

# FRESH UPDATES

Week 3 - January 18

## Good Buys

- Apples
- Avocados
- Easy Peelers
- Cauliflower
- Onions
- Pears
- Kiwis
- Lemons
- Lettuce
- 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 + Italian)
- 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) are tight and will be limited. Sizes 8, 9, & 10 will be available. Ataulfo mangoes are gapping until January 18th wk when Mexico will start – limited volumes will be available. Papayas will be either MX/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](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 on availability. 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

Now is the time to promote Florida grapefruit. 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

We now has pineapple variety juice oranges. Valencias should be available in a couple of weeks.

## STONE FRUIT

We now have peaches and nectarines from Chile.

## 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. 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. We also have some independent fruit from California in sizes 40, 48, 56 and 72. If you need something a little less expensive to promote, ask your sales rep.

## STRAWBERRIES

Most product is currently coming from Florida, the quality is great. We are experiencing limited quantities on all berries.

## BLUEBERRIES

We currently have limited 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. Quantities are limited.

## GRAPES

We have great quality green, red and black grapes available. We currently have product from Peru, South Africa and Chile.

## TANGERINES

Juicy Crunches have arrived and they have been moving well. Try them if you haven't already. Minneolas are here and they look outstanding. We will have 48s, 56s, 64s, 80s 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! Stem and Leaf product from Spain is now done until we start with Tango in the first week of Feb. We will be starting with some Stem and Leaf Murcotts next week out of California.





## **BROCCOLI**

No issues with supplies. Decent amounts of Andy Boy and Dandy broccoli will be available for coming week. True short cut crowns are also available in bulk & wrap (20 heads/case).

## **CAULIFLOWER**

The market will remain soft for another week. The quality has been great. Promote!

## **ZUCCHINI**

Mexican product is extremely tight going forward. We saw prices double and we will expect shortages for the rest of January.

## **CORN**

The market is still tight due to cold weather. We may start with small amounts early this week. Expecting high costs for a while.

## **CELERY**

The US Market has been very active. We are expecting shortages for the month of January. We have started to carry Florida Dandy celery to cover shortages from the west coast.

## **ASPARAGUS**

The Peruvian market has turned a bit since the Mexican deal has just started. We will have a fresh load in the beginning of the week at a better price.

## **HOT HOUSE CUCUMBER**

Mexican product will be available for the rest of January. Canadian crop is just not performing due to light levels and prices. We will look to put Canadian back in for Feb 1st.

## **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 will be in this weekend and next 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

New arrivals available weekly and the market is easing somewhat. Nogales finally starts up which should move prices down. We had our first Garden Queen (4 pallets) this week and now we look to be into full Garden Queen for week 3.

## GARGULIO

Supply is expected to be somewhat tight until the end of January. Supply should ease in later January.

## SPECIALTY

Grape tomatoes are starting to get some decent arrivals. The market is expected to remain tight. Medley will be back in for week 3.

## 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, especially the reds. 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

A steady market is expected. The volume and quality have been good. Promote!

## 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 are out of Mexican peppers now and expect some arrivals for week 5.