



# NEWSLETTER

ISSUE NO.5



## LATEST RECIPES



### Pasquale's Fillet-O-Fish

[VIEW RECIPE](#)

[See more recipes>](#)



## DID YOU KNOW... THE FINE-APPLES

[READ MORE](#)



## OUR CHOICE PRODUCT

## WHAT'S THE GOSS? MARCH 2019



For all you pomegranate lovers, the local pomegranates have started again.

The Shepard avocado will be in season soon and it is Tony's favourite thanks to its rich flavour and creaminess. And always remember that Shepard avocado's stay green while ripening soft.

Packham and Beurré Bosc Pears have now started which means Autumn has arrived.

New season apples have started and we look forward to stocking the Pink Lady, Red delicious (for all the old timers) and Fuji apples in the coming weeks.

Lemons and Beans that are coming out of Queensland will be back on track soon as the rain have delayed farmers from picking



## MI APPLE

We are so excited to stock this new breed apple which is a cross between a Fuji and a Gala because it has the firm texture of a Fuji apple with the sweet taste of a Gala. The difference being it doesn't turn mushy and yellow like a Gala. Be warned you may pick up one of these mistaking it for a Pink Lady due to its shiny pink skin, but you won't be disappointed.

resulting in high prices.

Come late March our produce quality will increase, and prices will get better as the farmers recover from the heat and floods from the past few months.

We hope to have our full supply resumed in time for Easter.

## LATEST NEWS



### HIGH TEA AT THE TASTING DECK

The Tasting Deck is pleased to announce we will now be serving High Tea between 2 pm and 4:30 pm.

[Read More >](#)



AUSTRALIAN  
SMALL BUSINESS  
**CHAMPION**  
AWARDS 2019  
**FINALIST**

### AUSTRALIAN SMALL BUSINESS CHAMPION 2019 – FRESH FOOD AND CAFE FINALIST

We are honoured to be nominated as a finalist in the Fresh Food and Cafe category for the Australian Small Business Champion awards.

[Read More >](#)





Our **opening** hours over Easter are as follows

**Good Friday and Easter Sunday: CLOSED**

**Easter Saturday and Easter Monday: OPEN 6am - 6pm**

We hope you have a Happy Easter from everyone at Forestway Fresh



 Weekdays 6:00am - 7:30pm Weekends 6:00am - 6:00pm Open 7 Days!  341 Mona Vale Rd,  
Terrey Hills NSW

COPYRIGHT © 2013 FORESTWAY FRESH. [UNSUBSCRIBE](#) | [CONTACT](#) | [PRIVACY](#)