

# FRESH UPDATES

Week 38 - September 20th

## 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.

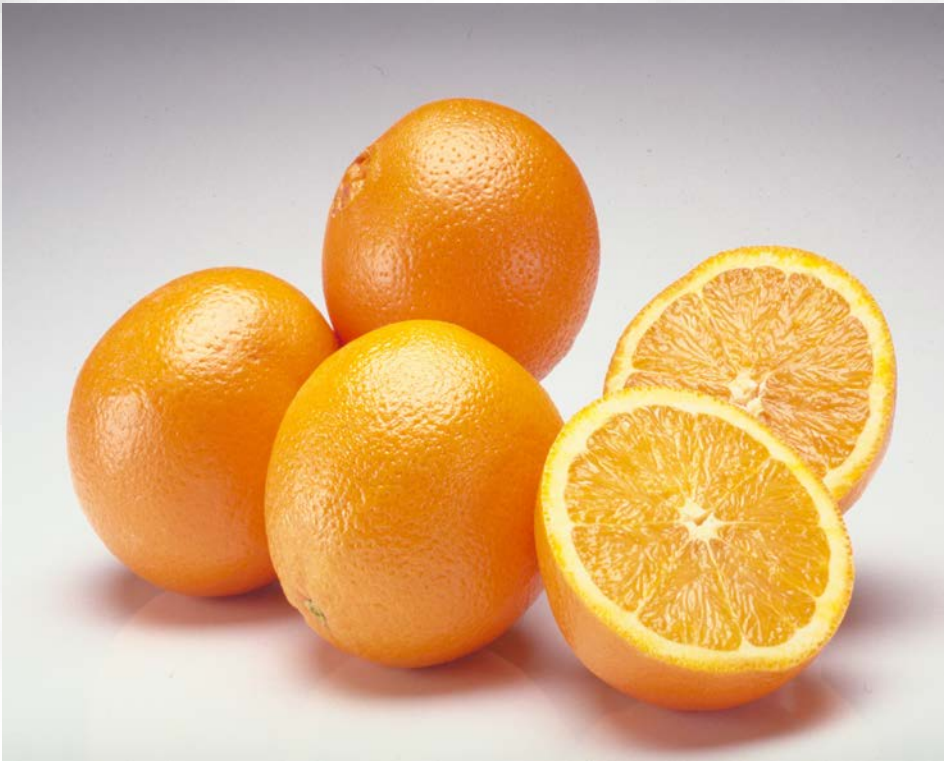
Reach out to your sales rep as quality and supplies are favourable to promote.

### 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!

***Organic  
Key Focus Items***

Fair Trade Bananas  
Washington Apples  
Blueberries  
Vine Tomatoes  
Avocados

**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 Guatamela 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 form 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



## **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 pretty steady but could possibly get sloppy soon. Could see farms getting long on peppers soon so keep watch for deals possibly.

## **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

## **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!

## ***Locally Grown***

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



## 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.

## POTATOES

Local white potatoes are steady to move, RED C Potatoes are still tight. Russet Potatoes we are moving good volume, keep pushing! Quality seems great! You will notice #1 Sweet Potatoes will go up in price, that is because we got a nice deal with last year's storage crop. Anything going forward will be new crop and will be more expensive. They will still continue to be California #1 Sweet Potatoes, so our customers will continue to get nice premium quality. More oriental Yams to arrive on Thursday.

## ONIONS

Local Cooking Onions selling, good movement. Also have GoFresh packs on 5lb and 2lb bagged Onions. Spanish Onions: Heat in the North West US (Washington) has affected the growth of the Onions. Jumbo and colossal Onions are tight and price is going up. You guys know who your regulars are, please let all of them know to work ahead and book. For the irregulars, especially the ones that just started buying from us, please remind them for the future. Remember, JBO and COL Onions are tight, you can use this to your advantage if you are smart about it! JBO Red onions: Not as tight as Spanish Onions, but prices are going up. We had a few issues with JBO Red Onions having mold, but with the amount of products moving, I consider the issues very minor. If you have had customers that had issues, please communicate with me, I will work with you to continue to do business. Peru sweet Onions: looking nice and large, steady movement. Need a slight push.

## 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.

## COCONUT

Product is always available.



## CARROTS

We got GoFresh packs for 5lb and 2lb Cello Carrots! We have some on the floor and will send pictures over the weekend. Looking for some more business, so talk to me, let's make a plan! Every small bill counts! Mini carrots – steady. Have a nice deal for Quebec Jumbo Carrots – cheap and nice big size!

## MUSHROOMS

We are seeing some significant shortages this past week and expect it to continue into the next. Production seems to be behind the demand so supplies are tight for most mushrooms. Should see some healthier supplies as we get closer to Thanksgiving weekend.

