



Week 29 - July 19

Good Buys

- Celery
- Clementine
- Corn
- Grapes
- Lettuces
- Melons
- Red Peppers
- Pineapples
- Zucchini

BANANAS & PLANTAINS

Please reach out to your sales rep to allow our team to stage and condition based on your requirements.

Dole and Fair Trade Organic Bananas are readily available.

MELON

Good supply and quality loading out California region.

Best time for promo

APPLES & PEARS

Anticipate price increase of Washington Apples due to region are starting to wind down for the season with limited availability on some varieties.

Available Varieties - Apples:

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

Available Varieties - Pears:

- Anjou Pears (Washington)
- Bosc Pears (South Africa)
- Forelle Pears (South Africa)
- Bartletts (Availability is until end of next week.)

MANGOES & PAPAYAS

Tommy Atkins is in now fresh from Mexico as well as fresh Ataulfo in as well.

See your sales rep for special offers.

Costa Rican Papayas are available and are looking and tasting great.

AVOCADOS



We will have good supplies of all sizes from both Michoacan and Jalisco. Everything is ripening well on its own. We carry 16s Ripe in stock and can ripen any size with advance notice.

PINEAPPLES

Product quality is good, firm and green. Dole size 6s and 7s are readily available while Organics 6s or 8s will be very limited.

Reach out to your sales rep as quality and supplies are favourable to promote.

LIMES

Lime pricing starting to creep due to earlier rains in Mexico.

Quality and appearance looks good.

Reach out to your sales rep for more details.



GRAPEFRUIT

The pipeline seems like it has been finally filled and prices are easing off a little. Expect the same for the rest of the way now, unless the container arrivals get interrupted which is a very real possibility.

CALIFORNIA TREE FRUIT

We have a full line up of Peaches, Nectarines, Cherries and Apricots. Good availability of product. Time to promote!

LEMONS

Good availability as we have beautiful South African Fruit in stock.

GRAPES

We have good quality product and will steadily improve. Fruit is available out of California.

POMEGRANATE

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

STRAWBERRIES

California Sweet Darling Strawberries and local Straws is currently available.

BLUEBERRIES

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

BLACKBERRIES

The market will remain firm. Georgia Berries is pretty much finished, we will be transitioning into Guatemala and California.

RASPBERRIES

Good availability of Mexican and California Raspberries. Promote!

CLEMENTINES

The off shore fruit is in abundance. See your sales rep for promo pricing!!

WATERMELON

Good quality and flavour loading out final week in Georgian moving to Caroline's

Nice mix of 36ct and 60ct available

ORANGES

We now have California Valencias in stock for juicing. We have been receiving some very nice Late Navels from Sunkist and we will continue with them as long as the quality is there. These are great eating at this time of year. The South African Navels are in. We have good supplies of bagging fruit. Larger sizes look like they will come up short in the near future. Please book ahead.

See your sales rep for more detail.

CELERY

Good supplies. US SnoBoy celery is available at competitive price. Ontario Chip Celery is available. Great quality. Promote!



HOT HOUSE CUCUMBER

Hot House Cucumbers continues to get tight and supply could be an issue.

Price is up as some vendors are pulling crops with problems with excessive heat

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 29.

KIWI

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

EGGPLANT

Supply and availability is good as local product have started.

ZUCCHINI

Ontario Product is in great shape and good quality.

All Green, Yellow, Grey Zucchini are available locally.

BROCCOLI

Good availability on Bunch and Crowns as Ontario Crowns have started and quality is EXCELLENT!

CAULIFLOWER

Steady supplies.

Decent volume of 12s will be continuously available at a competitive price. 9s is relatively limited.

Ontario Cauliflower has started in 12ct box and 72ct bin. Promote!

PEPPERS (HOT HOUSE)

Good supplies on Red and Yellow. While we are seeing quality issues on Orange Peppers. Reach out to your sales rep for good spot buy opportunities.

CORN

No issue with supplies. Last load of Georgia Corn is available at a competitive price.

Ontario Sweet Corn from Miles has started. It's time!

8/4ct Go Fresh tray pack is also available for retailers. Great value!

ASPARAGUS

No issue with supplies. 11LB Peruvian product has arrived.

The market is getting soft a bit since more crops are crossing the border from Mexico for the West Coast market.

Locally Grown

- Cucumber
- Peppers
- Zucchini
- Lettuce
- Tomatoes (Hot House)
- Broccoli Crowns
- Chip Celery
- Bunch Carrots
- Eggplant
- Potatoes



Organic Key Focus Items

Fair Trade Bananas
Washington Apples
Blueberries
Vine Tomatoes
Avocados

VINE TOMATOES

Regulars TOV's supply continues to be tight for the next few weeks.

There is some availability for Organic TOV's but please book ahead.

BEEFSTEAK TOMATOES

Continuing to see strong daily demands on Beefsteak as TOV tightens. Market is strong and demand remains high, product is limited in supply.

ROMA TOMATOES

Product is in good shape and good availability on Mexican Romas for week 29.

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 (29) as well.

LETTUCE

Good supplies. No major change is expected from US.

Good volume of Quebec leafy product is available daily at a competitive price. Promote!

ONIONS

California weather is hot and New Mexico is going through heavy rain for the last few weeks. Price of pallets, bags, boxes, paper, and labour are up due to short supply vs high demand. Products are moving well, but we will keep inventory tight to keep products fresh. We are using Mexican Onions temporarily for our 2lb, 3lb and 5lb Bagged Onions and quality is exceptional. Remember to ask about Vidalia Onions from Georgia.

CARROTS

Mexican Carrot market is steady. Local Carrots are only a few weeks away.

We have transitioned from US to Quebec Bunched Carrots.



POTATOES

Local White Potatoes have started and quality is great. We will finish up California Yellow and Red box program, along with the PEI 10lb bag program this week and start having Ontario Red and Yellow Potatoes this coming week. Russet Potato box program, we are now in the last bit of the storage crop season. Product quality will be good at best, so keep inventory tight and stay fresh. New crop US Russets should be starting at the end of July or beginning of August.

16x1.5lb Mini is moving well, no significant changes in the near future.

COCONUT

Product is always available.