



fresh UPDATES

Week 24 - June 14

Good Buys

- Asparagus
- Broccoli
- Celery
- Mangoes
- Lettuce
- Corn
- Cauliflower
- Strawberries

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.

MELON

Good availability on Cantaloupes and Honeydews loading out of California and Arizona.

APPLES & PEARS

Ontario and Washington regions are starting to wind down for the season with limited availability on some varieties.

Available Varieties - Apples:

- Ambrosia (US)
- Gala (US & Ontario)
- Granny Smith (US & South Africa)
- Golden Delicious (US)
- Honeycrisp (Nova Scotia)
- Macintosh (Ontario)
- Red Delicious (US & Ontario)
- Jazz (US)
- Envy (US)

Available Varieties - Pears:

- Anjou Pears (Washington)
- Bosc Pears (South Africa)
- Forelle Pears (South Africa)
- Bartletts (South African & Argentina)

MANGOES & PAPAYAS

We have some beautiful Baby Mangoes from Columbia by air, and more product coming regularly. The flavor and the aroma are outstanding! Get them while they last. These are a staff favorite!! Just ask one of them. We also have Kent variety from Mexico as well as another staff favorite, Ataulfo (honey) Mangoes from Mexico. See your sales rep for promo opportunities.. Costa Rican Papayas are available and are looking and tasting great.

AVOCADOS



We are expecting to see pricing stabilize for the next 2 weeks and start to drop by the end of June. We will be carrying a mix of conditioned new fruit from Jalisco, and Michoacan fruit as it winds down. All fruit should ripen well.

Our ripe and ready program will ramp up as Ontario opens up.

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 6s or 8s will be very limited. Product quality good, firm and green. Reach out to your sales rep and book early.

LIMES

Pricing starting to come down quickly on Mexican Limes. Product quality good, showing dark green with minor scarring. We have limited Dole product from Honduras which is arriving very nice and price point will be lower. Reach out to your sales rep for details.



GRAPEFRUIT

We are still gapping slightly on South African arrivals but by the middle of next week, we should have steady supplies of all sizes moving forward.

JUICE ORANGES

We have Florida storage Juice Oranges in now. Pricing will be up again in July.

CALIFORNIA TREE FRUIT

Good availability of product.

We will have a full line up of Peaches, Nectarines, Cherries and Apricots.

Time to promote!

LEMONS

We will wrap up our US Lemon Program this week and focus on Lemons from South Africa. It looks like the Summer Lemon Program will be a buyers market as we expect prices to be soft and quality to be excellent!! See your sales rep for promo pricing or opportunity buys...

ORANGES

California Navels are beautiful right now and the flavour is outstanding. Late lanes are available in the larger sizes (40 and 48). We have very nice Sanguinelli (blood type) Oranges as well. See your sales rep for special offers on 40 and 48 late lanes.

STRAWBERRIES

Market starting to firm up and good quality. We have good availability on Local Strawberries.

BLUEBERRIES

Market steady and good volume on Georgia and Carolina pint Blues.

New Jersey to start around June 12.

BLACKBERRIES

Market steady and good availability from Mexico and California.

RASPBERRIES

Good availability of Mexican and California Raspberries.

POMEGRANATE

We are finishing up what we currently have in stock. We may gap for a couple of months until harvest start up again.

CLEMENTINES

California W. Murcotts are in peak season flavour right now. Not sure how much longer we can continue with these as the sugar is so high. A major heat wave in Cali could spell a quick end on the Murcotts. We have been receiving beautiful Tango Mandarins from Cali as well. It looks like this will be our final week for them. We should start to see regular arrivals from South Africa beginning this week. We will also have fruit from Chile and Peru in the coming weeks.

It doesn't look like there will be any gap in supply this year as we have experienced in some years in the past....

WATERMELON

Good quality and flavour loading from Florida and Texas Regions. Right now fruit is peaking on Jumbo 36ct Size

GRAPES

Good availability on Mexican Green/Red Grapes. We have good quality product and will steadily improve.



HOT HOUSE CUCUMBER

English Cucumber market has strengthened, look for pricing to continuously rise next week. Mini Cucumbers better supply with pricing coming off from market highs.

FIELD 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 24.

KIWI

New arrivals on Chilean and New Zealand Gold Kiwi available. Available Loose and in Clamshells as well.

EGGPLANT

Mexican Eggplant is still currently tight and we will be switching to US products in the coming weeks, Please book ahead.

ZUCCHINI

Product is in great shape and good quality. Ontario Product is around the corner.

BROCCOLI

Steady supplies. A steady market is expected. AndyBoy & Dandy labels are available. Great quality of US short cut Crowns is also available..

CAULIFLOWER

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

PEPPERS (HOT HOUSE)

Good supplies on Red, Yellow and Orange Peppers.

CORN

No issue with supplies. Great quality of Georgia product is available. 8/4ct Go Fresh tray pack is also available for retailers. Great value!

CELERY

Good supplies. Great quality of SnoBoy celery is available out of Oxnard, California. We also carry 30s Sleeved Celery for retailers.

ASPARAGUS

No issue with supplies. Excellent quality of Ontario product is available. It is time to promote local grass. Don't miss it!

Locally Grown

- Cucumber
- Peppers
- Potatoes
- Rhubarb
- Rutabaga
- Apples
- Tomatoes (Hot House)
- Asparagus
- Strawberries



Organic Key Focus Items

Fair Trade Bananas
Washington Apples
Blueberries
Mangoes
Avocadoes

VINE TOMATOES

Pricing has stabilized with steady supply.

BEEFSTEAK TOMATOES

Pricing has stabilized with steady supply.

ROMA TOMATOES

Availability will be tight for week 24.
Please book ahead.

FIELD TOMATOES

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 (24) as well.

LETTUCE

Good supplies. Market price is expected to go up a bit since most US growers are moving into Summer planting. Local Green & Red leaf will be available in Go Fresh label from this weekend.

ONIONS

California Onions have started and quality is great! There may be some storage crop Onions still at cheaper pricing, but also comes with a risk. 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 have fully transitioned to Mexican Carrots. Market seems to be a bit slow, but steady. Price to come down a little bit this week



POTATOES

All colours of California new crop Potatoes are here and quality looks good. 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 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.