

FRESH

UPDATES

Week 19 - May 10

Good Buys

- Asparagus
- Broccoli
- Celery
- Clementines
- Ontario Greenhouse Tomatoes
- Peppers
- Lettuce

BANANAS & PLANTAINS

Please reach out to your sales rep to allow our team to stage and condition to your requirements. Fair Trade organic and Dole organic bananas are readily available. Ecuadorian green plantains are available.

MELON

We are currently tight on cantaloupes from Guatemala. We have good availability on honeydews.

APPLES & PEARS

Ontario and Washington continue to have good quality and volume in all loading regions.

Available Varieties - Apples:

- Ambrosia (Ontario)
- 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)
- Bartletts (South African & Argentina)

MANGOES & PAPAYAS

Mexican Tommy's mangoes continue. Quality has been firm and green with shades of colour. Pricing is starting to ease on both red and Ataulfo mangoes. Mexican Ataulfo mangoes are now in season and are tasting very well. Costa Rican/Mexican papayas are available and are looking and tasting great.

AVOCADOS



Avocados are at their peak flavour right now – tasting great. Pricing remain strong and supply steady as we are into Michoacán region. Then transition back into Jalisco when pricing should ease down.

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

Dominican Republic Avocado 24ct are now available. Please reach out to your Sales rep for details.

PINEAPPLES

Dole size 6s and 7s are readily available while organics will be very limited. Product quality good, firm and green. Reach out to your sales rep and book early.

LIMES

Pricing remains high on Mexican limes with no relief at this time. Product quality good, showing dark green with minor scarring. We have limited Dole product from Honduras to offer some lower price point opportunities.



GRAPEFRUIT

We have California fruit and Israeli fruit now. Look for South African fruit around the end of May or first of June.

JUICE ORANGES

Rhode Red Valencias are in and they are fantastic. We have bulk 100s and the quality is great. Fantastic results reported back to us on taste and yield from the juicers.

STONE FRUIT

Fresh plums from Chile are readily available.

LEMONS

US lemon quality remains excellent and supplies are good. Pricing has gone up slightly due to freight and slightly higher FOBs. The first vessel of South African product has arrived.

ORANGES

California navels are beautiful right now and the flavour is outstanding. Late lanes are available in the larger sizes (40 and 48). We also have beautiful Cara Caras available. This will likely be the final week for them. The first Sanguinelli oranges have arrived and they are very nice.

STRAWBERRIES

Strawberries will be readily available this week. Quality and price will be good.

BLUEBERRIES

We will be loading our first Georgia blueberries next week. Florida is beginning to wind down.

BLACKBERRIES

Blackberries continue to be tight with no volume increase expected until California starts with product.

RASPBERRIES

Raspberries will continue to be tight for another week, then expect volume to increase and prices will come down.

GRAPES

We have great quality and volume on green, red and black grapes available.

POMEGRANATE

Pomegranates will be readily available again with good volume next week.

CLEMENTINES

California W. Murcotts are in peak season flavour right now. Speak to your sales rep about promotional pricing. We will have Gold Nuggets from Sunkist next week as well.

WATERMELON

We have limited availability on product loading out of Mexico. Pricing remains high. We have good availability on carton watermelon. Mini watermelons are tight. We now have binned watermelon available from Florida in sizes 36 ct and 60 ct.



BROCCOLI

Good supplies. The market is expected to be steady. Great quality of Andy Boy & Hitch product is available. US short cut crowns are also available at a competitive price.

CAULIFLOWER

Moderate supplies. The market is getting soft as more volume is expected with good growing conditions. Limited 9s and decent volume of 12s will be available.

PEPPERS (HOT HOUSE)

Production levels in Canada are dropping off. We will see production drop by 60% this week vs last week and will be 100% lower next week vs last week. Expect market to increase fairly rapidly by next week.

CORN

Good supplies. Plenty of US fancy product will keep coming in. A great time to promote! 8x4ct Go Fresh tray pack is also available.

CELERY

Good supplies out of Oxnard, California. Great quality at a competitive price!

ASPARAGUS

Good supplies are available on US product. Great quality of Washington crops will be available at a competitive price. Limited supplies on Ontario product available. Pricing will start high then go down as weather becomes warmer.

HOT HOUSE CUCUMBER

The cucumber market remains strong. Volumes are good right now as well so demand and overall market share just continues to grow on cucumbers. We are not expecting many major changes over the next week but we do expect to see some slightly lower prices by next week.

CARTON CUCUMBER

Carton 24 cucumbers are tighter in supply this week. We currently have limited quantities in stock and look to load more for fresh arrivals for week 19.

KIWI

We have great quality and volume on Italian and Chilean kiwi.

EGGPLANT

Fresh arrivals will be in for the weekend. Quality is superior out of Mexico.

ZUCCHINI

Mexican green zucchini product W. Bushel is very limited. All other items are seeing great supply. All products are coming from new harvest fields and quality has improved. Grey and yellow zucchini are good in shape and supply.

Locally Grown

- Apples
- Cabbage
- Carrots
- Cucumber
- Parsnips
- Peppers (Hot House)
- Potatoes
- Radish
- Rutabaga
- Sweet Potato
- Tomatoes (Hot House)

*Organic
Key Focus Items*

**EQUI
FRUIT**

Fair Trade Bananas
Washington Apples
Blueberries

VINE TOMATOES

For the first week of May we will see markets stable. Extremely higher than normal light levels are causing plants to produce very strong volumes and creating in excess supply scenario in Ontario.

BEEFSTEAK TOMATOES

Markets on beefsteak are stable as well. That said we some of the cheapest product of the year. Strong light levels causing extremely strong picks.

ROMA TOMATOES

New arrivals weekly and supply looks to be steady. Garden Queen is back in full production for week 18 and good quality arrivals are here now. Product quality should be good going forward with no weather issues insight.

GARGIULO

Supply is steady and looks to tighten in coming weeks as the Florida growing season comes to an end. Quality should be good, and we look to try to load extra product this week (19) as well.

LETTUCE

Good supplies. The market will remain steady. A fresh loads of AndyBoy (JBO 30s) and Snoboy (24s) lettuce are available.

ONIONS

California onions are starting up this week and prices are starting a bit higher than the Washington crop. 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, red onions we should be into US crop at the end of the week or beginning of next week. Quality will be fair going forward and the weather is warm, so please keep inventory tight on the local crop onions. Vidalia onions from Georgia is here!

CARROTS



Local crop carrots movement and supply is steady but quality will be fair to good as we are into storage crop that has been harvested in the fall. Keep inventory tight to minimize spoilage.

POTATOES

All colours of California new crop potatoes are here and quality looks good, even the white that started with questionable appearance. Trucks are tight and expensive, so prices will be on the higher side.

Traditional yellow potatoes have finished, but we have 10lb yellow fleshed russet skin potatoes to substitute, ask your sales rep about it! For other 10lb potatoes, we have Gwilly's Ontario white potatoes and PEI reds.

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.