



# FRESH UPDATES

Week 8 - February 22

## Good Buys

- Apples
- Asparagus
- Avocados
- Easy Peelers
  - Onions
  - Pears
  - Lemons
  - Lettuce
- Rutabaga
- Sweet Potatoes

## BANANAS & PLANTAINS

Demand has been strong while supply has been tight. Please reach out to your sales rep to allow our team to stage and condition to your requirements. Ecuadorian green and Dole plantains are readily available.

## KIWI

We have great quality and volume on Italian kiwi.

## 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)

### Available Varieties - Pears:

- Anjou Pears (Washington)
- Bosc Pears (Washington)
- Forelle Pears (Washington)

## MANGOES & PAPAYAS

Peruvian red mangoes continue into March. Mexican red mangoes are starting to trickle in but are more expensive than Peruvian mangoes. Mexican Ataulfo mangoes are readily available. Costa Rican papayas are available and steady with consistent quality.

## AVOCADOS



Pricing this time of the year typically goes up as growers hold back on harvesting. Quality has been strong with product coming in firm and green. For our ripe and ready customers, please see this video as for how we gauge when the product is ready. [https://youtu.be/Tab86M\\_flyw](https://youtu.be/Tab86M_flyw).

A guide to best practices for the Avocado Supply Chain – <https://hassavocadoboard.com/avocado-quality-manual/>.

New item – Dominican Republic Avocado 24ct will be available weekly. Reach out to your sales rep for details.

## PINEAPPLES

Pricing is relatively low for this time of the year. Size 6s and 7s are readily available with limited organics. Reach out to your sales rep and book early.

## LIMES

Pricing on Mexican limes are on the rise earlier than last year due to short supply on premium fruit. Fruit tends to be sub par on quality during this time frame.





## GRAPEFRUIT

Now is the time to promote Florida grapefruit. Peak flavour fruit is in. You may see this market creep up with all the damage in Texas.

## JUICE ORANGES

Rhode Red Valencias are in and they are fantastic. We have bulk 100's and bag sizes 64.

## STONE FRUIT

We now have peaches, plums 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 and the flavour is outstanding. Pricing has levelled off somewhat. Small fruit is becoming harder to get as fruit sizes up. We also have beautiful Cara Caras and Blood oranges, both in bulk and in bags. We have some independent fruit from California in sizes 40, 48 and 56. We also have some organic fruit coming at a great price.

## STRAWBERRIES

Florida is having some quality issues, with bruising and minor decay. Expect better quality next week. The market is all over the board depending on quality. We are seeing less volume compared to previous years.

## BLUEBERRIES

Chile will continue with product for another month. Mexico is just getting started, Expect prices to drop as volume increases.

## BLACKBERRIES

Blackberries will remain steady with supply and price. Guatemala blackberries are starting.

## RASPBERRIES

Mexican raspberry quantities are limited, prices high.

## GRAPES

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

## TANGERINES

We have a few Shiranuhi left and that will be it for the season. Juicy Crunch are done. We haven't been able to find any good Honey's in Florida so far.

## CLEMENTINES

California W. Murcotts have arrived and they are moving very well. It is a great time to promote these in bags or in bulk. We are getting another shot of Tango in on the weekend (small sizes). Another Orri load is coming for the weekend but it is already booked. Please inquire with your sales rep for the next containers. Stem and Leaf Tangos will gap for about 10 days. Get your bookings in please. California Stem and Leaf are almost done.





## **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**

A steady market is expected. A few pallets of 9s and good amounts of 12s will be available at a competitive price. Promote!

## **CORN**

Limited quantities available out of Florida. The quality will be just fair.

## **CELERY**

The market has come down a bit due to good growing conditions. We will have a fresh load of SnoBoy at a better price. Excellent quality!

## **ASPARAGUS**

Lots of 28 lb Mexican asparagus will be in. It will be a good item to promote for next 2 weeks.

## **HOT HOUSE CUCUMBER**

We are now into Ontario cucumbers and only have a few of the Mexican large left. Looks like there will be good Ontario product from here on

## **PICKELS/CARTON**

Pickles will be tight for the rest of February. We are finding it hard to source product and this is expected for the following month. 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 week. Both Florida and Mexican product will be available.

## **ZUCCHINI**

Mexican product is starting to ease a little as we make our way into mid-February. Plantings are plentiful and we expect no supply disruptions in February.

## *Locally Grown*

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





*Organic  
Key Focus Items*

**EQUI  
FRUIT**

Fair Trade Bananas  
Washington Apples  
Blueberries

## VINE TOMATOES

We will have Mexican product this week. No supply issues are expected. Prices look to remain somewhat stable. Do not forget we have bags if your retailers want any.

## BEEFSTEAK TOMATOES

We have Mexican product only for the upcoming week. Smaller sizes are available upon request. This market is stable in price.

## ROMA TOMATOES

We have new arrivals weekly and the market is easing somewhat. We are now almost exclusively into Garden Queen and have created an item # for it. Great product.

## GARGIULO

Supply is loosening up as we start with some Puerto Rican product that is forcing prices down. Mid-season quality and market should be stable for a while.

## SPECIALTY

Grape tomatoes are starting to get some decent arrivals back in. The market is expected to remain tight.

## ONIONS

Washington Spanish onions and Jumbo red onion quality is great and pricing is competitive, but we may experience a small disturbance due to weather conditions in the States. Heavy snow in the Westcoast is raising the freight costs and cold weather (which normally don't happen at this time of the year) may shake up the onion market depending on how the crop is affected over the next couple months. 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 as well. Good quality and supply continues for our inventory, check out our Go Fresh label!

## CARROTS



Local crop carrot have been pretty steady in price, quality, and supply. Ask us about our Go Fresh "freshly packed" program.

## POTATOES

All colours of Florida potatoes have started and quality is only fair with the varieties they start with, but it should get better over the next couple of weeks as we get into better varieties. 10 lb Gwilly's Yukon potatoes are finished, so we have 10lb Gwilly's white and red potatoes with PEI 10 lb yellow flesh potatoes.

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 will remain low for another week. A fresh pack of SnoBoy & AndyBoy lettuce is available.

## PEPPERS

We continue to bring in our Spanish hot house pepper. We look to fly product in for February if needed but we fully expect