



FRESH UPDATES

Week 37 - September 13th

Good Buys

- Celery
- Clementine
 - Corn
- Eggplant
- Grapes
- Melons
- Pineapples
- Zucchini
- Crowns

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

Quality remains strong loading in the California region. Good availability for Cantaloupes and Honeydews

APPLES & PEARS

Good availability on both Ontario and Washington apples as more new crop varieties become available.

- Available Varieties - Apples:
 - Ambrosia (US)
 - Gala (US) New Crop
 - Granny Smith (US) new crop
 - Golden Delicious (US) new crop
 - Honeycrisp (US)
 - Jersey Mac(Ont) new crop
 - Red Delicious (US)
 - Jazz (US)
 - Envy (US)
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- Available Varieties - Pears:
 - Anjou Pears (Washington)
 - Bosc Pears (CAL)
 - Forelle Pears (South Africa)
 - Bartletts (CA, WAS) new crop

MANGOES & PAPAYAS

Brazilian Mangoes are in and look great! Arrivals are sporadic so get them while they last. There is a shortage of papaya due to the recent hurricanes that have affected Mexico and Guatemala. Our papaya comes from Costa Rica so it has not been affected. Look to see prices increase from now until November.

AVOCADOS



Pricing for next week is stable. September may continue with shortages as we transition crops in Mexico. Look to see 48 size and larger sizes continue to increase in price.

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

Quality and appearance looks good. Reach out to your sales rep for more details





GRAPES

Good quality product out of California continues to improve, but Red Grapes in short supply. We have new variety of grapes arriving for weekend sales so see your sales rep for more details.

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. Also, we have fresh RSA and some Argentina in stock as well

CELERY

No issue with supplies. Market is getting stronger and expecting a higher price for upcoming week.

Ontario Chip and Quebec Little Junior celery are also available. Promote!

STRAWBERRIES

California Sweet Darling Strawberries and local Straws is currently available. Strawberry quality is great with good supply.

BLUEBERRIES

Blueberry are very tight in the market and we are getting some Peruvian pint Blues next week. BC Blueberry now done with their season, we will be using PER/ARG mixed with Mex to be followed.

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

We are into the newer varieties for this time of year now.. Tango from RSA and W.Murcotts from Peru, all excellent quality and eating fantastic!

ORANGES

We are gapping a little right now on Navels due to containers being sporadic on arrivals. We should have our first MidKnights arriving next week as well as more late Navels. See your sales rep for details. We are still carrying a few Valencias from California for the Juicers.

WATERMELON

Quality and flavour remains strong loading out of Indiana and Delaware regions on both 36ct and 60ct bin Watermelons.

GRAPEFRUIT

We are gapping on large sizes right now, small sizes 50/55 we have

Organic Key Focus Items

Fair Trade Bananas
Washington Apples
Blueberries
Vine Tomatoes
Avocados



HOT HOUSE CUCUMBER

Markets have started tightening up and prices continue to rise after this past long weekend. Expect the price to rise a bit more and supplies to be moderate.

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

Eggplant is also recovering yield from bad weather over the past few weeks. Roma Quality has been improved and they are showing best quality so far this season!

ZUCCHINI

ON Zucchini was struggling with quality but it has improved and they are showing best quality so far in this season!

BROCCOLI

Moderate supplies as the US bunch market is getting active. Expecting strong market for a while.

Ontario Crowns are available with limited quantities. Majority of crops got damaged from the heat last couple of weeks.

CAULIFLOWER

Moderate Supplies. US market has started to move up daily.

Decent volume of Ontario Cauliflower is also available in 12ct box. 72ct bins are still limited.

PEPPERS (HOT HOUSE)

Pepper market has stayed fairly similar even though the Field Peppers have taken most of the market. Supplies are steady for Reds and Yellows with Orange still tight.

CORN

Moderate supplies. Last load of Ontario corn has arrived. Enjoy the last while it's here!

We will switch over to Georgia when local deals are completely over.

ASPARAGUS

Moderate supplies. Mexican market will stay strong since more fields have started to close.

HOT HOUSE TOMATOES

Both Beef and Cluster Tomatoes have leveled off as supplies have risen. Now seeing a more predictable and consistent market in September.

SQUASH

Squash supply is now steady! See your sales

Locally Grown

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



POTATOES

All colours of local new crop Potatoes have started and all sizes and colours are plentiful except the Red C size Potatoes. Keep these tight, so the potatoes don't spoil on your shelves. For our 5lb Poly program, we have Russets and Yellows available. Reds will be ready in a few weeks. Russet Potato box program, is just starting up with the new crop season. Quality is now steadily good, but price is remaining high. 16x1.5lb Mini is moving well with no significant changes in the near future.

ONIONS

We are going to be transitioning from California Red and Spanish Onions to Washington. Movement has slowed down along with all other commodities due to hot and humid GTA weather, but still moving well. Colossal size seems to be tight, pricing slightly up a bit. Jumbo Spanish and Jumbo Reds seem ok. We have all Local New Crop Onions for our 10lb, 2lb, 3lb and 5lb Bagged Yellow Onions selection, Reds slowly starting up. Onions from Georgia while we have it. We will start to transition to Peruvian Mayan Sweet.

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 increases have been slowly adding on and look to be staying high until mid to late August.

ROMA TOMATOES

Roma Tomato is very tight due to weather we had same for Grape Tomato.

FIELD TOMATOES

Tomato Field market is strong. Very good quality from ON. Best of the season at this moment. Weather has been good past couple of days and expecting to continue.

LETTUCE

No issue with supplies, but the market has been very active due to planting gaps and weather related issues. Quebec market has also started to move up considerably.



CARROTS

Quality and sizing of Ontario local crop carrots are getting better everyday. Pricing steady this week as market continues to be sloppy. Jumbo Carrot sizing is a little small as we are only in the beginning of the season, but it will get better over time. Lastly, the transition from US to Quebec Bunched Carrots has started.

COCONUT

Product is always available.

