



# FRESH UPDATES

Week 38 - September 14

## *Good Buys*

- Apples
- Avocados
- Blackberries
- Carrots
- Ontario Celery
- Clementines
- Cucumbers
- Ontario Eggplant
- Lemons
- Mini Cucumbers
- Ontario Nectarines
- Raspberries
- Ontario Zucchini

## BANANAS & PLANTAINS

Pricing will start to rise as we get into the fall months. Please reach out to your sales rep and book in advance to allow our team to stage and condition to your requirements. Green plantains continue to be priced high but steady with supply.

## APPLES & PEARS

New crop of Washington and Ontario apples and pears have begun.

### 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)
- Red Delicious (US)
- Jazz (US & New Zealand)

### Available Varieties - Pears:

- Anjou Pears (Argentina)
- Bosc Pears (California)
- Bartlett Pears (Washington)

## MANGOES & PAPAYAS

We are winding down with Mexican red mangoes and will start to transition into product from Brazil. Look for pricing to increase. Ataulfos from Brazil are starting to arrive please reach out to your sales rep for details. Costa Rican papayas are readily available in size 12s.

## AVOCADOS

No major concerns currently with avocados. We are in good shape with all sizes. Please reach out to your sales rep for daily deals.

## POMEGRANATES

Fruit from India is now available. Product from the US will be available shortly.

## PINEAPPLES

We currently have good supply on Dole size 6s and 7s and supply is stable. Organics will now be available, reach out to your sales rep and book early.

## WATERMELON

Watermelon season is starting to wind but good availability remains on all sizes.

## LIMES

The market has eased off and we are now seeing prices come down. Quality and supply is improving.





## **EASY PEELERS**

We have W. Murcotts from Chile as well as Nadorcotts from South Africa. We also have Orris from South Africa. All fruit is very promotable.

## **GRAPEFRUIT**

South African fruit is in. We will be carrying this item for the summer months. We will wind down in September and anticipate Florida to start in October.

## **VALENCIAS**

We have no US Valencia's at the moment. Prices are very high and juicing sizes have not been readily available.

## **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 nearing the end as we move into seedless Valencia varieties, Deltas and Midnights. Oranges will be very short through September and into October. Stay ahead and pre-book with your sales rep.

## **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 in a gap.

## **BLUEBERRIES**

Most product is currently coming from Peru. The quality is great.

## **BLACKBERRIES**

Product from Guatemala is winding down as we transition to Mexican blackberries. Quality is good.

## **RASPBERRIES**

Great quality product currently coming from California. Pricing is currently on the higher end as we are seeing lighter volumes in growing areas.

## **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 started and the quality is excellent. Ontario blue plums are also now available.

## **ASPARAGUS**

The market will be steady this week with product from Peru & Mexico available.



## **BROCCOLI**

The US market is still very active. Limited quantities of AndyBoy product will be available. Fortunately, production of Ontario Bert's broccoli looks better for coming weeks.

## **CAULIFLOWER**

We are expecting a steady market for cauliflower. We have good volume of 9s and 12s. Cauliflower from Santa Maria will be available. Supplies on local cauliflower will be continuously stable.

## **CORN**

The US deal will start at the end the week of September 21st. We might have a gap for one or two weeks since the local crop is coming to an end.

## **CELERY**

Excellent quality California celery is available at a competitive price. Promote! Ontario Chip's celery is also available.

## **ZUCCHINI**

Ontario zucchini remains available and the quality is excellent. Both bushel and carton have good volume.

## **EGGPLANT**

We will continue to have Ontario eggplant right into October. We have choice, fancy and hot house. All great quality.

## **CUCUMBERS**

Supply on cucumbers is starting to tighten. Prices have increased but quality remains good.

## **MINI CUCUMBERS**

Mini cucumber are stable. We are now into a 6 ct tray that looks great.

## *Locally Grown*

- Apples
- Beans
- Bell Peppers
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Celery & Celery Root
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Green Onions
- Lettuce
- Nectarines
- 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 are coming down in price and there is great availability for the first three weeks of September.

### **BEEFSTEAK TOMATOES**

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

### **ROMA TOMATOES**

Romas are now local. Sauce Romas are available by request.

### **GRAPE TOMATOES**

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

### **FIELD TOMATOES**

We continue to bring in product from California through Garjulo and the market looks to remain stable for the month of September. Local product is now in full swing as well.

### **PEPPERS**

Greenhouse peppers are starting to loosen up as we enter the first week of September. Smaller sizes and the 9 x 4 lb bag remains a great promotable item. Field peppers continue with good quality during the local season. Pricing is great and quality even better. All sizes of local product are available.

### **ONIONS**

We will start to load Washington crops (yellow and red) in the beginning of the week. We are expecting excellent quality at a competitive price. All consumer packed cooking and red onions (24 x 2 lb, 10 x 5 lb, 10 lbs) have transitioned to Ontario new crop onions, quality is great and supply is good. Pricing of local product will start high and gradually go down as supply catches up with demand. We are now offering Peruvian Mayan sweet onions.

### **CARROTS**

We have fully transitioned to local Ontario crop. Quality and supply is good. Jumbo carrots may not be the size we want, but will improve as time passes.

### **POTATOES**

Ontario Fresh potatoes are winding down. Limited quantities of reds will be available. We will carry Manitoba reds to cover the shortage. US new crop russets have started and are selling well, quality is great! We will switch from 10 x 5 lb white potatoes to russets and continue with the yellow and red 5 lb poly's.

### **LETTUCE**

The US market is becoming active again. We are expecting a higher price for the weekend. The local market will also remain strong due to shortages of the product.