Pumpkin
Passionfruit	Root Vegetables	Passionfruit	Root Vegetables	Pears	Root Vegetables
Pineapples	Snow Peas	Pineapples	Snow Peas	Passionfruit	Snow Peas
Plums	Swedes	Plums	Swedes	Pineapples	Swedes
Raspberries	Sweet Corn	Raspberries	Sweet Corn	Plums	Sweet Corn
Strawberries	Sweet Potatoes	Strawberries	Sweet Potatoes	Raspberries	Sweet Potatoes
	Tomatoes		Tomatoes	Strawberries	Tomatoes
	Witlof		Witlof		Witlof
	Zucchini		Zucchini		Zucchini

**Bold** = In Season

Light = Shoulder Season



# Spring Produce

# IN2FOOD

## September

### FRUIT

Apples Granny Smith  
Apples Pink Lady  
Apple Royal Gala  
Apple Red Delicious  
Avocado Hass  
Bananas  
Blackberries  
Blueberries  
Figs  
Grapes  
Kiwi fruit  
Lemons  
Limes  
Mandarins  
Mangoes  
Melons Rock  
Melon Honey  
Melon Seedless  
Nectarines  
Oranges Navel  
Paw Paw  
Papaya  
Pomegranate  
Peaches  
Pears  
Passionfruit  
Pineapples  
Plums  
Raspberries  
Strawberries

### VEGGIES

Asparagus  
Asian Vegetables  
Beans  
Broccoli  
Broccolini  
Brussel Sprouts  
Capsicum  
Carrots  
Cauliflower  
Celery  
Chillies  
Cucumber Continental  
Cucumber Lebanese  
Eggplant  
Garlic  
Ginger  
Herbs  
Leafy Vegetables  
Lettuce  
Mushrooms  
Onions White  
Onions Red  
Parsnip  
Potatoes  
Pumpkin  
Root Vegetables  
Snow Peas  
Swedes  
Sweet Corn  
Sweet Potatoes  
Tomatoes  
Witlof  
Zucchini

## October

### FRUIT

Apples Granny Smith  
Apples Pink Lady  
Apple Royal Gala  
Apple Red Delicious  
Avocado Hass  
Bananas  
Blackberries  
Blueberries  
Figs  
Grapes  
Kiwi fruit  
Lemons  
Limes  
Mandarins  
Mangoes  
Melons Rock  
Melon Honey  
Melon Seedless  
Nectarines  
Oranges Navel  
Paw Paw  
Papaya  
Pomegranate  
Peaches  
Pears  
Passionfruit  
Pineapples  
Raspberries  
Strawberries

### VEGGIES

Asparagus  
Asian Vegetables  
Beans  
Broccoli  
Broccolini  
Brussel Sprouts  
Capsicum  
Carrots  
Cauliflower  
Celery  
Chillies  
Cucumber Continental  
Cucumber Lebanese  
Eggplant  
Garlic  
Ginger  
Herbs  
Leafy Vegetables  
Lettuce  
Mushrooms  
Onions White  
Onions Red  
Parsnip  
Potatoes  
Pumpkin  
Root Vegetables  
Snow Peas  
Swedes  
Sweet Corn  
Sweet Potatoes  
Tomatoes  
Witlof  
Zucchini

## November

### FRUIT

Apples Granny Smith  
Apples Pink Lady  
Apple Royal Gala  
Apple Red Delicious  
Apricots  
Avocado Hass  
Bananas  
Blackberries  
Blueberries  
Cherries  
Figs  
Grapes  
Kiwi fruit  
Lemons  
Limes  
Lychees  
Mandarins  
Mangoes  
Melons Rock  
Melon Honey  
Melon Seedless  
Nectarines  
Oranges Juicing  
Oranges Navel  
Paw Paw  
Papaya  
Pomegranate  
Peaches  
Pears  
Passionfruit  
Pineapples  
Plums  
Raspberries  
Strawberries

### VEGGIES

Asparagus  
Asian Vegetables  
Beans  
Broccoli  
Broccolini  
Brussel Sprouts  
Capsicum  
Carrots  
Cauliflower  
Celery  
Chillies  
Cucumber Continental  
Cucumber Lebanese  
Eggplant  
Garlic  
Ginger  
Herbs  
Leafy Vegetables  
Lettuce  
Mushrooms  
Onions White  
Onions Red  
Parsnip  
Potatoes  
Pumpkin  
Root Vegetables  
Snow Peas  
Swedes  
Sweet Corn  
Sweet Potatoes  
Tomatoes  
Witlof  
Zucchini

**Bold** = In Season

Light = Shoulder Season

# IN2FOOD

YOUR FRESH FOOD PARTNER



OUR NATIONAL CAPABILITIES

## ADELAIDE

75 Goldsborough Road  
Pooraka, SA 5095

## DARWIN

NT Branch and Retail Store  
309 Bagot Road,  
Coconut Grove, NT 0810

## PERTH

280 Bannister Road,  
Canning Vale, WA 6155

## BRISBANE

385 Sherwood Road,  
Rocklea QLD 4106

## MELBOURNE

Melbourne Markets  
79, 55 Produce Drive,  
315 Cooper Street,  
Epping VIC 3076

## SYDNEY

7-9 George Young Street,  
Aburn, NSW 2144