

L.J. PARTHENOS FRESH PRODUCE

MERCHANTS

FRUIT	PRODUCE UPDATE FOR OCTOBER
Apples red and green	Stock is sensational especially New season late spring stock
Chest Nuts	Season is now over
Banana	Prices are very reasonable due to great supply
Apricots	Season is looking great to start late November
Blueberry	Price stable excellent price
Blackberry	Product will Improve with young, logan, Boysen berries to come
Blood Oranges	Season is going strong
Cherries	Season will begin soon
Custard Apples	Season has slowed
Cumquat	The season has slowed and prices are still high
Dragonfruit	Product will be consistent and excellent
Figs	Product will be expensive now until season starts in November
Finger Limes	Fresh fruit is available again and its fantastic we have plenty of frozen also
Grapes	Australian Seedless grapes will begin soon from N.T.
Grapefruit	Local ruby and white product excellent
Kiwifruit	Green are cheap, some Golden is excellent
Lemons	Local product is improving and prices are still down
Limes	Supply improving and price is still up my No. 2 are cheap
Mandarin	Spring fruit is still sensational Murcott Honey is excellent
Mangoes	New Season Nth Territory fruit has begun
Melon – Honeydew	Excellent
Melon – Piel de Sapo	Spanish Frog Skin Melons – plenty and great
Melon – Rockmelon	Cheap flavour a little low
Melon -Watermelon	Seedless are excellent though prices are up
Mulberries	Excellent

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Nectarines – Yellow	Season USA fruit only
Nectarines – White	Season USA fruit only
Oranges	Local Navel and local Valencia fantastic quality
Passionfruit	Sensational product flavour is outstanding
Paw Paw/Papaya	Flavour is excellent, and prices are fine
Peach	Yellow: Look for USA produce only White: Look for USA produce only
Pears – Buerre Bosc	New season is excellent
Pears – Corella	New season just started
Pears – Josephine	Yes
Pears – Nashi	Australian grown and Chinese and Korean now available
Pears – Wintemelia (honey)	Very light on in supply
Pineapple	Plenty now and cheap northern fruit is sensational
Plum	USA fruit only
Pomegranate	Pomegranates excellent from California
Pomello	Australian fruit and Imported Thai and Israeli
Nectarines	Yellow: Season from USA produce only White: Season from USA produce only
Raspberry	Great flavour, price is cheaper and 2 nd grade fruit is also available
Rhubarb	Plenty and Excellent
Strawberries	Season produce still coming from Qld excellent
Tangelo	Excellent
Yuzu	Very good Lemonade fruit only

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VEGETABLES	Product Information and Update for October
Artichokes – Baby Artichokes	Excellent
Artichokes – Jerusalem	New season is fantastic
Artichokes - Globe	Excellent
Asparagus	New Season Aust has begun and is excellent
Asparagus – White	Product is local and is excellent
Avocado	Hass variety has started prices are reasonable
Basil	Green prices are easing to reasonable level.
Beans – Baby	prices are up, great flavour and quality though
Beans – Borlotti	Stock is improving
Beans – Broad	New season crop has started
Beans – Butter	Very inconsistent quality due to cold temps
Beans – Green	Machine picked prices are up hand picks are excellent
Beans – Snake	Local bunches are sensational
Beetroot	Trimmed M/L red/gold beetroot in bags are very cheap.
Beetroot – Baby	Plenty of Baby Beets in all colours available now
Betel Leaf	Very scarce poor quality improving next month
Broccoli	Excellent price and quality is sensational
Broccoli Shoots	Next week but purple broccoli sprouts now on.
Broccolini	Supplies improving and quality is great
Brussel Sprouts	Excellent and improving by the day
Cabbage	Chinese cabbage, hispi (sugar loaf), savoy are improving
Capsicum	Prices are easing and quality is improving.
Carrots	Up slightly also black large excellent

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Kohlrabi	Green and Red is improving supply
Kumera	VERY Cheap
Leeks	All sizes of Leeks are fine excellent quality but prices are easing
Leeks – Baby	Plenty and Pencil is excellent
Mache	This product is acceptable but only just.
Mushrooms	Common variety mushroom Buttons, swiss browns are very short
Mushroom – Button	Improved supply
Mushroom – Chestnut	Some available from the local grower
Mushroom – Enoki	We now have a steady supply of Australian grown
Mushroom – Flat/Field	Excellent supply for all specs sizes and quality
Mushroom – Grey Ghost	Nothing
Mushroom – Nameko	Very limited and inconsistent
Mushroom – Oyster	Fine
Mushroom – Pine	Nothing left from my last forest visit
Mushroom – Shimeji	Fine now
Mushroom – Shitake	Tasmanian Huyon Valley are excellent
Mushroom – Slippery jack	Very low and inconsistent supply
Mushroom – Swiss brown	Excellent but very short supply
Mushroom - Portobello	Excellent
Mushroom – King Brown	now all Australian grown and some Korean
Nasturtiam Leaf	Struggling but will improve
Nettles	Cooling weather promoted an excellent product this week
Onion	Spring/Pearl are now available Tasmanian Cipolin, and Golden, Cocktail, White onions are back on
Parsley Root	Available very inconsistent and only on request
Parsnip	Good quality Parsnips are improving at the moment, plenty of excellent baby available soon next month

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Carrots – Dutch	All colours are plentiful now
Cauliflower	Prices are easing and Coloured Caulis and Romanesco
Cavolonero	Short for all sizes available now and Baby is struggling
Celeriac	Will continue to be excellent quality prices are easing
Celery	VERY Cheap
Chard	SUPERB
Chilli	Pablano, Jalapeno, green, Habanero and Padrons to start soon
Corn	Prices are high, Baby corn in husk is struggling
Cucumber – Lebanese	Prices are at high levels but easing
Cucumber- Telegraph	Prices are easing
Cucumber – Mini	Fine Gherkins are very short
Eggplant	Seedless are excellent
Eschallot	Banana eschallots are back on and several others around
Fennel	Improving to a great season
Fennel – Baby	Improving coming into season
Fennel – Finger	Product improving into next week
Fioretto	Season has started and numbers are excellent still
Flowers	All flowers will now become more consistent.
Frizee	Some around I have hand picked white
Garlic	We are sticking with the good quality Australian garlic
Garlic – Green (wild)	Cool weather now will promote great bundles
Ginger	New season skinless is coming in Excellent still extremely high price
Herbs and Chinese Veg	Much Improved
Horseradish	The season late this month will slow
Kale	Plenty in red and green and beautiful baby coloured
Kalette	Will be available until this month September

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Peas	Peas are a little inconsistent but improving
Petite Bouche	<u>Leo's Euro Mix is light due to Covid-19 restrictions</u>
Potato	Marris Piper, Dutch Cream, Mayan Gold, Nicola, Royal Blue, Sebago, Lady bird Cocktail fingerlings.
Pumpkin	All fine
Radicchio	Spring will help this product to improve and Trevissio is excellent
Rappa	Season has started and is excellent
Radish	All fine now and a few more varieties and Spanish black, candle stick
Rocket	Wild rocket is excellent and my braod leaf is outstanding
Romanesco	Excellent
Salsify	Very limited
Salt Bush	Cold has slowed supply
Samphire	Reasonable supply of every sea succulents
Shiso	Shiso and Perilla are now fine
Snow peas & Sugar Snaps	Snow peas, Sugar Snap are up in price though quality is good
Spinach	Excellent quality
Squash	Superb quality but up in price.
Tomatillo	A steady supply from North QLD will start soon next month
Tomato	This quality is good but prices are very high delay in new crop
Tomato – Cherry	All growers are gearing up to start and prices are easing
Tomato – Cherry Truss	Plenty though prices are easing due to recent good crop
Tomato – Grape	Plenty of red and yellow
Tomato – Heirloom Cherry	Good supply and will improve further
Tomato – Heirloom	Plenty around now still flavour is lacking but will improve
Tomato – Kumato	Increasing in 2 sizes
Tomato – Roma	Poor supply for good ripe colour but prices are high
Tomato – Salad	Fine

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Tomato – Ox Heart	The season for Flat Italian is the best ive seen so far
Tomato – Black Crimson	Are sensational and will improve as it starts to get warmer
Tomato – Vine Ripened Tray	Fine and excellent quality Sth Aust.
Tomato – Yellow Cherry	Fine
Tomato – Teardrop	Quantities are improving
Trevisio	Will have heaps this week
Turnip	Some lovely 20cm diameter bunches available
Turnip – Baby	Plenty of micro and golf ball size
Wasabi	Fresh wasabi root and leaves are now available from Tasmania
Waterchestnuts	Plenty available in a few weeks and regular chest nuts are slowing
Witlof	RED is a major struggle WHITE is still hanging in
Yam	NZ Yams are finshed Hikama is improving
Zucchini	Prices are up
Zucchini – Baby	Excellent
Zucchini – Flowers	The flowers will be improving in all of October
Zucchini-Yellow	Some limited produce and inconsistent
Zucchini-white	White, Zebra and a few new varities will be coming on soon

ALL CHEFS MUST CONVERSE WITH ME DAILY REGARDING AVAILABILITY OF ALL PRODUCE

NOTE: I HAVE SOME BEAUTIFUL “AUST BLOOD ORANGES” THIS WEEK

“NEW SEASON RAPPA AND RAPPINI”

“CALIFORNIAN STONEFRUIT”

“ LEO’S EURO MIX LEAVES”

IMPORTANT ITEMS TO NOTE

ZUCCHINI FLOWERS WILL GREATLY IMPROVE BY THE IMPROVING GLASSHOUSE EFFECT

ALL HERBS WILL BE AFFECTED BY WEATHER INCONSISTENCIES, ALSO SOME HERB VARIETIES HOWEVER WILL IMPROVEMENT AND WILL BE SEEN IN THE NEXT FEW WEEKS

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COVID-19 UPDATE FOR OCTOBER

ALL GROWERS THROUGHOUT AUST. REDUCED THEIR GROWING CAPACITY DUE TO GOVT COVID-19 LOCKDOWN LEGISLATION ORDERS FOR ALL HOSPITALITY VENUES AND THEREFORE WERE CLOSED TO DINNERS. THIS WILL ALL CHANGE AND DEMAND WILL NOW SPIRAL

THERE WILL BE LINES OF PRODUCE THAT WILL NOT BE FINANCIALLY VIABLE TO GROW AND SUPPLY IN SMALL NUMBERS, CONSEQUENTLY THERE WILL BE INSTANCES OF INCREASED UNAVAILABILITY FOR A GREATER NUMBER OF ITEMS THAN NORMAL, WE SAW THIS SHORTNESS OF SUPPLY IN THE LAST LOCK DOWN

WE NEED TO KEEP THE LINES OF COMMUNICATION OPEN BETWEEN MYSELF, MY CLIENTS AND FARMERS, AGENTS, EXPORTERS AND IMPORTERS TO EVALUATE ALL CIRCUMSTANCES AND MAKE CORRECT DECISIONS NAVIGATING MENU CONSTRUCTION.

I WILL BE RIGHT BEHIND YOU ALL KEEPING EVERYONE UP TO SPEED WITH ANY INFORMATION ON AVAILABILITY, SUPPLY INTERRUPTIONS AND TIME LINE OF PRODUCE COMING ONTO THE MARKET FOR SALE.

I WISH ALL MY CLIENTS, CHEFS, STAFF TO BE SAFE AND VIGILANT, REGARDING THEMSELVES AND THEIR FAMILIES AND SUPPORT EACH OTHER IN ANY WAY POSSIBLE SO WE CAN ALL GET THROUGH THIS SHIT AND SEE EVERYONE ON THE OTHER SIDE, WE CAME BACK BEFORE AND WE'LL DO IT AGAIN.....NEVER GIVE UP NEVER GIVE IN..... ΜΟΛΩΝ ΛΑΒΕ

KIND REGARDS,

LEO J PARTHENOS (FOUNDER & CEO)
THE L J PARTHENOS FRESH PRODUCE CO. PTY. LTD
MBL. 0411 343 000