



FRESH UPDATES

Week 50 - December 7

Good Buys

- Apples
- Avocados
- Blueberries
- Easy Peelers
- Ontario Carrots
- Ontario Cucumber
 - Onions
 - 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)

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



Good movement and promotions in almost ever size continues. The quality and freshness of our supply continue to improve. For ripe and ready customers please see this video as to how we gauge when the product is ready.

https://youtu.be/Tab86M_flyw

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. The fruit is starting to eat better now. We also have beautiful Sweeties that have arrived from Israel. We have more Israeli grapefruit arriving next week as well.

VALENCIAS

Florida Juice oranges have now arrived.

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. Pricing has come down a little, this is great time to promote!

LEMONS

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

ORANGES

We just have a few 56 size Delta & Midnights left for sale. California Navel varieties eat well for early fruit. Keep up to pricing with your sales rep as prices will continue to slide after the US Thanksgiving. Very promotable pricing on 113 size for bagging ads. We bag fresh daily.

KIWI

We have great quality and volume on Italian kiwi.

STRAWBERRIES

Most product is currently coming from Florida, the quality is great.

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.

CRANBERRIES

Cranberries have now started for the holiday season, the quality is good.

GRAPES

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

TANGERINES

Autumn Honeys continue to be sold fast with high quality. Be sure to book ahead with your sales rep and we will do our best to distribute fairly. Our next load is anticipated to be mid to late next week.

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

A steady market is expected. Mexican product from AndyBoy & US product in Hitchcock will be available. True Asian short cut crowns from Mexico are also available at a competitive price.

CAULIFLOWER

Limited quantity of 9s and decent amounts of 12s will be available for coming weeks. Ontario cauliflower is done for the season. Thanks for supporting local product!

CORN

Due to cold weather, most growers have been experiencing quality and sizing issues. The market will be high with limited quantities.

CELERY

No major changes are expected. We have good volume of SnoBoy and Santa Barbara celery available at a competitive price. Excellent quality. Promote!

ASPARAGUS

A fresh load of asparagus from Peru will be available. A steady market. No issue with supply.

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) will start to go up in price as colder weather approaches. Great quality and supply continues, check out our Go Fresh label!

CARROTS

Local crop carrot prices will start inclining. Quality, size and supply is good. Ask us about our Go Fresh "freshly packed" program.



POTATOES

Washington carton potatoes continue with their great quality and the supply is good. We have a full line up of Gwilly's label 10 lb storage potatoes, they are known for their quality and the storage capability. US new crop russets are selling well, quality is great! PEI russets have started as well, 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

The US market will be continuously soft. A good volume of leafy items will be available at a better price. Please ask your sales rep for promotional pricing.

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.