



FRESH UPDATES

Week 47 - November 22

GOOD BUYS

- Celery
- Clementine's
- Cucumbers
- Grapes
- Melons
- Pineapples
- Zucchini
- Crowns




Avocados

Avocados for next week are starting to firm up in larger sizes (48s, 40s, 36s and 32s). Our ripe program continues to help drive sales. Our process adds moisture back into the avocado and therefore a better, more consistent eating experience.

Apples & Pears

Perfect season for apples, all varieties specially our Honey Crisp and Pink Lady. Good supply from Washington and Ontario crops but even better taste!

Pears are tight. We are expecting the market to get loose a bit by the end of next week

***More varieties available. Contact your sales rep for more information!**

Bananas & Plantains

Please reach out to your sales rep to allow our team to stage and condition based on your requirements. We have Dole as well as both Fair Trade and Organic available all the time Plantains are also available in stock.

Pineapples

No issues and good availability, but pricing starting to creep back up so keep that in mind in the upcoming weeks.

Limes

Limes are in good supply and quality.

Mangoes & Papayas

Tommys and Ataulfo are still in good stock even tho, arrivals have been sporadic due to inconsistencies with containers. Get them while they are here! Our Papaya comes from Costa Rica so it has not been affected. Look to see prices increase from now until November.

Blueberries

Blueberries are still fairly tight, but getting better in shape slowly as the season is progressing. Price should start to drop over the next weeks

Kiwis

Good quality and availability on both Italian and New Zealand fruit. Will be tight on 8x2lb clams due to packaging material delay.

Grapefruit

We are into our third week now on Florida Grapefruit. Quality is good for early fruit and market remains steady. We still have some final deals on RSA fruit. See your sales rep for details

Melons

Cantaloupes and Honeydew will be tight as we finish off the season loading from Arizona. Offshore Melons from Guatemala are roughly a week away.

Oranges

We have beautiful Sunkist Fukomoto variety in for the start of the season. Size 56's and larger are still few a far between as the crop right now peaks on 72/88 fancy. This will improve a little as it gets further into the deal. We still have some arrivals of RSA Delta/ MidKnight fruit coming in, all sizes available.

Raspberries

Rasp are in great shape both are from MEX/ CA (US). Price should start to drop over the next weeks



Blackberries

Blackberries are quite tight and quality is fair. We are expecting new product to arrive towards the end of the week.

Clementines

We still have fresh arrivals coming in on W.Murcotts from Chile. Quality is fantastic and the market remains strong so take advantage while you can!

Grapes

California is wrapping up rapidly. Red grapes will be very tight going forward in California. In addition, Peru deals are expected to be short with red grapes. Green grapes we still have a couple more weeks to go.

Strawberries

Strawberries are still very tight. We are expecting the market to slowly get back to normal during this week. Contact our sales representatives for more information on availability and pricing.

Pomegranates

California region got hit with a lot of rain this week. Quality and price will be a concern going forward. Take advantage of the Wonderful variety and price we have on hand right now

Lemons

We have our final loads of RSA fruit in now. US fruit comes in fresh every week. See your sales rep for details.

Watermelons

Currently loading out of Mexico. Quality fair to good Mini watermelons –good availability on both 8's and 9's Push on the 8's Carton watermelons- very tight more arriving for Friday



**ORGANIC
ITEMS!**

**Fair Trade Bananas
Washington Apples
Blueberries
Vine Tomatoes
Avocados**



**LOCALLY
GROWN**

**Cucumbers
Peppers
Tomatoes
Chip Celery
Carrots
Eggplant
Potatoes**

Eggplants

MEX is now coming to a normal supply as they are coming into the second week since the first harvest. Price is expected to drop slowly.

Asparagus

Good supplies. Decent volume of 11lb Mexican product will be continuously available at a competitive price. Great quality!

Peppers

US pepper price keeps going down because of Florida season starting. However, chili Pepper are still from Georgia for another 1 or 2 shots and it will then be fully switched to Florida.

Chili Peppers have full production line available: Yellow Hot, Green Long Hot, Jalapeno, Cubanelle.

Cucumbers

Cucumber Market has stayed steady with healthy supplies. Slow Week 46 before American Thanksgiving hasn't put a major strain on most supplies especially low cost commodities like Cucumbers. Stay on a look out for possible deals on the horizon. Possible large Cucumber orders available, speak to a sales rep for more info.

Corn

Limited supplies. FOB market has gone up significantly due to the shortages caused by weather related issue. Expecting a higher price for the weekend and on.

Broccoli

Going into next week there will continue to be tight supplies. The market will stay strong for another week. D'Arrigo (AndyBoy) has started their Mexican program so we are expecting better volume at the end of the week.



Cauliflower

Should be looking at steady supplies next week. No major change is expected from US side. Ontario product is still available in 72ct bin. Last week!

Hot House Tomatoes

Good supplies and low demand has caused a quick price drop for out HH Tomato's. Be sure to promote while they're priced low. See your sales rep for more detail!

Zucchini

Zucchini is winding up at local now moving to MEX products. Price is high as they are first-cut, prices are expected to fall slowly over the next little while.

Celery

No issue with supplies. Fresh crops of Oxnard Celery will be available in SnoBoy. Great quality. Promote!

Potatoes

Lots of options for potatoes right now, Ontario to Quebec to PEI to US. All colours available with great quality.
Remember to ask about California premium sweet potatoes!

Carrots

Steady volume, good pricing. Price normally starts creeping up as December nears.
US products might see slight price increase due to increasing freight costs.

Roma Tomatoes

Romas have now moved to MEX product and is getting tight. Price increase is expected soon

Vine Tomatoes

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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.

Onions

With the emergent situation in BC, which is the route our Spanish onions and JBO red onions take, we will see a considerable price increase due to rail tracks being knocked down. Local onions are steady but as we get closer to December, the prices are expected increase.

Mushrooms

Supplies have continue to be steady for Brown and White #1. Ports have become short again as they cant seem to grow them fast enough. Oyster again are a hot Commodity with low supplies, so prices may increase. Shitake and Honey are now available in a more consistent basis.

Lettuce

Week 47 should show good supplies. US market has become continuously soft since more volume is available in Yuma.
Great quality! Promote!

RECIPE OF THE WEEK

Buffalo Chicken Zucchini Boats



- 1/2cup Chicken
- 1lb Ground Chicken
- 4 medium sized Zucchini
- 1/2 pack of Ranch (or