

FRESH

UPDATES

Week 20 - May 17

Good Buys

- Asparagus
- Broccoli
- Celery
- Clementines
- Ontario Greenhouse Tomatoes
- Pomegranate
- Lettuce
- Corn

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



Michoacán avocados are at their peak in flavour and quality. Harvests are starting to slow down causing the pricing for next week to go up slightly. We should be into new crop Jalisco avocados within a month.

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

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 starting to ease downwards on Mexican limes. 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 currently have a few Israeli grapefruit left as well as California. We are hopeful that our first container of RSA fruit will arrive this week.

JUICE ORANGES

Pricing continue to increase due to freight and when we get into the storage fruit.

STONE FRUIT

Fresh plums from Chile are readily available.

CALIFORNIA TREE FRUIT

Supply will be available next week.

LEMONS

US lemon quality remains excellent and supplies are good. Pricing has gone up slightly due to freight and slightly higher FOBs. We should have our first south african sunkist lemons in by the first of the following week (week 21).

ORANGES

California navels are beautiful right now and the flavour is outstanding. Late lanes are available in the larger sizes (40 and 48). Cara cara are done now for the most part, we just have a few left. We have very nice sanguinelli (blood type) oranges as well. See your sales rep for special offers on 40 and 48 late lanes....

STRAWBERRIES

California is into heavy production of strawberries as all three growing areas are going. Quality and pricing will differ from each region..

BLUEBERRIES

Florida is winding down for the season. Transitioning to Georgia pints, expect first arrivals next week.

BLACKBERRIES

Expect good volume on Guatemala blackberries. California to start there production shortly.

RASPBERRIES

Production has increased in Mexico and with California starting shortly, expect good volume of raspberries .

GRAPES

We have great quality and volume on green, red and black grape. Mexico grapes is starting.

POMEGRANATE

Pomegranates from Peru are available with good volume.

CLEMENTINES

California W. Murcotts are in peak season flavour right now. Gold Nuggets from Sunkist have arrived and more coming next week. Speak to your sales rep about promotional ideas.

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

Good supplies. Decent volume of 9s and 12s will be available at a competitive price. Promote!

PEPPERS (HOT HOUSE)

Production levels in Canada have dropped off and should continue for another couple of weeks. Look for pricing to rise on all colours. Orange especially will be extremely tight followed by yellow.

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

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

HOT HOUSE CUCUMBER

The cucumber market has stabilized but may see an abundant of supply with the warmer sunny weather. .

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 20.

KIWI

New arrivals on Chilean and New Zealand gold Kiwi available

EGGPLANT

Supply for Fancy Italian Eggplant from Mexico is currently tight.

ZUCCHINI

Supply for Green Zucchini Fancy Mexican are tight .

FIDDLEHEAD

Product is in season.
Good supply and quality.

Locally Grown

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



Organic Key Focus Items

**EQUI
FRUIT**

Fair Trade Bananas
Washington Apples
Blueberries

VINE TOMATOES

Extremely higher than normal light levels are causing plants to produce very strong volumes and creating in excess supply scenario in Ontario. Should continue for the rest of May.

BEEFSTEAK TOMATOES

Markets on beefsteak are stable as well, that said costing has been aggressive. 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 20 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 (20) as well.

LETTUCE

Good supplies. The market will remain steady for another week.
A fresh loads of AndyBoy (JBO 30s) and Snoboy, Oak Canyon, and Dole (24s) lettuce will be available.

ONIONS

California onions are starting up this week and prices are starting a bit higher than the Washington crop. Quality is excellent! We are transitioning our local cooking yellow onions and red onions to US crop this week and remember to ask about Vidalia onions from Georgia.

CARROTS

We are transitioning from local crop carrots to Mexican carrots this week.

POTATOES

**Go
fresh**

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.

For 10lb bags, 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.

COCONUT

Product is always available.