

L.J. PARTHENOS FRESH PRODUCE

MERCHANTS

FRUIT	PRODUCE UPDATE FOR MARCH 2025
Apples red and green	Stock is sensational especially new season AUTUMN stock soon
ChestNuts	Season of chestnuts soon
Banana	Prices are very high due to low supply
Apricots	Season is finished
Blueberry	Excellent extra class item and prices are very cheap
Blackberry	Product is excellent and better supply better price
Blood Oranges	Product season is still on and QUALITY EXCELLENT 1 more month
Cherries	Finished
Custard Apples	New Season
Cumquat	The season soon
Dragon fruit	Product is still consistent and excellent red and white
Figs	Product is fair and will continue, AUTUMN season stock is in very GOOD numbers and quality is EXCELLENT
Finger Limes	Fresh fruit will be unavailable and 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 local blood Kiwi, gold is light in supply
Lemons	Product and prices are stable Meyer Lemons have started.... I confirm my Lemonade fruits are coming soon
Limes	Supply is very good, and prices are falling my No.2 are cheap
Mandarin	Excellent quality but low supply from USA
Mangoes	Season is finishing
Melon – Honeydew and yellow Casaba	Excellent though Prices are easing
Melon – Piel de Sapor	Spanish Frog Skin Melons – good on numbers and the fruit is great
Melon – Rockmelon	Great price but flavour is great.
Melon -Watermelon	Seedless are excellent and prices are cheap

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Nectarines – Yellow	STILL HANGING IN
Nectarines – White	STILL HANGING IN
Oranges	Imported Navel and local Valencia fantastic quality and CARA AND BLOOD are Still around
Passionfruit	Sensational product flavour is outstanding prices are reasonable
Paw Paw/Papaya	Flavour is excellent, and prices are fine
Peach	Yellow: STILL HANGING IN White: STILL HANGING IN
Pears – Beurre Bosc	season has started and green fruit is okay
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	Now northern fruit is sensational prices are affected by floods
Plum	LOCAL FRUIT IS IN AND SENSATIONAL STILL
Pomegranate	Pomegranates locally grown are excellent
Pomelo	Australian fruit and Imported Thai, Israeli and USA
Quinces	SEASON IS 2 months away
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 from USA
Yuzu	Season of Yuzu and Lemonade fruit is still a way away
Persimmon	Fuyu fruit has started and Nightingale Variety is about 1 month away
EXOTIC FRUIT	Excellent exotic fruit now available imported call me to elaborate
Mulberries	NOTHING TO REPORT

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VEGETABLES	PRODUCE UPDATES MARCH 2025
Artichokes – Baby Artichokes	Will be available in late autumn
Artichokes – Jerusalem	SEASON IN LATE MARCH
Artichokes - Globe	Season is excellent 2 MORE MONTHS
Asparagus	Australian and Mexican product, quality is good, price is SHOCKING
Asparagus – White	NOTHING TO REPORT
Avocado	Shepherd and Hass variety is excellent availability is improving
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 and inconsistent
Beans – Broad	Consistent supply not available
Beans – Butter	Very inconsistent supply, 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 but up in price
Broccolli	Prices are high but quality is excellent
Broccoli Shoots	Good warm weather will influence this product
Broccolini	Supplies improving this week and quality is great prices have eased
Brussel Sprouts	Interstate prices are easing. Stock is improving
Cabbage	Chinese cabbage, hispi (sugar loaf), savoy prices are easing
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 high in prices SMALLS ARE CHEAPER.
Leeks – Baby	Pencil is excellent quality and supply improving
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, golden also
Mushroom – Flat/Field	Excellent quality and now improving
Mushroom – Huon Valley	Excellent quality and a good supply
Mushroom – Nameko	Very beautiful Snowflake variety
Mushroom – Oyster	Supply of Blue Oyster is excellent this week
Mushroom – Pine	There will be a supply of forest mushroom available this week
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
Nettles	Now available
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 and a decreasing supply of Romanesco until late Autumn or early Winter
Cavolonero	EXCELLENT now though Baby is struggling for numbers
Celeriac	Excellent quality prices are easing
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 this week into next
Corn	Prices are very good and quality is fantastic
Cucumber – Lebanese	Prices are down again 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 now available
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 improving and will be a more consistent
Flowers	All flowers will now begin to be inconsistent Watch the rain lately
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 will begin soon
Ginger	New season skinless is Excellent and better in price
Herbs and Chinese Veg	Will improve AND GOOD SUPPLY
Horseradish	The new season will start soon
Kale	Plenty green, Red and baby coloured Kallettes EXCELLENT

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Peas	Peas numbers are VERY good numbers
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 started
Pumpkin	All fine AND some beautiful small japs are excellent
Radicchio	Treviso and Radicchio will be in low supply and limited Castel Franco
Rappa	Season has started slowly
Radish	All improving now and more varieties call me to order exotic varieties
Rocket	Wild rocket is improving my broad leaf is getting better daily
Romanesco	Victoria product has slowed down to virtually nothing
Salsify	Better numbers this month
Salt Bush	Supply is improving for white and black; peak has passed
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 prices are high, and the quality is good
Spinach	Excellent quality though Rainbow Chard is improving in supply.
Squash	Superb quality and price.
Tomatillo	Victorian has started slowly
Tomato	Quality tomatoes are excellent, prices are very high this week.
Tomato – Cherry	All growers are starting, and prices are still high though
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	Improving 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	Very limited numbers however will improve
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 are finished
Whitlof	BETTER numbers AND quality is good
Yam	NZ Yams soon 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 improve with glass house and field grown.
Zucchini-Yellow	Some limited produce in very low numbers 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 AUTUMN 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

AUTUMN PRODUCE WILL BE IN GOOD SUPPLY AND IMPROVING DAILY

ALL HERBS ARE EXCELLENT, ALSO SOME HERB VARIETIES WILL PRESENT WITH FLOWERS IN THE NEXT FEW WEEKS AND WILL IMPROVE SLOWLY INTO MARCH AND APRIL 2025

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I AM PROUD TO ANNOUNCE I AM NOW IN FULL SWING WITH THE FOLLWING 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 EXTRA LARGE HEIRLOOM TOMATOES

BEAUTIFUL GREEN HAND PICKED BEANS

RASPBERRIES, BLUEBERRIES, BLACKBERRIES

WHITE LEB ZUCCHINI

BABY ZUCCHINI

PLUMS

CARA ORANGES AND BLOOD ORANGES

FENNEL FLOWER

RED AND GREEN VELVET LETTUCE

LOCAL POMMEGRANATES

PANAMA PASSIONFRUIT

CRIMSON SEEDLESS GRAPES

KOREAN RADISH

CRIMSON GRAPES

LARGE VARIETIES OF CHILLIES

SINGLE CLOVE GARLIC

SPRING WILD GARLIC SHOOTS

WHITE SEEDLESS GRAPES

BABY ROOT VEG

STINGING NETTLES

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

WHITLOF

BABY FENNEL

EXOTIC ASIAN FRUIT

BLACK FRILL LETTUCE

IMPORTANT NOTICE: THE ENTIRE PRODUCE SPECTRUM WILL BE TRACKING WELL OVER THE NEXT FEW WEEKS WITH COOLING CLIMATIC CONDITIONS HOPEFULLY THIS WILL BE CONDUSIVE TO BETTER GROWING CONDITIONS, BUT I AM TENTATIVE WITH REGARDS TO THE COMING RAIN AND CYCLONES IN SOUTHERN QLD.

PLEASE HELP US TO GET THROUGH THIS WITH THE LEAST AMOUNT OF PAIN AND UNDERSTANDING THE SIMPLE FACT THAT SUPPLY NUMBERS ARE INCREASING AND QUALITY IS IMPROVING IN SOME LINES. PLEASE BE PATIENT AND LENIENT WITH ALL VEGE LINES AFFECTED BY RECENT FLOODS IN QLD, 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 DURING THE AUTUMN MONTHS.

KIND REGARDS,

LEO J PARTHENOS (FOUNDER & CEO)
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