



# FRESH UPDATES

Week 48 - November 23

## Good Buys

- Apples
- Avocados
- Blueberries
- Easy Peelers
- Ontario Carrots
- Ontario Cucumber
  - Onions
- Persimmons
  - Pears
  - Kiwis
  - Lemons
  - Rutabaga
- Sweet Potatoes

## 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.

## PERSIMMONS

We have Spanish persimmons available. The quality is good.

## 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)
- Envy (US)
- Pacific Rose (US)

### Available Varieties - Pears:

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

## MANGOES & PAPAYAS

Brazilian red mangoes continue this week. Ecuadorian fruit is now trickling in and Peruvian fruit will arrive towards the end of the month. Peruvian and Ecuadorian Ataulfo's are now available but limited. Overall, product has been arriving firm with some good colour. Costa Rican papayas continue to arrive with no issues.

## 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 Spain is now available. Volume and quality is excellent.

## PINEAPPLES

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

## LIMES

Expect a slight increase in price with supply tightening up due to weather issues in Mexico.

## STONE FRUIT

We have good availability on imported stone fruit including a new arrival of Angeleno Italian Plums.





## GRAPEFRUIT

Florida product has arrived and it looks great for early fruit. Brix are passable but don't expect great eating fruit until end of December or January as usual. We will have an Israeli program starting in December as well as Sweeties for November. Sweeties look to be in for the end of next week. These should be great quality.

## VALENCIAS

Florida Juice oranges have now arrived.

## LEMONS

US lemon quality remains excellent and supplies are good. Now is the time to promote.

## ORANGES

Delta and Midnight varieties are on their final counts. We only have a few 48s and 56s left for now. Sunkist prices are easing down. Larger fruit is still hard to come by.

## EASY PEELERS

California fruit (Sunkist Delites) have arrived and the quality has been fantastic. We are also doing the 2 lb Delite bags. Speak to your sales rep for promotional opportunities.

## KIWI

We have great quality and volume on Italian kiwi.

## STRAWBERRIES

Most product is currently coming from Mexico, the quality is good. We will have some product from Florida at the end of the month, quality will be fair.

## BLUEBERRIES

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



## BLACKBERRIES

Blackberries are extremely tight this week due to crop conditions in Mexico. Expect a strong market with no much availability.

## RASPBERRIES

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

## GRAPES

We have great quality green, red and black grapes available. Talk to your sales rep for details.

## TANGERINES

The first Autumn Honey tangerines have come and gone. We should have another load for next week. Book early and we will distribute as fairly as we can.

## ZUCCHINI

The zucchini market is getting a little tighter after previous weeks of abundant product available. We don't expect any disruptions in the supply chain. Quality is good and we will feature all Sunfed this week.





## **BROCCOLI**

The US market will remain strong due to the colder weather. Our Mexican deal has started with Andy Boy. Ontario broccoli is done for the season. Thank you for supporting local product!

## **CAULIFLOWER**

Due to cold weather, the US market is extremely tight. Expect a very high price if there is anything available. Good quality Ontario product is still available in boxes & bins.

## **CORN**

Good volume of US Fancy corn is available at a competitive price. Speak to a sales rep about our promotion pricing! 12 x 4 ct tray packs are also available.

## **CELERY**

The US market seems to be getting soft as US Thanksgiving is over. New crop of SnoBoy celery from Oxnard, CA will be available.

## **ASPARAGUS**

A fresh load of Peruvian asparagus will be available. The market is fairly stable.

## **ENGLISH CUCUMBERS**

With the recent sun and heat in Ontario, we have good production and quality coming out of Leamington for mid-November. We also have Mexican cucumbers available at a lower price point.

## **MINI CUCUMBERS**

The mini cucumber market is opening up a little. Good supplies and promotional volumes are 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.

## **EGGPLANT**

We are now loading from both Florida and Mexico. Both areas have a lot of product and no disruptions in supply are expected. Promote!

## *Locally Grown*

- Apples
- Cabbage
- Carrots
- Cucumber
- Parsnips
- Potatoes
- Radish
- Rutabaga
- Sweet Potato
- 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 great out of Leamington. We have also started loading Mexican product. No disruptions in supply are expected. Plenty of product is available and pallet pricing is aggressive.

### BEEFSTEAK TOMATOES

Beefsteak tomatoes out of Leamington are great quality and peaking on the larger sizes.

### ROMA TOMATOES

Roma tomatoes are all Mexican out of Texas now. We are watching Florida and will list them once we see quality improving around December. Our Garden Queen label is now 1 week away.

### GRAPE TOMATOES

We are now into Mexican product exclusively. Product shows well and we have lots of availability.

### FIELD TOMATOES

Recent weather in Florida has not affected our supplies or quality. We have good supplies of both 5/6 and 6/6 available.

### ONIONS

Washington Spanish onions and Jumbo red onion quality is great and pricing 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, size and supply is good. Ask us about our Go Fresh "freshly packed" program.



### POTATOES

We have new crop Washington potatoes, they come with a price but they look beautiful. Ontario new crop carton potatoes are finished, but we have a full line up of Gwilly's label 10 lb storage potatoes. US new crop russets are selling well, quality is great! PEI russets have started, large size potatoes are tight, but not running into shortages yet. Remember to ask about our 10 x 5 lb poly bagged potatoes and 16 x 1.5 lb poly bagged mini potatoes.

### LETTUCE

General supply is pretty light out of Yuma since deals have just started and most growers are also experiencing labour issues. The market will remain high for 1-2 more weeks.

### PEPPERS

We now have our load of peppers in from Spain and they are fantastic. This product is great quality, please speak to your sales rep for details.

Field peppers are now starting in Florida. Recent weather down there has not affected our loading and quality. The season looks to continue to be good quality and well priced.