

L.J. PARTHENOS FRESH PRODUCE

MERCHANTS

FRUIT	PRODUCE UPDATE FOR AUTUMN 2024
Apples red and green	Stock is sensational especially new season AUTUMN stock
ChestNuts	Season of chestnuts To begin in 3 weeks
Banana	Prices are very reasonable due to great supply
Apricots	Season is ending this week
Blueberry	Excellent extra class item and prices are excellent
Blackberry	Product is excellent and better supply better price
Blood Oranges	Product season is now imported VERY POOR QUALITY
Cherries	Season has finished
Custard Apples	New Season will begin in late March for consistent product
Cumquat	The season will start after April
Dragon fruit	Product is still consistent and excellent red and white
Figs	Product is excellent and will continue, autumn season stock is reducing in numbers and quality will drop
Finger Limes	Fresh fruit will be available but expensive have plenty of frozen.
Grapes	Seedless grapes are excellent and will continue
Grapefruit	Local ruby & white product excellent, supply of stock is improving
Kiwifruit	All stock is now imported blood Kiwi, gold is light in supply
Lemons	Product and prices are falling USA is finished Meyer Lemons will begin soon.... I confirm my Lemonade fruits will begin June
Limes	Supply is good and prices are reasonable my No.2 are cheap
Mandarin	Excellent quality and reasonable supply from New Season Qld.
Mangoes	Honey gold excellent quality one more month maybe
Melon – Honeydew and yellow Casaba	Excellent and Prices are high
Melon – Piel de Sapor	Spanish Frog Skin Melons – plenty and great
Melon – Rockmelon	High price but flavour is great.
Melon -Watermelon	Seedless are excellent and prices are cheap

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Nectarines – Yellow	LOCAL FRUIT IS STILL EXCELLENT
Nectarines – White	LOCAL FRUIT IS STILL EXCELLENT
Oranges	USA Navel and local Valencia fantastic quality and CARA SOON
Passionfruit	Sensational product flavour is outstanding prices are up
Paw Paw/Papaya	Flavour is excellent, and prices are fine
Peach	Yellow: LOCAL FRUIT IS STILL EXCELLENT White: LOCAL FRUIT IS STILL EXCELLENT
Pears – Beurre Bosc	season will begin next month
Pears – Corella	New Season has started and looking good
Pears – Josephine	Yes
Pears – Nashi	Australian grown and Chinese and Korean now RED is available
Pears – Wintemelia (honey)	Not available
Pineapple	Plenty now northern fruit is sensational prices are still up
Plum	Season will continue until the end of march
Pomegranate	Pomegranates looking tired for USA fruit LOCAL FRUIT IS EXCELLENT
Pomelo	Australian fruit and Imported Thai, Israeli and USA
Goose berries	Will enquire in the next few week and will advise
Raspberry	Great flavour, price is stable and 2 nd grade fruit is also available
Rhubarb	Plenty and Excellent quality prices are cheap
Strawberries	Season produce still coming from VIC. STH AUST. Excellent
Tangelo	Excellent Quality
Yuzu	Season of Yuzu and Lemonade fruit to begin.... June 2023
Persimmon	Fuju fruit will begin early March
EXOTIC FRUIT	Excellent exotic fruit now available imported only
Mulberries	NOTHING TO REPORT

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VEGETABLES	Product Information and Update AUTUMN 2024
Artichokes – Baby Artichokes	Will be a problem as all local producers ARE FINISHED
Artichokes – Jerusalem	SEASON TO BEGIN LATE APRIL
Artichokes - Globe	Season will begin after June 2023
Asparagus	Imported only, product quality is good, price is shocking
Asparagus – White	Product is Imported only and very short supply
Avocado	Shepherd and Hass variety is excellent prices are excellent
Basil	Green prices are easing to reasonable, large purple is inconsistent
Beans – Baby	prices are great, flavour and quality also My Bunters are sensational, and the prices are perfect.
Beans – Borlotti	Stock is slow been arriving from Qld and inconsistent
Beans – Broad	supply will begin by the end of July
Beans – Butter	Very inconsistent quality, but the last load I received were excellent
Beans – Green	Machine picked and handpicked prices are easing to good levels
Beans – Snake	Local New Season bunches are sensational
Beetroot	Trimmed M/L red/gold beetroot in bags are very cheap.
Beetroot – Baby	Plenty of Baby Beets available now baby gold has improved
Betel Leaf	Product will improve
Broccoli	Price are high but quality is acceptable
Broccoli Shoots	Heat and humidity will have a bad effect on this product
Broccolini	Supplies improving this week and quality is great price is still high
Brussel Sprouts	Interstate prices are rising. Stock is limited still
Cabbage	Chinese cabbage, hispi (sugar loaf), savoy prices are shockingly high
Capsicum	Prices are easing quality is excellent.
Carrots	Up slightly also black large excellent yellow now available

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Kohlrabi	Green and Red is improving in supply Green is light in supply
Kumera	Gold, Hawaiian, White is all acceptable.
Leeks	All sizes of Leeks are easing in prices SMALLS ARE CHEAPER.
Leeks – Baby	Pencil is excellent quality but inconsistent in supply
Loose selected leaves	This product is improving call me to discuss options.
Mushrooms	I have secured growers who are looking forward to work directly with me and my clients let me know your numbers
Mushroom – Button	Supply is improving QUALITY is excellent
Mushroom – Chestnut	Some available from the local grower White Pearl, Lions Maine
Mushroom – Enoki	We now have a steady supply of Australian grown
Mushroom – Flat/Field	Excellent quality and now improving
Mushroom – Huon Valley	Limited but good quality
Mushroom – Nameko	Very beautiful Snow White Namenko
Mushroom – Oyster	Supply is improving this week
Mushroom – Pine	There will be something of forest mushroom available soon
Mushroom – Shimeji	Excellent large clump variety white and black being inconsistent.
Mushroom – Shitake	Tasmanian and Korean are excellent
Mushroom – Slippery jack	Nothing
Mushroom – Swiss brown	Excellent
Mushroom - Portobello	Excellent
Mushroom – King Brown	now all Australian grown and some Korean and some baby Ilingi
Nasturtiam Leaf	I have good quality but will be inconsistent due to heat
Nettles	Very limited in supply
Onion	Spring/Pearl, Golden, Cocktail, White onions are slowly improving
Parsley Root	Still very limited and inconsistent and only on request
Parsnip	Good quality Parsnips are reasonable now, plenty of excellent baby available.

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Carrots – Dutch	All colours are plentiful now quality is excellent
Cauliflower	Prices are HIGH Coloured Caulies very LIMITED supply
Cavolonero	EXCELLENT now and Baby is struggling for numbers
Celeriac	Excellent quality prices are up
Celery	PRICES are stable
Chard	Rainbow is better and Green is excellent and all a great price
Chilli	Poblano, Jalapeno, green, Habanero, Padron's, Shishito and new season Turkish again for next week.
Corn	Prices are up slightly quality is fantastic
Cucumber – Lebanese	Prices are easing down from last week
Cucumber- Telegraph	Prices are easing
Cucumber – Mini	Fine Gherkins supply is uncertain and inconsistent.
Eggplant	Seedless are excellent, also Silk and Zebra prices are up
Eschalot	Banana eschalots are excellent and cippolinis next month maybe
Fennel	Is still having great season and now I have excellent fennel flower.
Fennel – Baby	Improving coming into season
Fennel – Finger	Product improving into next week
Fioretto	Season numbers are reducing and will be an inconsistent season
Flowers	All flowers will now begin to improve. Watch the heat
Frizee	Some around I have handpicked white
Garlic	We are sticking with the good quality Australian garlic; Chinese is still a very cheap alternative
Garlic – Green (wild)	The season supply is FINISHED
Ginger	New season skinless is Excellent and better in price
Herbs and Chinese Veg	Will improve AND GOOD SUPPLY
Horseradish	The new season not start until mid March
Kale	Plenty green, baby coloured is finished but others are excellent price.

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Peas	Peas numbers are VERY small
Petite Bouche	Leo's Euro Mix is Excellent
Potato	Marris Piper, Dutch Creams, Mayan Gold, Nicola, Royal Blue, Sebago, Lady bird Cocktail fingerlings with New Season Tasmanian has begun
Pumpkin	All fine AND some beautiful small japs are excellent
Radicchio	Treviso and Radicchio will be in low supply
Rappa	Season will continue slow down. Will stop this month
Radish	All improving now and more varieties call me to order exotic varieties
Rocket	Wild rocket is very limited my broad leaf is get better week to week
Romanesco	Victoria product has been a non-starter, and no numbers
Salsify	Limited numbers this month
Salt Bush	December will see slow supply
Samphire	Reasonable supply of all sea succulents
Shiso	Shiso and Perilla are now fine large Sesame leaf is outstanding
Snow peas & Sugar Snaps	Snow peas, Sugar Snap are expensive, but the quality is good
Spinach	Excellent quality though Rainbow Chard is improving in supply.
Squash	Superb quality and price.
Tomatillo	A steady supply from Victoria will start again soon
Tomato	Quality tomatoes are excellent, prices are down this week.
Tomato – Cherry	All growers are starting, and prices will ease again in MARCH
Tomato – Cherry Truss	low supply, prices are high due to recent bad weather on all crops
Tomato – Grape	Plenty of red and yellow all varieties
Tomato – Heirloom Cherry	Good supply and will improve further
Tomato – Heirloom	All X/L Italian, Ox Heart, Black Crimson, Yellow will all continue.
Tomato – Kumato	Increasing in 2 sizes
Tomato – Roma	Better supply for good ripe colour and prices are up slightly

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Tomato – Salad	Fine Field produce will improve over the next few weeks.
Tomato – Ox Heart	The season for Flat Italian is the best ive seen so far
Tomato – Teardrop	Improving numbers this week.
Treviso	Low numbers this week
Turnip	Some lovely bunches available baby very low supply
Turnip – Baby	Very low numbers of micro and golf ball size
Wasabi	Fresh wasabi root and leaves are now available from Shima Wasabi Tasmania
Lychees	Lychees and Rambutans looking tired and should be avoided
Whitlof	Smaller numbers but quality is good
Yam	NZ Yams are finished Hikmah is stalling
Zucchini	Prices are down and will remain low for the next week.
Zucchini – Baby	Excellent supply and cheap
Zucchini – Flowers	The flowers will still be low numbers due to last 4 weeks of hail and rain weather
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 LOOSE LEAF PRODUCE COMING THROUGH AS WELL AS SOME LINES OF LETTUCE THAT IS EXCELLENT FOR GRILLING WHOLE OR IN PORTIONS.

I HAVE NOW RECEIVED SOME NEW SEASON APPLES. WE'VE BEEN WORKING ON SOME NEW HYDROPONICS REGRETABLELY I CAN ONLY SUPPLY VERY LIMITED NUMBERS UNTIL SUPPLY IMPROVES AND SEASON CHANGE IS CRUCIAL TO MENU CHANGES

“LEO’S EURO MIX BABY LEAVES” VOTED AGAIN BEST PRODUCT 2022

IMPORTANT ITEMS TO NOTE ZUCCHINI FLOWERS WILL BE POOR SUPPLY.

ALL HERBS ARE EXCELLENT WITH BETTER WEATHER AND SOME LIGHT RAIN, ALSO SOME HERB VARIETIES WILL PRESENT WITH FLOWERS IN THE NEXT FEW WEEKS AND WILL IMPROVE SLOWLY INTO MARCH.

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I AM PROUD TO ANNOUNCE I AM NOW IN FULL SWING WITH THE FOLLOWING BOUTIQUE GROWING CO OPS.

THE MUSHROOM CONNECTION

PETITE INGREDIENTS

LITTLE ACRES

FORAGE GOURMET EDIBLES

RAMARRO FARMS

J AND P MUSCAT HYDROPONICS

GLENORE HERITAGE PRODUCE

BORG FARM PRODUCE

SPURELL FORAGING

URBAN GREENS

I WILL CONSTANTLY NUTURE THESE PARTNERSHIPS TO SUSTAIN OUR ENTIRE ROSTER OF OUR CLIENT BASE.

PRODUCTS THAT I HAVE IDENTIFIED WILL BE OF GREAT VALUE AND GOOD AVAILABILITY THIS WEEK

CHERRY TRUSS

LEO'S D'JURA TOMATOES

MANGO HONEY GOLD

RASPBERRIES, BLUEBERRIES, BLACKBERRIES

WHITE LEB ZUCCHINI

BABY ZUCCHINI

RED PLUMS

CARA ORANGES

FENNEL FLOWER

RED AND GREEN VELVET LETTUCE

PEACHES

PANAMA PASSIONFRUIT

BLACK BABY GRAPES

KOREAN RADISH

CRIMSON GRAPES

LARGE VARIETIES OF CHILLIES

SINGLE CLOVE GARLIC

GARLIC CHIVE SHOOTS

WHITE SEEDLESS GRAPES

BABY ROOT VEG

NECTARINES

RED AND GREEN ELK

PIEL DE SAPO MELONS

WILD BUSH FENNEL

CHAMPAGNE YELLOW MELONS

RED MUSTARD

LEO'S EURO FINE LEAF BLEND

SEA SUCULENT GREENS

RED POMMEGRANATES USA

FINGER FENNEL

EXOTIC ASIAN FRUIT

IMPORTANT NOTICE: THE ENTIRE VEGETABLE SPECTRUM HAS BEEN POOR OVER THE LAST FEW WEEKS WITH POOR CLIMATIC CONDITIONS HOPEFULLY THIS WILL IMPROVE BUT I AM TENTATIVE WITH REGARDS TO THE COMING AUTUMN WEATHER

PLEASE HELP US TO GET THROUGH THIS WITH THE LEAST AMOUNT OF PAIN AND UNDERSTANDING THE SIMPLE FACT THAT SUPPLY NUMBERS ARE IMPROVING AND QUALITY IS IMPROVING IN SOME LINES. PLEASE BE PATIENT AND LENIENT WITH ALL VEGE LINES AS WE ARE DOING THE BEST JOB POSSIBLE, AND I WILL FIGHT AS MUCH AS POSSIBLE TO GET YOU ALL A BETTER RESULT. IN SAYING ALL THIS I DO SEE A RELATIVE EASING OF PRICES.

KIND REGARDS,

LEO J PARTHENOS (FOUNDER & CEO)
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