



# FRESH

# UPDATES

Week 43 - October 19

## Good Buys

- Apples
- Avocados
- Blueberries
- Broccoli
- Ontario Carrots
- Ontario Celery
- Onions
- Persimmons
- Pears
- Clementines
- Kiwis
- Lemons
- Rutabaga
- Ontario Squash
- Ontario Sweet Potatoes
- 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. Green plantains are readily available.

## APPLES & PEARS

New crop of Washington and Ontario apples and pears in full swing.

### Available Varieties - Apples:

- Ambrosia (Ontario & Nova Scotia)
- Gala (US & Ontario)
- Granny Smith (US)
- Golden Delicious (US)
- Honeycrisp (Nova Scotia)
- Macintosh (Ontario)
- Red Delicious (US & Ontario)
- Jazz (US)

### Available Varieties - Pears:

- Anjou Pears (Washington)
- Bosc Pears (Washington)
- Bartlett Pears (Washington)
- Forelle Pears (Washington)
- Abate Pears (Italy)

## MANGOES & PAPAYAS

Brazilian red mangoes are now available. Product has been coming in firm with some nice colour on the smaller sizes (7s - 10s). Sizes 6s are firm but on the greener side. Peruvian Ataulfos are available but in limited quantities. Costa Rican papayas are available but demand has been strong. Please reach out to your sales rep to pre-book.

## AVOCADOS



Mexico's record-breaking bumper crop continues to be consistent quality and sizing is generally balanced. The retail industry continues to see Avocados from Mexico as a reliable and strong performing category. Keep promoting all sizes of avocados into the coming weeks.

## POMEGRANATES

Fruit from California is now available and the quality is excellent.

## PINEAPPLES

No issues with Dole size 6s and 7s. Organics will be limited. Reach out to your sales rep and book early.

## LIMES

Pricing has come down significantly. Both supply and quality is very good.

## STONE FRUIT

We have good availability on imported stone fruit. California is starting to wind down but quality remains good.

## PERSIMMONS

We have Spanish persimmons available. The quality is good.





## EASY PEELERS

We have W. Murcotts from Chile. We also have Orris from South Africa. All fruit is very promotable and great tasting. Nadorcotts are now finished.

## GRAPEFRUIT

We are gapping slightly as we wait for Florida product to get started. We recommend checking with your sales rep daily for updates.

## VALENCIAS

Look for Florida juice oranges to start in the coming days.

## LEMONS

US lemon quality remains excellent. South African lemons are now finished.

## ORANGES

Delta and Midnight arrivals have been excellent but demand is exceeding supply. Stay ahead with your sales rep so that we can satisfy your volume needs. It looks like California fruit will begin shipping around October 19th.

## 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

We currently have good availability on Jumbo product from Peru. The quality is excellent and promotable.

## BLACKBERRIES

We currently have good quality Mexican blackberries available. The quality is good and the price is steady.

## RASPBERRIES

Great quality product is currently coming from California and Mexico. Pricing is currently higher than average.

## GRAPES

We have special variety grapes such as Candy Snap, Concord, Sweet Baby Doll, Summer Royal and Champagne. We also have Cotton Candy grapes from Brazil and Sweet Scarlett grapes from California. Talk to your sales rep for details.

## ASPARAGUS

Supplies remain tight out of Peru and Mexico. Growers do not expect to release product until the first week of November. Good quality product will be available with limited quantities.





## EGGPLANT

We have now switched to US eggplant and Ontario has finished. The Mexican season is starting soon as well. Good volume is available this week.

## ENGLISH CUCUMBERS

Cucumbers are stable and we don't expect any major fluctuations in price and supply seems to be good as well. Mexico will start with small volumes for mid-October.

## MINI CUCUMBERS

Mini cucumbers are tight in supply. We are expecting an inflated market right until Mexico gets going in late October.

## BROCCOLI

We are seeing good supplies on US and Ontario broccoli. Excellent quality at a competitive price. Promote!

## CAULIFLOWER

The US market is not very stable. We may see a price drop at the end of next week. We have good volume on Ontario product.

## ZUCCHINI

We are now loading Mexican zucchini only. The market is very active with lots of product at a good price.

## CORN

The first load of US fancy bi-colour corn will be available by the end of next week. We are expecting a high price initially.

## CELERY

Excellent quality California Dole & Snoboy celery is available at a competitive price. Promote! Ontario celery is also available.

## RUTABAGA

We are now packing Go Fresh rutabagas in a convenient, high graphic 5 lb drawstring bag for easier merchandising and impulse sales. The quality is great.

## Locally Grown

- Apples
- Bell Peppers
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Celery & Celery Root
- Collard Greens
- Green Onions
  - Lettuce
  - Parsnips
  - Potatoes
  - Radish
- Rutabaga
- Squash
- Strawberries
- Sweet Potato
- Swiss Chard
- Tomatoes





*Organic  
Key Focus Items*

**EQUI  
FRUIT**

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

### VINE TOMATOES

Vine tomatoes are stable and quality remains good coming out of Leamington.

### BEEFSTEAK TOMATOES

Beefsteak tomatoes out of Leamington are tightening up a little. Pricing and quality remains good. All sizes are available.

### ROMA TOMATOES

Local Roma tomatoes are finished and we are exclusively into Mexican product. We have regular volume coming in and markets expect to rise for the next two weeks until California starts.

### GRAPE TOMATOES

We have our last shot of local product for this week. After that, we will be into both Mexican and US product.

### FIELD TOMATOES

Product is finished both locally and in California now. We have a load from Carolina.

### SQUASH

We have excellent quality local Go Fresh squashes available. Varieties include Pepper squash, Spaghetti squash, Butternut squash and Buttercup squash.

### ONIONS

Washington Spanish onions and Jumbo red onions are here and quality is great and price is competitive. 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 and supply is great, check out our Go Fresh label!

### CARROTS

We have fully transitioned to local Ontario crop. Quality and supply is good. Ask us about our Go Fresh "freshly packed" program.



### POTATOES

We will have new crop Washington potatoes, they come with a price, but they look beautiful. Ontario new crop potatoes are starting to wind down. Reds are finished white whites and yellows will be finishing up this week. US new crop russets are selling well, quality is great! PEI russets are around the corner, we are hoping to have them in about two to three weeks. Remember to ask about our 10 x 5 lb poly bagged potatoes and 16 x 1.5 lb poly bagged mini potatoes.

### LETTUCE

The US iceberg market has become tight. US romaine and romaine hearts will be available within limited quantities. Local crops are coming to an end. It might be the last week of leafy product.

### PEPPERS

Greenhouse peppers are starting to loosen up as we enter October. Smaller sizes and the 9 x 4 ct bag remain great promotable items. Field peppers we are now into Georgia and Florida product. Sizing is on the larger size and displays will not start until the end of the month.