

FRESH UPDATES

Week 2 - January 11



Good Buys

- Apples
- Avocados
- Blueberries
- Easy Peelers
- Cauliflower
- 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 in great volume. 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

We continue with product out of Peru on the round mangoes. Larger sizes (6s/7s) fruit are tight and will be limited. Size 8/9/10s will be available. Ataulfo mangoes are gapping until January 18th when Mexico will start with limited volumes. Papayas will be either Mexican or Costa Rican and readily available.

AVOCADOS



A new year means it's time to pursue your resolutions by eating healthy and incorporate avocados into your diet! Quality has been strong with product coming in firm, green and with minor blemishes. 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 Turkey are now available. Volume and quality is excellent.

PINEAPPLES

Supply continues to be tight on Dole size 6s, 7s will be readily available and organics will be limited. Reach out to your sales rep and book early.

LIMES

Quality and supply is very good. There are no issues at this time.

KIWI

We have great quality and volume on Italian kiwi.



GRAPEFRUIT

Florida Grapefruit is a little on the short side coming out of the holidays and into the new year as diets and focus on nutritional health kick in with new years resolutions. Fruit from South Africa is coming in with great quality and is an excellent alternative to Florida product. Peak flavour fruit should be starting to arrive now as fruit gets better sugar. We also have beautiful Sweeties that have arrived from Israel. See your sales rep for more details.

JUICE ORANGES

Florida Juice oranges will be switching from the Hamlin variety to the pineapple and mid-season varieties before Valencias start near the end of January.

LEMONS

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

ORANGES

California navels are beautiful right now. Look for pricing to come down on larger fruit next week but 88s and smaller night see a price increase. Small fruit is becoming harder to get as fruit sizes up. There will be deals on 36 and 40 size Navels. We also have beautiful Cara Caras, Navels and Blood oranges, both in bulk and in bags. Pricing on Cara Caras will come down a little but bloods will remain steady as they go.

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 remain tight due to crop conditions in Mexico. Expect a stronger market.

RASPBERRIES



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

GRAPES

We have great quality green, red and black grapes available. We currently have product from Peru, South Africa and Chile. Talk to your sales rep for details.

TANGERINES

Juicy Crunches have arrived and they have been moving well. Try them if you haven't already. Minneolas will be arriving on the weekend. We will have 56s, 64s and some 3 lb bags. <https://www.youtube.com/watch?v=2YivonhDZcc&feature=youtu.be>

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. This is great time to promote! We have fresh Stem & Leaf clementines from Spain. We will have these for another week before we start with the Stem & Leaf Tangos, expected at the end of January.

STONE FRUIT

We will be receiving peaches and nectarines from Chile in the next few days.



BROCCOLI

A steady market is expected. More volume will be available from D'Arrigo (AndyBoy). True short cut crowns are available in bulk & wrap (20 heads/case).

CAULIFLOWER

Good supplies are available. The market is getting soft. Decent amounts of 12s will be available at a better price.

ZUCCHINI

Mexican product from Sunfed is available and prices should be stable. Yellow will only be available upon request but we can source for your customers with firm orders.

CORN

The market is still extremely tight. We may start with small amounts early this week. Expecting a high cost for a while.

CELERY

The California market is becoming stronger daily. We are expecting a very high cost with limited quantities. Please book ahead.

ASPARAGUS

The Peruvian market is active with really strong demand on both east and west coasts. It will stay high until Mexican deals start in 1-2 weeks.

HOT HOUSE

Mexican product will be limited. We will start back up with local on Jan 6th.

PICKELS/CARTON

Pickles will be tight for the rest of January. No supply disruptions after that. Carton cucumbers should have regular availability as well. We will stick with size 24. Promotable volume 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

Fresh arrivals for the end of the week. Supply does not seem to be an issue. Both Florida and Mexican product will be available.

Locally Grown

- Apples
- Cabbage
- Carrots
- Cucumber
- Parsnips
- Potatoes
- Radish
- Rutabaga
- Sweet Potato



Organic Key Focus Items

**EQUI
FRUIT**

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

VINE TOMATOES

We will have Mexican product for this upcoming week. No supply issues are expected. Prices are on the rise. This remains a decent option in this short market.

BEEFSTEAK TOMATOES

Mexican product is available for the upcoming week. Smaller sizes are available upon request. This market is creeping up in price.

ROMA TOMATOES

We have new arrivals weekly and the market is easing somewhat. Nogales starts with product which should move prices down. We have our first Garden Queen (4 pallets) in on the weekend and look to push this label this year.

GARGULIO

Supply is expected to be somewhat tight for the first few weeks of January. Supply should ease in later January. Quality for the rest of the season should be good. Weekly arrivals on Wed. as requested have been set up for 2021.

SPECIALTY

Grape tomatoes are starting to come in with decent quantity. The market is expected to remain tight. Medley will experience intermittent shortages.

ONIONS

Washington Spanish onions and Jumbo red onion quality is great and pricing is competitive. All consumer packed local cooking and red onions (24 x 2 lb, 10 x 5 lb, 10 lbs) prices are going up due to supplies tightening up. Good quality and supply continues for our inventory, check out our Go Fresh label!

CARROTS

Bunched carrot prices are up and is expected to stay due to rising labour and operational cost for farmers as these are all hand-harvested. Local crop carrot prices started inclining as well. Quality, size and supply is good. Ask us about our Go Fresh "freshly packed" program.

POTATOES



Washington carton potatoes are transitioning into storage crop varieties, the skin may not be as beautiful as before, but it will keep well on the shelves. We have a full line up of Gwilly's label 10 lb storage potatoes, they are known for their quality and the storage capability. Ontario 10lb yukons should finish up in about couple of weeks, we already have PEI yellows to transition to when Ontario is finished. US russets are selling well, quality is great! Large size PEI russet 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 market has become a bit active, but no issue with supplies. The quality has been great!

PEPPERS

We continue to bring in our Spanish hot house pepper. We look to fly product in for the first of January to keep things fresh. We have red pepper from Florida arriving this week.