



FRESH

UPDATES

Week 33 - August 10

Good Buys

- Apples
- Avocados
- Blackberries
- Carrots
- Cauliflower
- Ontario Celery
- Cucumbers
- Lemons
- Mini Cucumbers
- Ontario Nectarines
- Ontario Corn
- Ontario Peaches
- Raspberries
- Ontario 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. New crop from the Washington region will be available in 2-3 weeks.

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's are done for the season and we will be transitioning into Kent's and/or Keitt's next week with availability on many sizes. Please reach out to your sales rep. Mexican Ataulfo (18s) will only be available until Brazil starts in a couple of weeks. Costa Rican papayas are available in size 12.

AVOCADOS

No major concerns currently with avocados. We are in good shape with all sizes.

POMEGRANATES

Pomegranates from Egypt will be available next week. Fruit from India will be available later this month.

PINEAPPLES

Size 6 will be tight until mid-September and we will have limited availability weekly until then. There will be no issues with Dole 7s.

WATERMELON

FOB pricing remains high out of Indiana and Delaware as they have had some challenges with weather.

LIMES

The market on limes has taken a steep increase due to a number of factors such as rain, quality (lighter in colour) and labour issues. Inventory will remain tight causing prices to stay high for the time being.



EASY PEELERS

Our final load of South African clementines are in now. Moving forward we will be receiving preferred varieties such as Orris, Tangos and Nadorcotts. We also have beautiful W. Murcotts from Peru; this will transition to Chile in a few weeks. We will be packing 2 lb bags fresh on a daily basis.

GRAPEFRUIT

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

VALENCIAS

We have Choice and Sunkist grade available from California.

LEMONS

US lemon quality remains excellent. We will be carrying US lemons throughout the summer this year. We will have South African lemons available until October.

ORANGES

South African navels are in and supplies seem to be meeting demand. It looks like there will be some complications this summer due to ongoing vessel delays. We recommend booking ahead with your sales rep.

CHERRIES

Cherries are limited as the season winds down.

KIWI

We have great quality and volume on Chilean green kiwi as well as green and gold kiwis from New Zealand

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 British Columbia. The quality is great.

BLACKBERRIES

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

RASPBERRIES

Great quality product currently coming from Ontario. Pricing and supply is good.

GRAPES

We have special variety grapes such as Candy Snap, Concord, Sweet Baby Doll, Summer Royal and Champagne.

STONE FRUIT

We have good availability on both local and imported stone fruit. Ontario nectarines have just started and the quality is excellent. We expect to have more volume by early next week. Ontario peaches will be short going into the weekend but volume is expected to increase on Monday when the premier varieties start. We anticipate heavy volume and promotional pricing for the next 2-3 weeks. Look for 6x3 L baskets to start next week as well as 25 lb volume fill. Ontario yellow plums are done for the season. Ontario blue plums, coronation grapes, and pears are not expected to start for a few more weeks.



BROCCOLI

The US market is stable with no issue with supply. Good volume of Ontario Bert's broccoli will be available. However, crown production has gone down significantly due to weather related issues. We will bring some US crowns to cover the shortage of the local product.

CAULIFLOWER

The US market will stay low for another week. Size 9s and 12s will be available at a competitive price. Ontario cauliflower is now available in bins (72ct) and cartons (12ct). Bookings may be required due to high demands.

CORN

We have excellent quality Peaches and Cream corn available. Sweet and delicious! Promote!

CELERY

We are expecting a steady market from the US. A fresh load of Dole celery will be available early next week. Excellent quality Ontario Chip's celery is also available.

ZUCCHINI

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

EGGPLANT

Eggplant has now moved into Ontario product. Good quality and good deals so contact your sales rep.

CUCUMBERS

Markets seem to be on the rise from Leamington. Supplies will be tight for two weeks. Field cucumbers from Ontario are fresh daily.

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
- Carrots
- Celery & Celery Root
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Green Onions
- Lettuce
- Nectarines
- Peaches
- Parsnips
- Potatoes
- Radish
- Raspberries
- Rutabaga
- 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 August. Quality will be good.

BEEFSTEAK TOMATOES

Beefsteak tomatoes out of Leamington remain fairly steady. We also have field tomatoes starting this week in 3 L baskets and bulk, all from Ontario.

ROMA TOMATOES

The Roma market will be strong for the next couple weeks until we start seeing some local grown product.

GRAPE TOMATOES

Quality is very strong from all regions and stable in production. Grape tomatoes are now local as well.

FIELD TOMATOES

Local field tomatoes have started and the quality is great.

PEPPERS

Green and hot peppers are now all from Ontario. Quality is good and the local season will be here for a while. A 4 pack option is now available.

ONIONS

We are into California crop for Jumbo, Colossal Spanish onions and Georgia crop for Jumbo red onions. Our shippers have confirmed that products shipped to us are not subject to the recall announced on August 1st. All consumer packed onions (24x2 lb, 10x5 lb, 10 lbs) have transitioned to US new crop onions, with about a week left for the local onions to start. Local red onions will take an additional week or so. We are now offering Peruvian Mayan Sweets.

CARROTS

We have great quality Mexican carrots. Bunched carrots have now transitioned from US to Quebec.

POTATOES

Ontario white potatoes have started, quality and supply is good. Yellow potatoes also started with limited quantities, but volume will be much better this week as we wait for the potatoes to size up on the Chef variety. Small size red potatoes have started, but large sizes are not ready yet. PEI Russets have finished up with very little inventory left. US new crop russets have started and are selling well. Local 10x5 lb white potatoes have started, yellows should be ready this coming week, and reds will follow after.

LETTUCE

The US market will remain steady except for romaine and romaine hearts. These items are expected to be very high due to a gap summer plantings. The local market is becoming more active with limited quantities. We will see a slight price increase in the upcoming week.

ASPARAGUS

The volume out of Central Mexico is slowing down and the costs out of Peru remain strong due to demand out of Europe for their product. We are expecting a higher market next week.