



# fresh UPDATES

Week 30 - July 26

## Good Buys

- Celery
- Clementine
- Corn
- Eggplant
- Grapes
- Melons
- 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.

Plantains are also available in stock.

### MELON

Best time for promotion as good supply and quality is loading out of California Region.

### 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

Fresh arrivals of Kent as well as Ataulfo is expected this week.

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

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

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

Good time to promote as we have good availability and a full line up of Peaches, Nectarines and Cherries..

## LEMONS

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

## GRAPES

Good quality product out of California continues to improve!  
See ypur sales rep for more details.

## 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 Guatamela 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. Oranges from California is done now as we are seeing fair quality from latest arrivals.

See your sales rep for more detail.

## CELERY

Good supplies. US SnoBoy celery will be continuously available. Great quality!  
Ontario Chip Celery is also in stock.  
Promote!





## BROCCOLI

Good supplies on Bunches and Crowns. US market is getting stronger though. Ontario Crowns are available. Excellent Quality!

## CAULIFLOWER

Moderate Supplies. US market has turned and become active. Higher market is expected for upcoming week within limited quantities on 9s and 12s. Ontario Cauliflower has started in 12ct box and 72ct bin

## PEPPERS (HOT HOUSE)

Anticipating price increase for Reds and fair quality due weather as well. Please book ahead.

## CORN

Good supplies. Decent Volume of Ontario Sweet Corn is available at a competitive price. We also carry 600ct bin to promote! Please talk to your Sales rep!

## ASPARAGUS

No issue with supplies. 11LB Peruvian product has arrived. Steady market is expected since good volume has been crossing the border from both coasts.

## HOT HOUSE CUCUMBER

Cukes of all kinds have seemed to tighten up severely and supply continues to be an issue due to weather which is affecting the quality as well.

## FIELD CUCUMBER

Carton 24 Cucumbers continues to be tight in supply this week. We currently have limited quantities in stock and look to load more for fresh arrivals for week 30.

## KIWI

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

## EGGPLANT

Supply is good as we have local product available.

## ZUCCHINI

Ontario Product is in great shape and good quality. All Green, Yellow, Grey Zucchini are available locally.

## *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  
Avocadoes

### **VINE TOMATOES**

We are seeing better supply as market ease up a little bit.

### **BEEFSTEAK TOMATOES**

Continuing to see strong daily demands on Beefsteak. Price increase is anticipated but should go back down soon as well.

### **ROMA TOMATOES**

Product is in good shape and good availability on Mexican Romas for week 30.

### **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 (30) as well.

### **LETTUCE**

No issue with supplies. However, US iceberg market is getting active due to shortages.  
Romaine market has become strong from Quebec side as well.

### **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 will be going back to US Onions for our 2lb, 3lb and 5lb Bagged Onions and quality continues to be good. Remember to ask about Vidalia Onions from Georgia, not just peaches like JB.

### **CARROTS**

Mexican Carrot market is steady will be slowly transitioning to local crop.  
We have transitioned from US to Quebec Bunched Carrots.



### **POTATOES**

Local white and yellow potatoes have started and quality is great and looking to start reds towards end of this week.  
We are finishing our 5lb red and yellows and will gap for a few weeks until local 5lb bags are available.  
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 this coming week.  
16x1.5lb Mini is moving well, no significant changes in the near future.

### **COCONUT**

Product is always available.