



FRESH UPDATES

Week 21 - May 18

Good Buys

- Apples
- Apricots
- Avocados
- Blackberries
 - Carrots
- Cherries
 - Corn
- Cucumbers
 - Lemons
- Mini Cucumbers
- Grape Tomatoes
- Roma Tomatoes

BANANAS & PLANTAINS

Bananas supply remains steady. Please reach out to your sales rep and book in advance to allow our team to stage and condition to your requirements.

APPLES & PEARS

Washington and Ontario apples and pears remain a great buy.

Available Varieties - Apples:

- Ambrosia (Ontario & Washington)
- Envy (US)
- Gala (Ontario & US)
- Granny Smith (US)
- Golden Delicious (Ontario & US)
- Honeycrisp (Ontario & US)
- Macintosh (Ontario)
- Pink Lady (Washington)
- Red Delicious (Ontario)
- Jazz (US)

Available Varieties - Pears:

- Anjou (US & Argentina)
- Bosc (Argentina)
- Forelle (Argentina)
- Bartlett Pears (Argentina)
- Honey Belle (New Zealand)

MANGOES & PAPAYAS

We continue to carry Mexican Tommy Atkins and Mexican Ataulfos. Please reach out to your sales rep for available sizes. Papayas are tight and we will experience some shortages throughout the week.

AVOCADOS

We are fully into Mexican crop (from Michoacan) and will continue to have good volume on all sizes weekly. Talk to your sales rep about our ripe and ready program.

POMEGRANATES

Pomegranates from Peru remain available and the quality is good.

PINEAPPLES

Costs are on the rise as demand has picked up. We have sizes 6s and 7s. Organics will gap this week.

Alerts

- Asparagus
- Celery
- Papayas



CLEMENTINES

This will be our final week for Murcotts from California. We have Argentina Clementina coming soon as well as clementines from South Africa. We will gap slightly with our first arrivals that are due in week 24 (first week of June).

GRAPEFRUIT

We currently have fruit from California and Israel. We will transition to South Africa for the first week of June.

LEMONS

US lemon quality remains excellent. We will be carrying US lemons all through the summer this year. We should have our first fruit from Argentina next week. We will have South African fruit start around the second or third week of June.

ORANGES

California Navels keep inching up in price. Most of the fruit is now late lane variety. Cara Caras and Navels are winding down. This will likely be our last week. Florida juice oranges are increasing in price due to storage fruit. South African Navels are due in the second or third week of June.

LIMES

Costs are on the decline. Quality and supply is strong. Available sizing includes 63s, 175s, 200s and 230s.

KIWI

Golden kiwis have now arrived and are available in all sizes and packaging. Place your orders ahead of time as they sell quickly. We are seeing great volume and peak quality on green Italian kiwis.

STRAWBERRIES

All product is now coming from California. Brands such as Sweet Darling, Ocean Spray and Seven Seas are available and the quality is excellent.

BLUEBERRIES

All product is currently coming from Georgia. The quality is great.

BLACKBERRIES

Quality and quantity for this item remains strong with no changes expected in the near future.

RASPBERRIES

The Mexican raspberry market is steady and strong. Expect excellent quality to continue.

GRAPES

Grapes from Chile remain available and the quality is great. Indian grapes are also available and the flavour is excellent.

STONE FRUIT

We now have apricots, nectarines and peaches available from California. The growing conditions for stone fruit in California have been favourable.

CHERRIES

Cherries from California will now be available this week and the quality is good.



BROCCOLI

The general market will be steady. Fresh broccoli will be available from Hitchcock Farms. Andy Boy product will remain tight. California crown will be also available at a competitive price.

CAULIFLOWER

Due to high demands, we are expecting a higher price this week. The quality remains good.

ASPARAGUS

Local asparagus will be available. However, there will be limited quantities with a high price until we see better volume.

CORN

We are expecting a steady market this week. We have good volume out of Florida and Georgia. Promote!

CELERY

The market will remain high due to strong demands. Good quality product will be available from Snoboy out of Oxnard, California.

EGGPLANT

Coachella should start with production this week which will bring us better supply in late May. Product is still tight in Mexico and prices are unchanged from last week.

CUCUMBERS

Demand continues to be strong. We are going to be in a good position with quality and volume this week. We expect supplies to tighten up by next week.

PEPPERS

We are seeing very high price levels for peppers. Most farms are seeing increased volume and this is expected to continue for the remainder of the week and come back down the following week. Demand is extremely high. We are experiencing potential gaps in field supply as crops transition from north Florida to South Georgia.

Locally Grown

- Apples
- Beets
- Bok Choy
- Cabbage
- Carrots
- Celery Root
- Cucumber
- Leeks
- Mushrooms
- Onions
- Parsnips
- Peppers
- Potatoes
- Shallots
- Sprouts
- Tomatoes



Organic Key Focus Items

Fair Trade Bananas
Washington Apples
Blueberries
Sunkist Oranges (all sizes)

LETTUCE

The market seems to be getting active. We may see prices increase slightly.

VINE TOMATOES

We will remain very tight on this item. Volume is much lower due to spring/summer replants. Some growers will be back into picking more tomatoes by the middle of next week. Volume is expected to ramp up by the end of next week.

BEEFSTEAK TOMATOES

Beefsteak tomato markets are very strong right now. With similar items getting started, we expect that the additional products added to the pipeline will help alleviate some supply shortages.

ROMA TOMATOES

Romas have come down in price and will remain at this price for next week as well. Promotional volume is still available.

GRAPE TOMATOES

Quality is very strong on all regions and we are in heavy production as all regions are picking in Canada, Mexico and USA.

ONIONS

Jumbo, Colossal Spanish onions and cooking onions are steady and great quality. Our 2 lb onions are moving well with retail stores.

CARROTS

We have great quality Mexican carrots and will continue to have this item until the new Ontario crops arrive. The economy opening in parts of North America is bringing back demand for Jumbo carrots.

POTATOES

Ontario 10 lb white potatoes continue with great quality. PEI red and yellow potatoes are also finishing up for retail packs (10 lb paper bags and 10 x 5 lb bags) shortly, so we may see 16 x 3 lb bags with smaller potatoes for retail customers. Washington baking potatoes will start coming down in price due to low demand. For new crop potatoes, we will have all colours from California which are selling extremely well.

