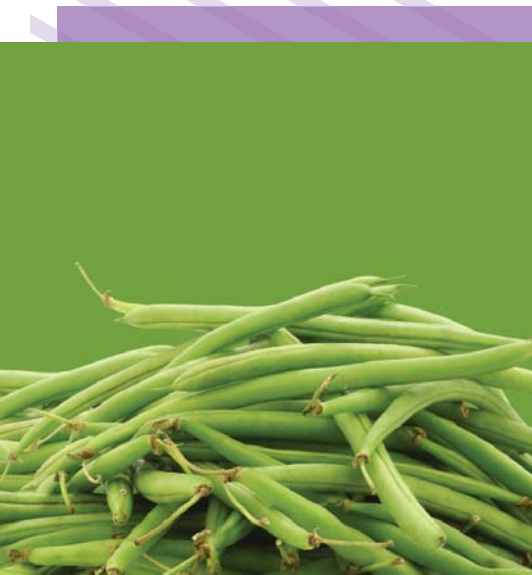


Fresh DIGEST



Good Buys

- Avocados
- Bananas
- Blackberries
- Blueberries
- Beans
- Carrots
- Cantaloupe
- Celery
- Clementines
- Corn
- Field Pepper
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Oranges
- Onions
- Peppers
- Pomegranates
- Potatoes
- Strawberries
- Tomatoes
- Zucchini



APPLES & PEARS

Back to school brings on the start of new crop. Apples loading out of the Washington region as well as Ontario local apples.

Available Varieties - Apples:

- Granny Smith (USA)
- JAZZ (USA)
- Royal Gala (USA / Ontario)
- Red Delicious (USA)
- Golden Delicious (USA / Ontario)
- Paula Red and Jersey Macs

Available Varieties - Pears:

- Abate (Italy)
- Anjou
- Bartlett (USA)
- Bosc (USA)



STONE FRUIT

Peaches are now done for the season. Nectarines will continue for a few more weeks. Fresh plums from Spain expected by next week.



MANGOS

Brazil mangos are here. We have sizes 6-10, quality is looking superb.



BANANAS

The back to school push is here. Fruit is plentiful and we have a full offering of green and yellow plantains, organics and conventional. Ask about our bag banana program!



PINEAPPLES

Market has started to ease. We are expecting sizes 5-8 by next week.



AVOCADOS

Markets are stable with steady volumes available in Jalisco and Michoacán. Pricing on Jalisco fruit is higher. Small and large sizes are available. September pricing is expected to become stable as more growers enter the market, making it great for promotion. We will have 16s and 48s of ripe fruit in stock.



GRAPES

We are currently in peak grape season. Sweet Scarlett variety is expected to be available by next week! We still have Princess Seedless, Autumn Kings, Black, Red and Green grapes in great quality and volume, very promotable.



 **ORANGES**

South African navels are nearing the end. New arrivals of Deltas and MidKnights are upon us. Please see your sales rep for clean up specials on navels!

 **JUICE ORANGES**

Florida Valencias are in. We are cleaning up our end of season fruit. See your sales rep for juicy deals!

 **CLEMENTINES**

Clementines are done. We have W. Murcotts from Peru as well as Argentina here. We also have Nadorcotts and Orris from South Africa. Time to promote for back to school. See your sales rep for details.

 **LEMONS**

Supplies have finally caught up to demand for now. September and October will see change in the market. Get updated information from your sales rep.

 **GRAPEFRUIT**

Quality has been outstanding on South African fruit. Small fruit is promotable. Florida is projecting a mid October start up.

 **LIMES**

Lime market is coming down a bit. Limes are a great deal overall and we have fresh arrivals on our floor.

 **KIWI**

Good promotable volume on New Zealand product.

 **POMEGRANATE**

Great volume on pomegranates from the USA. Very promotable.

 **RASPBERRIES**

Raspberry market remains strong and is expected to continue.

 **STRAWBERRIES**

Strawberry market is starting to rise, supplies will remain tight until Florida product arrives. Quality is looking great with fresh arrivals daily.

 **BLACKBERRIES**

Blackberry market remains strong and is expected to continue.

 **BLUEBERRIES**

BC blueberries will continue for the next month or so. 6 oz blueberries are now available.

 **MELONS**

Watermelons will now be available in cartons rather than bins. Cantaloupes from the west are almost over, desert fruit expected in the next couple weeks. The honeydew market is fluctuating, lots of fruit out of California but quality is very hit or miss depending on the shipper. Prices should remain promotable over the next few weeks.





BROCCOLI

A lot of product will be short due to weather quality issues, California product will remain strong from the east coast demand.



CAULIFLOWER

Local has limited supplies. Market remains strong.



CELERY

We have a great supply from Quebec and Ontario. Market is steady and promotable.



ZUCCHINI

Zucchini supplies are limited due to a planting gap. We're seeing light supplies with higher pricing.



BEANS

Local green beans are in good supply with a steady market.



CORN

Market will remain the same but supplies will dwindle as the week moves on, all finished up by the end of this week for the season.



EGGPLANT

Ontario eggplant has started. Good quality and steady prices.



ASPARAGUS

Mexico supplies are light and almost done for the summer season, which puts the supply demand on Peru. Market will remain high.



CUCUMBER

Market is extremely tight and very little product around. We are getting some in from Holland and Spain this week for our customers. Product is deep green and good.



PEPPERS

Ontario hot house peppers remain tight. Field peppers are in good supply since the transition from Jersey to Ontario with reasonable pricing.

Locally Grown



- Beans
- Bean
- Sprouts
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Mushrooms
- Nectarines
- Lettuces
- Onions
- Parsnips
- Peaches
- Peas
- Peppers (hot house & field)
- Plums
- Potatoes
- Radishes
- Rhubarb
- Rutabaga
- Strawberries
- Squash
- Tomatoes
- Turnips
- Zucchini



LETTUCE

The iceberg lettuce market is picking back up with more demand from the east coast. Romaine will follow as chains are transitioning back over to California product. Pricing is steady, local lettuce products will be steady and promotable for the next few weeks, as they will be heading into the fall crops. Hearts, green and red leaf are entering a planting gap making supplies light.



TOMATOES

The warm weather is creating steady supply and great quality; continue to promote.



HOT HOUSE TOMATOES

Market is tight as we are between plantings on hot house tomatoes. With local being abundant, crops are smaller.



ROMA TOMATOES

Ontario romas are here. We have a wide variety of colours available now. Canning romas have started as well and are in good supply.



GRAPE TOMATOES

Grape tomatoes are now abundant out of Ontario. Look for our Go Fresh label; product is at a high.



ONIONS

Ontario cooking onions are available in 2, 3, 5, 10 and 50 lb bags. Ontario red onions are also available in 10 and 25 lb large. Ontario red onions are excellent quality and great to promote. Washington new crop yellow Spanish onions (jumbo and colossal) and red (jumbo) are available. The market is expected to remain steady.



CARROTS

Ontario new crop is available in 2, 3 and 5 lb bags and 50 lb jumbo. Market pricing will be very competitive. All carrots are showing great quality and are promotable.



POTATOES

Washington yellow, red and purple are available and in excellent quality. We also have Ontario red, yellow and white potatoes available in all sizes; A,B,C and 10 and 50 lb bags. Washington baking potatoes are steady and excellent quality; very promotable.