



FRESH UPDATES

Week 39 - September 21

Good Buys

- Apples
- Asparagus
- Avocados
- Ontario Carrots
- Ontario Celery
- Clementines
- Ontario Eggplant
- Lemons
- Mini Cucumbers
- Raspberries
- Roma Tomatoes
- 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

Pricing on Dole size 6s and 7s is starting to ease off. Quality and supply is very good. Organics will be available, reach out to your sales rep and book early.

LIMES

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

STONE FRUIT

We have good availability on imported stone fruit. Ontario nectarines and blue plums are available.



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

Limited product is coming from California. We are also offering some local product but Ontario crop is currently lower in supply and higher in price.

BLUEBERRIES

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

BLACKBERRIES

We currently have good quality Mexican blackberries available. The quality is good but the price is high.

RASPBERRIES

Great quality product currently coming from California. Pricing is currently steady.

GRAPES

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

ASPARAGUS

The market is becoming soft. Lots of product will be available at a competitive price. Promote!



BROCCOLI

The US market is still very active. Limited quantities of AndyBoy product will be available. Due to high demands on local broccoli, we are expecting shortages of Bert's product as well.

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

According to the production line, US corn should be available in the week of September 28th. Fortunately, Ontario Welsh corn is back with limited quantities available.

CELERY

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

ZUCCHINI

Ontario zucchini looks to have one week left this season due to colder temperatures at night. Volume is slowing but quality remains good.

EGGPLANT

We continue to have Ontario eggplant and will transition to Jersey for the end of the month. Right now we feel the quality in Ontario is still the best.

CUCUMBERS

Cucumbers remain very tight this week. We expect to see shortages and prices at very high levels for the next few weeks.

MINI CUCUMBERS

Mini cucumbers are stable in supply. We are now into a 6 count 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 we have great availability for the first few weeks of September.

BEEFSTEAK TOMATOES

Beefsteak tomatoes out of Leamington remain fairly steady in pricing and quality is still 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. We are also seeing very strong quality and demand on medley tomatoes.

FIELD TOMATOES

We continue to bring in product from California through Garjulio and that market looks to remain stable for the month of September. Local product is coming to an end and remains in light supplies.

PEPPERS

Greenhouse peppers are starting to loosen up as we enter mid-September. Smaller sizes and the 9 x 4 lb bag remain great promotable items. Field peppers continue with good quality during the local season. We are winding down the season and expect peppers to come out of Jersey or California for the end of the month.

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. We are now offering Peruvian Mayan sweet onions.

CARROTS

We have fully transitioned to local Ontario crop. Quality and supply is good.

POTATOES

Ontario new crop potatoes will continue until Thanksgiving, although red potatoes are limited and may finish early. We will carry Manitoba reds to cover the shortage. Quality is good with competitive pricing. 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 very active. We are expecting a big price increase for upcoming week. The local market will also remain strong due to high demands & shortages of the product.