



FRESH

UPDATES

Week 29 & 30 - July 13 & 20

Good Buys

- Apples
- Avocados
- Blackberries
- Broccoli
- Carrots
- Cauliflower
- Local Celery
- Cucumbers
- Lemons
- Local Lettuce
- Mini Cucumbers
- Tomatoes
- Stone Fruit
- Zucchini

BANANAS & PLANTAINS

Please reach out to your sales rep and book in advance to allow our team to stage and condition to your requirements. Bulk green and ripe plantains are readily available.

APPLES & PEARS

Washington and Ontario apples and pears remain a great buy.

Available Varieties - Apples:

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

Available Varieties - Pears:

- Anjou (US & Argentina)
- Bosc (Argentina)
- Forelle (Argentina)
- Bartlett Pears (Argentina)

MANGOES & PAPAYAS

Mexican Tommy Atkins (selected sizes) are readily available. Haydens (selected sizes) and Ataulfo Mangoes (selected sizes) are very tight and will have limited availability. Please reach out to your sales rep for pallet volumes. Costa Rican papayas are readily available. Please reach out to your sales rep for availability and sizes.

AVOCADOS

Sizes 36s, 40s and 48s are starting to come down in price, meaning the next few weeks are a great time to promote. Talk to your sales rep about our ripe and ready program.

POMEGRANATES

Pomegranates from Peru remain available and the quality is good.

PINEAPPLES

Prices are currently on the rise as supply tightens up. Organics will be available but in limited quantities. Reach out to your sales rep for details.

WATERMELON

Watermelons are currently very tight as we transition from Georgia to South Carolina.

Alerts

- Watermelon



CLEMENTINES

South African fruit is in and the quality is excellent. Supplies have caught up to demand and pricing has eased off. We will have more South American fruit in the next few weeks.

GRAPEFRUIT

South African fruit is in. We will be carrying this item for the summer months.

CHERRIES

Cherries continue to be tight with good quality.

LEMONS

US lemon quality remains excellent. We will be carrying US lemons throughout the summer this year. South African lemons have now arrived.

ORANGES

South African navels are in and supplies seem to be meeting demands. It looks like there will be some complications this summer due to vessel delays. We recommend booking ahead with your sales rep. Florida Juice oranges are finished and we have California Valencias now.

LIMES

Quality and supply is strong. Available sizing includes 63s, 175s, 200s and 230s.

KIWI

We have great quality golden kiwi from New Zealand and Chilean kiwi in all pack sizing.

STRAWBERRIES

Product is coming mostly from California. We are offering some local product but Ontario crop is currently very tight.

BLUEBERRIES

Most product is coming from New Jersey. The quality is great.

BLACKBERRIES

Great quality product is coming from California. Pricing and supply is good.

RASPBERRIES

Great quality product is coming from California with Mexico winding down. Pricing and supply is good.

GRAPES

We currently have Top Brass and Joseph label from California and the quality is good.

STONE FRUIT

California is in full swing with peaches, plums, nectarines and apricots. The growing conditions for stone fruit have been favourable.

PEPPERS

Greenhouse peppers will remain tight for the month of July. We have great quality product arriving daily. Field peppers will move to New Jersey for a week or two before we see good volume on local product.



BROCCOLI

The market has finally turned. Lots of volume will be available at a better price. Good quality crown from California are also available. Ontario Broccoli will start with limited quantities.

CAULIFLOWER

We are expecting a steady market. A good amount of 9s and 12s will be available at a competitive price. Promote!

ASPARAGUS

Peruvian product in a 11 lb box will be available. The price will remain high due to a shortage of product.

CORN

Georgia corn will be available with excellent quality. We are expecting a better price as more volume is available. Ontario corn is expected in 2-3 weeks.

CELERY

The US market will remain high due to strong demands domestically. Ontario Chips celery will be available as a good item to promote!

ZUCCHINI

Ontario zucchini is at its peak for flavour. Speak to your sales rep for details.

EGGPLANT

Eggplant has now moved up the coast between Georgia and the Carolinas for the middle of July. Look for local product to arrive around July 24.

CUCUMBERS

Markets seem to be somewhat stable on greenhouse cucumbers. Quality remains good and prices look to remain fair.

MINI CUCUMBERS

Mini cucumber are stable. We still have good quality on our 1 lb bag. Talk to your sales reps about promotions you'd like to pursue.

Locally Grown

- Apples
- Beans
- Bell Peppers
- Bok Choy
- Broccoli
- Cabbage
- Celery & Celery Root
- Collard Greens
- Cucumbers
- Eggplant
- Green Onions
 - Kale
 - Lettuce
 - Parsley
 - Parsnips
 - Potatoes
 - Radish
 - Rhubarb
 - Rutabaga
 - Sprouts
 - Squash
- Strawberries
- Swiss Chard
- Tomatoes
- Zucchini

Organic Key Focus Items

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

VINE TOMATOES

Vine tomatoes look to remain tight for the month of July. Quality will be good.

BEEFSTEAK TOMATOES

Beefsteak tomatoes out of Leamington remain fairly steady in pricing and the quality is still good. Product remains on the larger side .

ROMA TOMATOES

Romas are now available in both California and Texas. Supply looks to remain steady for the month of July until local starts in August.

GRAPE TOMATOES

Quality is very strong on all regions and stable in production. We are seeing strong ad movement right now and this will continue through the week, resulting in a strong market. We are also seeing very strong quality and demand on medley tomatoes.

FIELD TOMATOES

We continue to bring in product from California through Garjullo and the market will remain stable for the month of July. We will have some product from North Carolina by the end of the month as well.

ONIONS

We are into new California crop for Jumbo, Colossal Spanish onions and Georgia crop for Jumbo red onions. All local onions have come to an end, all consumer packed onions (24x2lb, 10x5lb, 10lbs) have transitioned to US new crop onions. Vidalia onions have come to an end, we are temporarily getting sweet onions from Walla Walla, Washington.

CARROTS

We have great quality Mexican carrots and will continue to have this item until the new Ontario crops arrive. Bunched carrots will transition from US to Quebec.

POTATOES

Ontario 10 lb white potatoes continue but will be smaller in size. PEI Russets will be finishing up shortly and we will transition to carton russets (counts) to US baking storage potatoes. For new crop potatoes, we have all colours from California which are selling extremely well. Ontario crop will start in a few weeks.

LETTUCE

All US leafy items are slowly becoming soft. However, there is great volume on Quebec product at a competitive price. Promote!

