

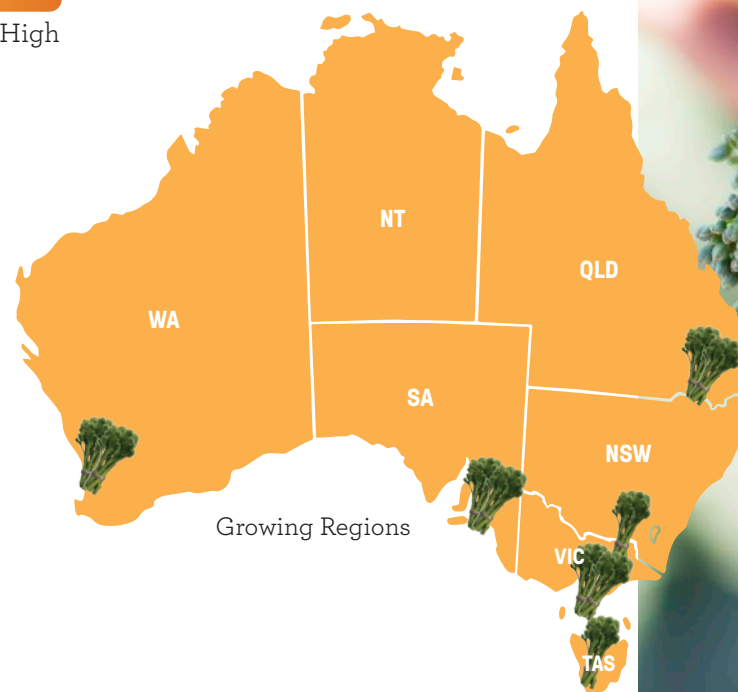
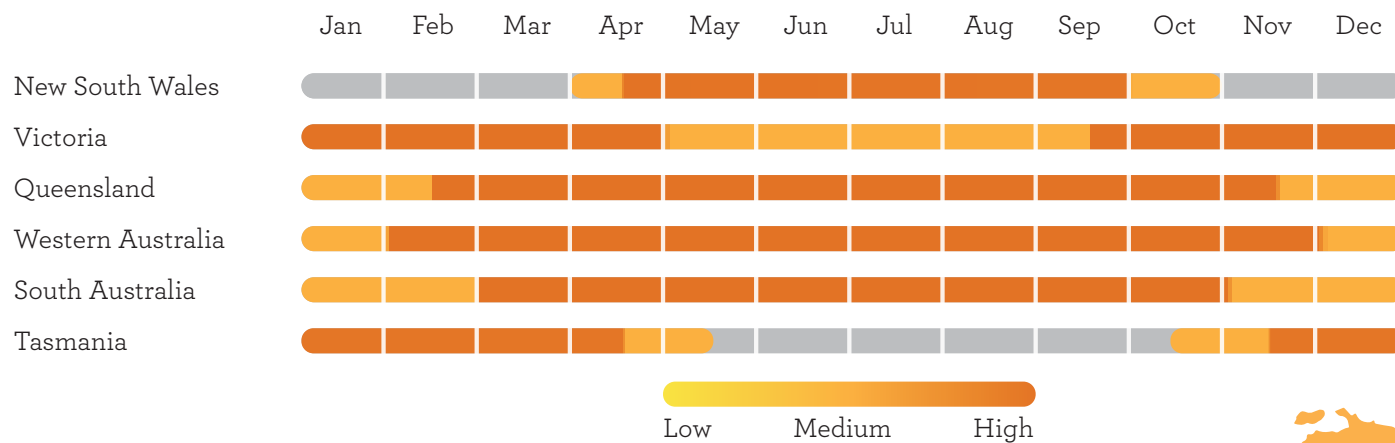


PREMIUM AUSTRALIAN PRODUCE



Introduced to Australia by Perfection Fresh in 1999, Broccolini® is a cross between broccoli and Chinese kale, it combines the best eating qualities of both to create a sweet green with tender texture. And not only is it completely delicious, it's also entirely edible - nothing to cut, nothing to waste. Available year round and seasonally grown in six states to guarantee supply. Broccolini® continues to be an extremely labour intensive crop which requires careful hand-picking.

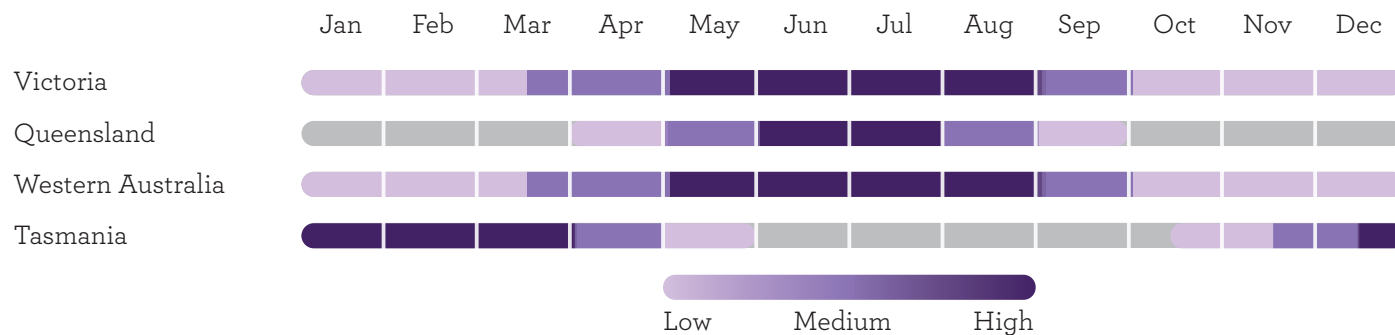
SEASONALITY



Broccolini[®] PURPLE

The delicious stand out Broccolini[®] turns purple, bringing excitement to the green veg. Mild, sweet and tender with a slight peppery edge. Its entirely edible with nothing to cut and nothing to waste. Like Broccolini[®], Purple Broccolini[®] is filled with potassium for a happy heart, immunity-boosting vitamin C, and beta-carotene for healthy skin. It also contains anthocyanins which supports heart.

SEASONALITY



No waste, edible from stem to tip

Exclusive variety

Mild, sweet & peppery flavour

Contains anthocynins which support heart health



Growing Regions



BROCCOLI

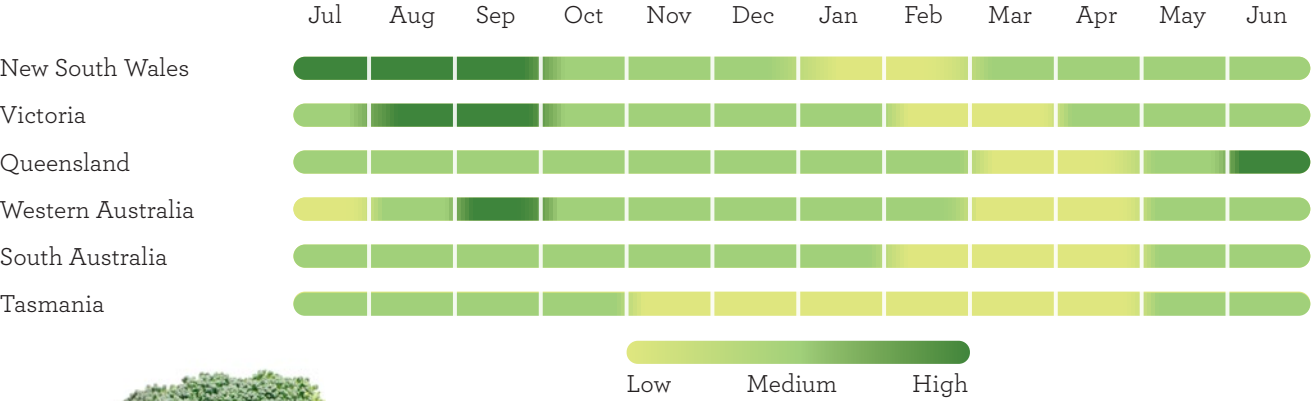
One of the most versatile veggies and a staple in every Australian kitchen. Originating from Italy, we grow broccoli on Australian soil to create its bright green, fresh stems and florets. Broccoli is such a versatile vegetable and suitable to many different cooking methods and cuisines. It's also low in salt and fat. Crisp and tender broccoli can be eaten raw or cooked thanks to its mild and pleasingly clean taste.

Available year round and grown in most of the Australian states.

Typically, Broccoli takes 10 weeks in summer to mature and 13 weeks in winter (approx.) in Australia's idyllic growing conditions.



SEASONALITY



An excellent source of Vitamin C for a healthy immune system and Vitamin K for blood health

A versatile vegetable which can be steamed, stir-fried or microwaved

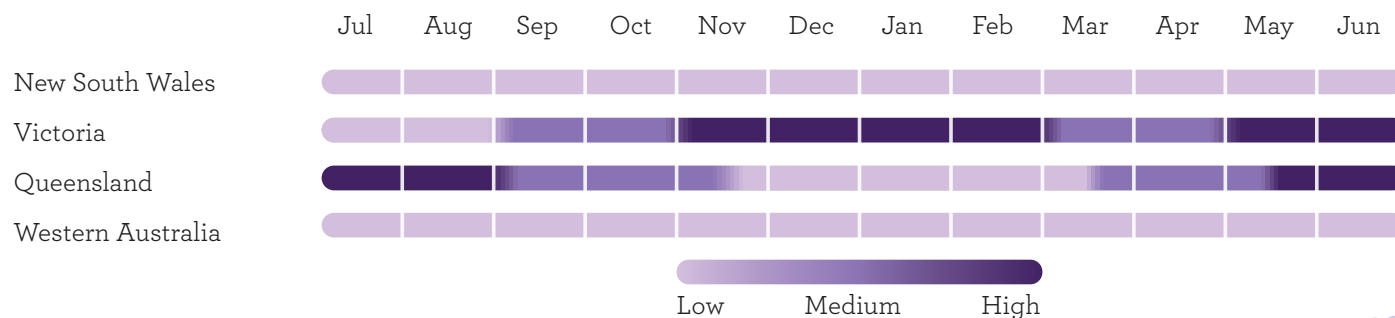


bambino®

WOMBOK HEART

Wrapped in a bundle of soft, mellow leaves, you'll find this delicate Bambino® Baby Wombok cabbage is filled with fine sweetness and mild crunch. This chinese cabbage is smaller and more tender than the larger traditional wombok, the outer leaves are firm with a bite whilst the inner leaves are succulent. Its fresh crunchy texture will have you looking at your salads and stir-fries with new eyes. Picked in petite single serves, so there's not a bite left behind.

SEASONALITY



The wombok has been cultivated in China since at least the 5th century

A great source of dietary fibre for a happy, healthy digestive system

Serve it raw and shredded in coleslaw, julienned in a crunchy noodle salad, or chopped and wok-fried with bacon



Refreshing taste and full of moisture

Packed with vitamin C and folate

Available year round



Growing Regions

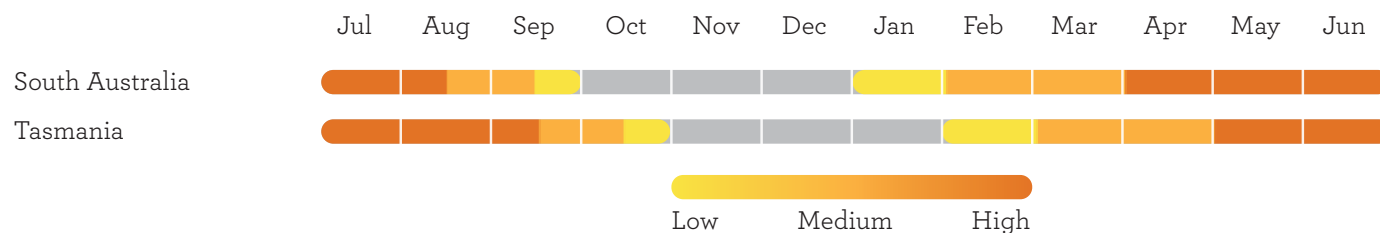


bambino®

BABY BRUSSELS SPROUTS

Get ready to rumble with these roly-poly Baby Brussels Sprouts. Like happy, heart-lifting bobbles of mischief. Steam them, fry them, throw them into your favourite dishes. Chase them onto your fork to discover a world of mild, sweet cabbage flavour hidden within. Bambino® Baby Brussels Sprouts have been specially bred for their size and shape and are about half the size of their regular cousins. They have one of the most spectacular growth habits of all vegies. Up to 50 sprouts at a time grow around stalks reaching up to a metre tall. Once each sprout reaches 25mm in diameter, the stalks are harvested and each button is cut or twisted off.

SEASONALITY



Filled with good health cell stimulating folate (folic acid) and immuno-boosting vitamin C

Contains vitamin K for strong bones

Baby Brussels sprouts are tender mild and sweet. The smaller the yummiest!

Pick them when they're firm, compact and bright



Growing Regions

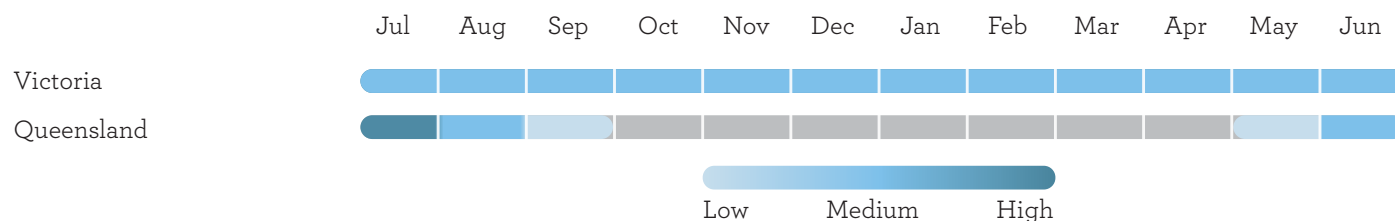


bambino®

BABY ENDIVE

A ruffled tutu of tasty green leaves. The feathery fronds of the Bambino® Baby Endive Lettuce are dancing with green vitality and delicately sharp flavour. The best kind of bitter you can get. It's grown to size so you can chop, wash and serve with no waste. A lovely balance to those sweeter salad greens, and a pleasantly punchy addition to cooked dishes. Bambino® Baby Endive is grown year round and should look colourful and fresh with long, green firm leaves that reveal a pale underside.

SEASONALITY



Raw endive has a uniquely sharp flavour with a bitter edge which becomes much milder when cooked

Source of panthothenic acid and iron

Good source of vitamin C and vitamin K

Available year round

Entirely edible with no waste

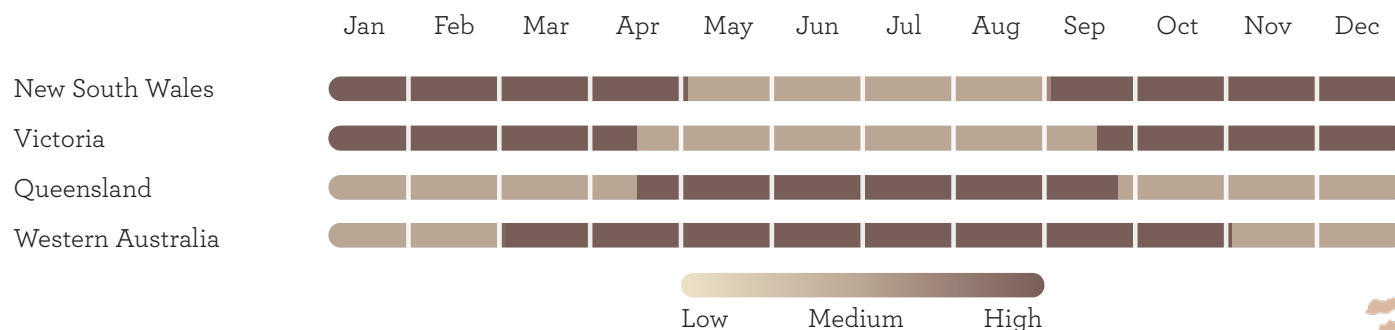


bambino®

SWEET BABY CABBAGE

Bambino® sweet baby cabbage is the perfect addition to the brassica family. It's not just an extension, it's the first snacking product in brassicas. Available year round, it combines the ruggedness of cabbage with the cultivation requirements of lettuce. Bambino® sweet baby cabbage merges the standout characteristics of lettuce and cabbage. It is as simple and fresh as lettuce and has the same health qualities as cabbage. It features a balanced mild and sweet taste, unique pointed head shape, crunchy texture, good shelf life and a unique nutrient profile. Bambino® sweet baby cabbage is a salad revolution. Just like its' name, Bambino® sweet baby cabbage is small breaking the number one barrier to cabbage purchases - size.

SEASONALITY



Perfect for snacking & entertaining

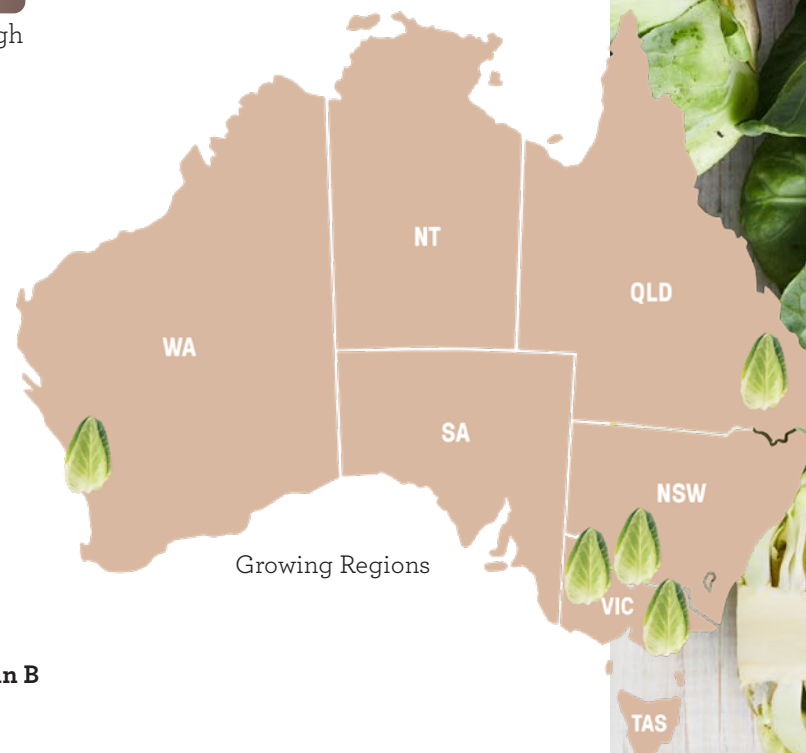
Grab & go - single and dual use

Small size means no waste

Functional - can double as a spoon

Mild and sweet flavour

Contains vitamin B & vitamin C



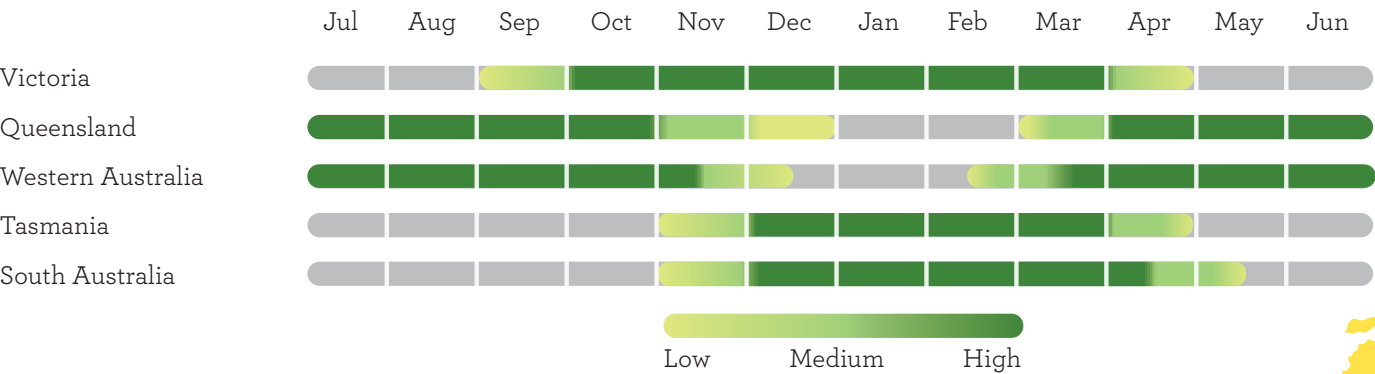
Growing Regions



EASY PEASY® SUGAR SNAP PEAS

In our quest for flavour perfection, Perfection Fresh has acquired the rights to a new specialty variety to the pea category – Easy Peasy® Sugar Snap Peas. This variety’s key features include its bright green colour, sweet flavour, crunchy texture ad most notably its stringless convenience. The entire pod, both shell and peas are edible and can be consumed raw or cooked. With no strings to remove, Easy Peasy® Sugar Snap Peas are ready to rinse and eat straight from the bag. Great for children and a versatile veggie to serve with dips, in a salad, lightly sautéed or added to a stir-fry.

SEASONALITY



A good source of
vitamin C and fibre

Source of iron,
vitamin K, thiamin,
niacin, and folate

They're a
stringless
variety

Eaten raw or cooked



Growing Regions

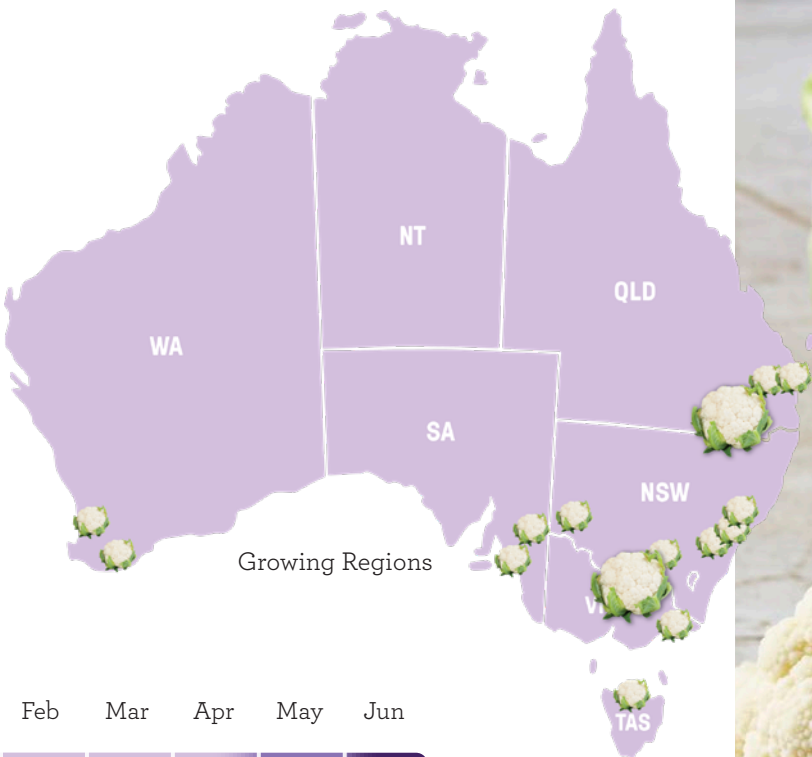


CAULIFLOWER

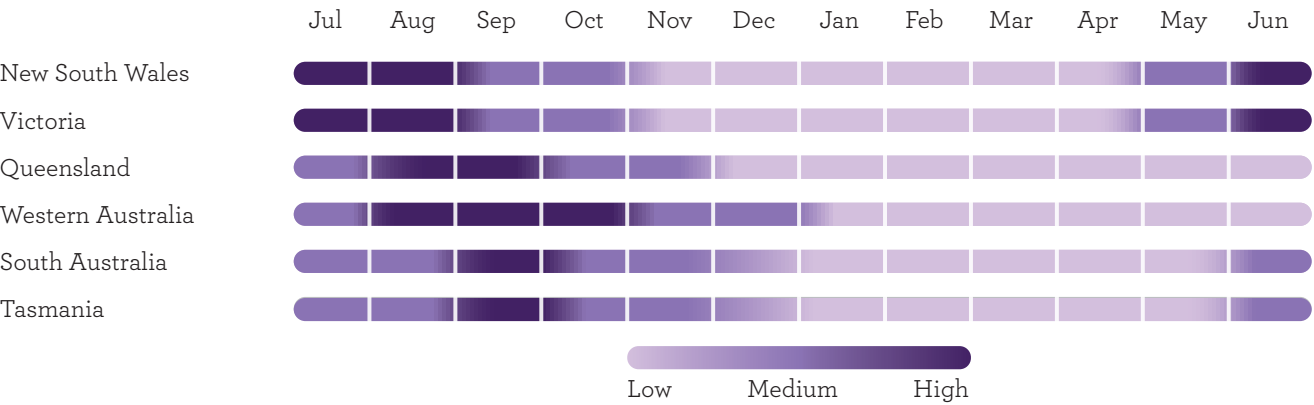
Cauliflowers’ creamy, fluffy, compact white florets are the cousin of broccoli. They have a sweet and nutty flavour when steamed, stir-fried or roasted.

Cauliflowers have creamy-white to pale cream heads, with the main branch dividing into small branches, ending in a mass of buds or “curds”. The heads are surrounded by large green leaves.

Typically, Cauliflower takes 11 weeks in summer to mature and 14 weeks in winter (approx.) in Australia’s idyllic growing conditions. A cauliflower plant is harvested only once with each plant producing one head in its lifecycle.



SEASONALITY



It’s an excellent carb - free substitute to rice

Extremely versatile. Pulse in a blender to make a yummy gluten free pizza base



Look for firm white unblemished heads when purchasing and keep refrigerated

Low in fat and carbohydrates. Contains high levels of Vitamin C for healthy immunity.

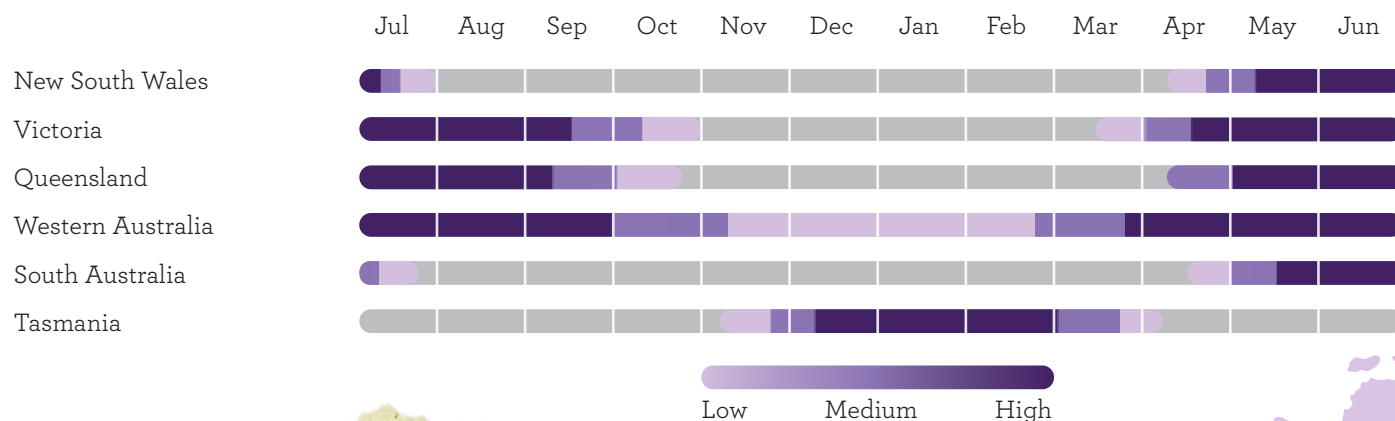
Year round supply

FIORETTO®

Cauli Blossom

Tall and willowy with brilliant green stems. Meet cauliflower's elegant, good-looking cousin. Cook these snowy white blossoms, stems and all. You'll go nutty for their surprising sweetness and delicious, creamy texture. Especially loved by Chefs and the food service sector for it's visual appeal and adaptability to many food styles.

SEASONALITY



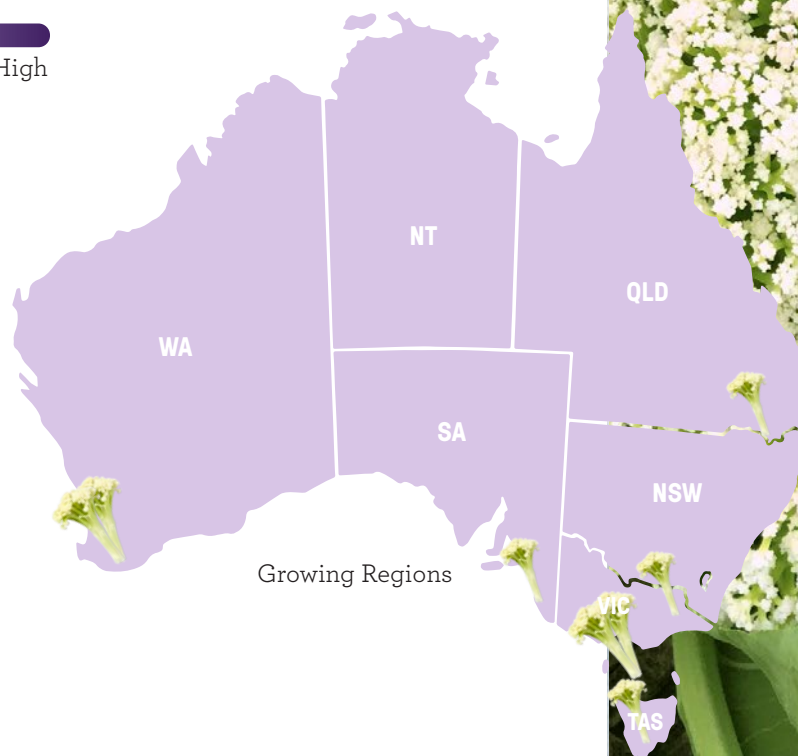
No-waste, edible from stem to tip

Fine and delicate in appearance but remains firm and turns bright green when cooked

Exclusive variety

More flavoursome than conventional cauliflower

Mildly nutty and delightfully sweet



ICEBERG LETTUCE & COS LETTUCE

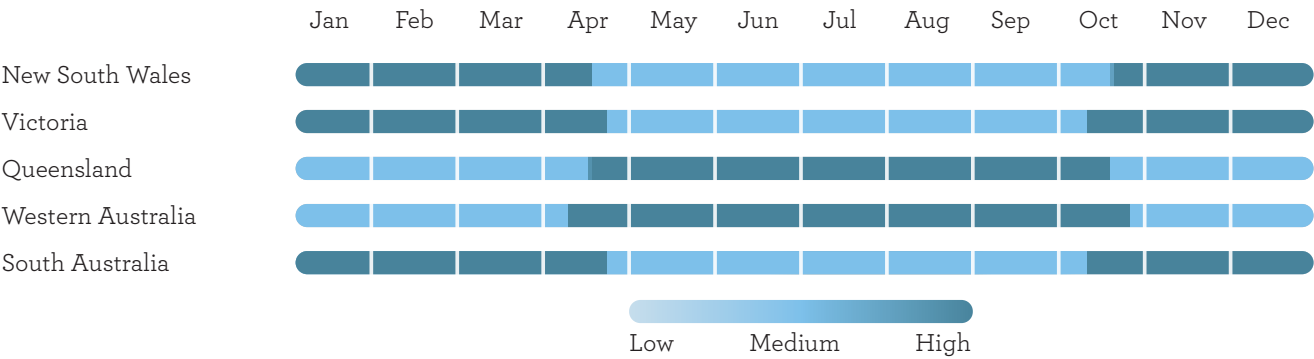
Iceberg
Iceberg lettuce has a round head which is tightly packed with pale green leaves. They are valued for their crunchy texture, mild taste and refreshing, crispy aftertaste. Iceberg lettuce is high in fibre, vitamin C and folate. It has one of the lowest kilojoule counts of any food with no fat and a water content of 96 per cent.

Cos
Cos lettuce - a tasty, succulent lettuce with an elongated head and dark green, long, narrow, crisp leaves - is believed to be the oldest cultivated lettuce. Cos lettuce has a crispy, crunchy texture and a slightly sweet, tangy flavour. The interior leaves which are paler in colour have the most delicate flavour.



Growing Regions

SEASONALITY



Available year round

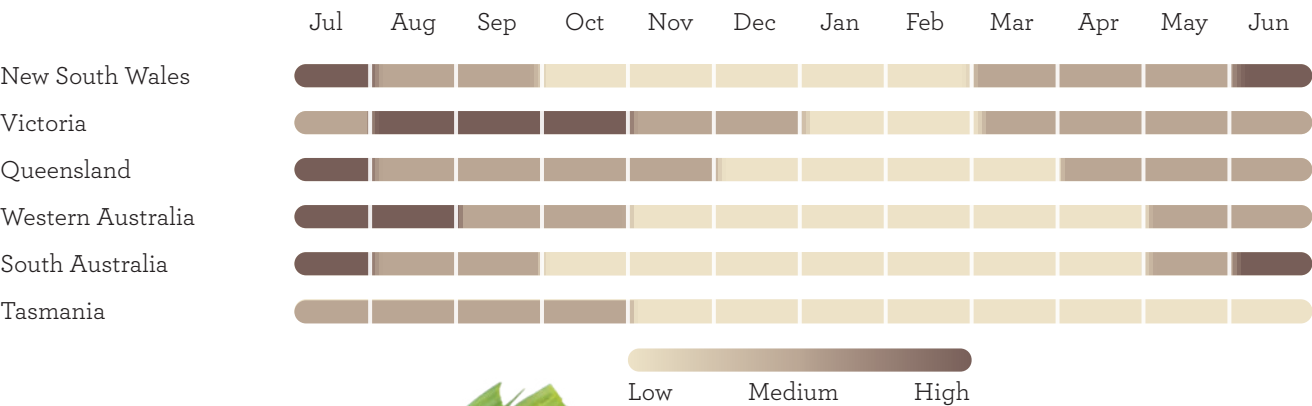
A good source of folate
& antioxidants



LEEKS

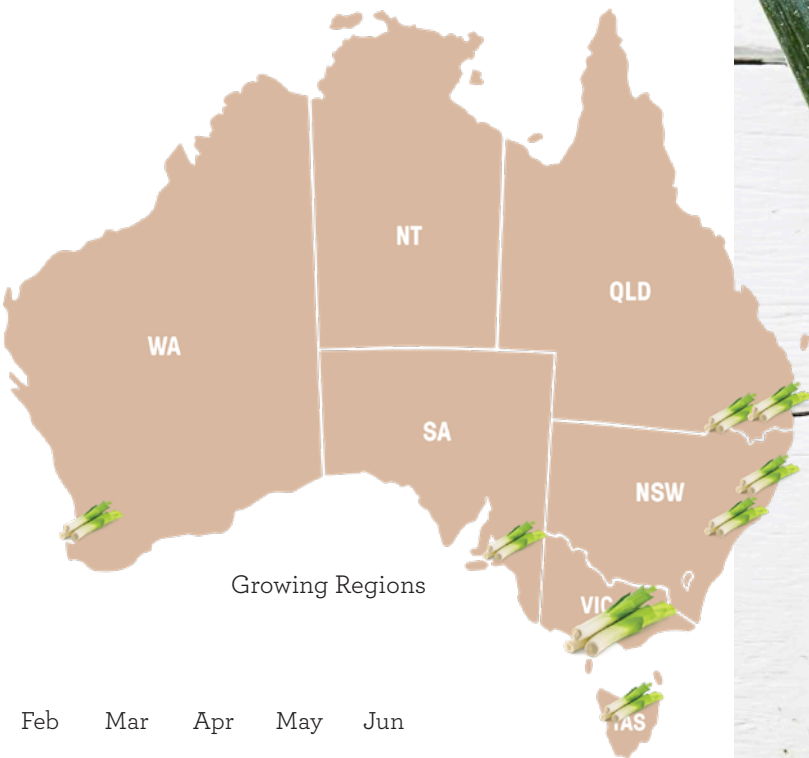
Tall, stout and densely leafed. A leek might look like a giant green stalk, but is in fact an onion. Its bright edible white body is by far its best attribute. Singing with mild, oniony tang and serenading with subtle garlic base notes. A concert of flavours for your home cooked dishes. Leeks are a source of vitamins C, B and folate.

SEASONALITY



Leeks are high in antioxidants and in Vitamin A for good vision

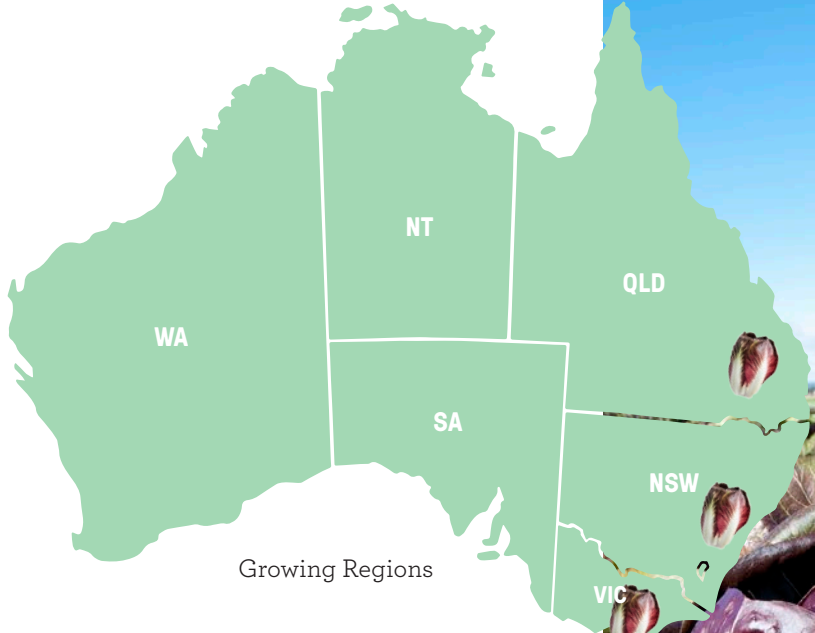
Fun Fact: Leeks are part of the onion family, they're the only one that doesn't grow a bulb underground



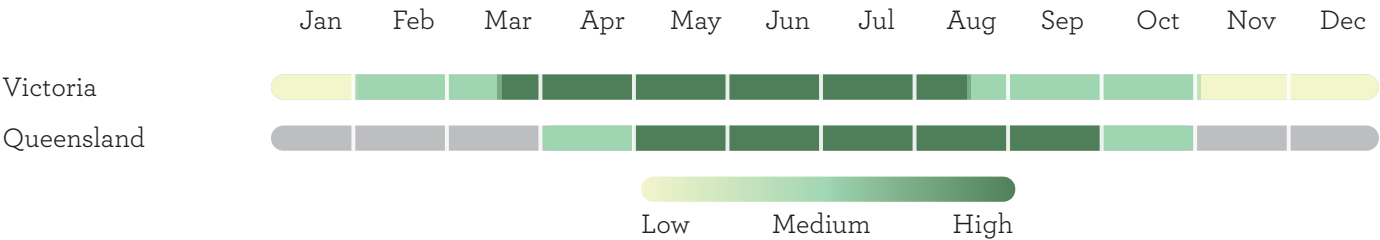
TREVISO™ RADICCHIO

If you like your lettuce with zesty spirit, then you'll love these firm, crunchy petals with their slightly bitter bite. An Italian delicacy, the Treviso™ radicchio's long, magenta leaves and creamy white veins make for the perfect salad scoop. Especially when matched with a delicious dip. Combine them with fresh, sweet salad flavours to offset their peppery spark. Treviso™ radicchio is a milder version of the bitter, classic round Italian red lettuce, radicchio. Originating in Italy's Veneto region.

Perfection Fresh introduced Treviso™ radicchio to Australia in 2002. Slow-growing and harvested from 10 weeks, Treviso™ radicchio is plucked from the fields in the cooler temperatures of early morning to ensure its unique character, form and flavour is retained.



SEASONALITY



- Slightly bitter yet nutty flavour that mellows when cooked
- Like other leafy salad vegetables and greens, Treviso™ radicchio is a good source of vitamins C and A, potassium and calcium





EXPORT

First we bring the world's most flavoursome fresh produce home, to grow and share with our Australian customers. Then we take it to the world.

Our Perfection Fresh Exports team ships year-round, to supply our in-season produce to global markets.





ABOUT PERFECTION

We're what you might call a home-grown company – in more ways than one! For over 40 years we've operated as a family business. We have a long history in agriculture and together with the Australian farming community we grow the freshest, most flavoursome produce around.

It's a legacy of flavour perfection that's been handed down through the family. From our founder Tony Simonetta right through to our 500+ staff, who share our passion for bringing you unforgettable, fresh flavours.

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