



FRESH UPDATES

Week 50 - December 13



GOOD BUYS



Field Tomatoes
Cucumbers
Zucchini
Green Peppers
Lettuce
Melons

Apples & Pears

Highlighting our Honey Crisp and Pink Lady in this perfect season for apples. Good supply from Washington and Ontario crops, but even better taste!

Pear season is also looking great! You should definitely give a try to our Forelle Pears. Outstandingly sweet taste!

***Contact your sales rep for more information!**

Mangoes & Papayas

This week we will have Ataulfo and Kent varieties both coming from Peru. 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.

Avocados

Avocados for next week are starting to firm up in larger sizes (48s, 40s, 36s and 32s). Our ripening program continues to be a valuable asset and is helping to drive sales. Our process add moisture back into the Avocado and therefore bringing a better, more consistent eating experience.

Limes

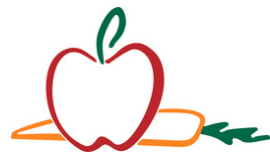
Great supply, great citrus scent and quality. Mexican products are ramping up with good supply.

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

Supply will be limited as the Holiday season approaches. Expecting slight price increase over the next couple of weeks.



Blueberries

Chilean Blueberries will be available soon replacing Peruvian product. Amazing quality arriving from Mexican Blueberry fields.

Kiwi

Good quality and availability on Kiwi from Italy. Keep an eye on our Spanish Gold Dori Kiwi **Arriving soon!** 8x2lb clamshells are tight at the moment.

Grapefruit

Wrapping up with South African product. See your sales rep for deals. Florida Grapefruit is picking up now. Prices remain strong as they are into their fund raising campaigns. Quality is just amazing!

Melons

This time of the season we will be carrying Cantaloupes and Honeydews from Guatemala. Quality and taste has been as good as it has ever been...and they only get better!

Oranges

Beautiful California Navels (Fukomoto variety) are moving steady, quality is good and taste even better. We still have some RSA Delta/MidKnights that have arrived fresh this week.

See your sales rep for promotional pricing!

Raspberries

Raspberries are in great shape. Mexican product showcasing great quality this year.

Blackberries

Good supply, quality and taste. Mexican Blackberries looking great!



Clementines

We received our first of the season California fruit today and it is great looking. We also have Spanish product available. See your sales rep for details. Our Stem & Leaf program has been delayed a little due to rains in the growing area. We should have beautiful fresh fruit in just prior to Christmas as we expect to get these moving on the vessel next week.

Grapes

The Grape market will be extremely tight moving forward as California is reporting quality issues. There is a big demand and suppliers are expecting to satisfy it by mid-January. Peruvian grapes look and taste very good!

Strawberries

Florida Strawberry is in good supply. Weather has been of help to yield great products! **Great taste, great colour!**

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

California Lemons remain steady and quality is excellent. Any RSA fruit that is left is being discounted for the most part.

Watermelons

Currently loading out of Mexico. Great quality and taste!

Mini Watermelons have good availability on both size 8's and 9's. Carton Watermelon available in size 4's to 6's



**ORGANIC
ITEMS!**

**Lemons
Washington Apples
Blueberries
Vine Tomatoes
Avocados**



LOCALLY GROWN

Cucumbers
Hot House Tomatoes
Onions
Carrots
Potatoes
Hot House Peppers

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.

Cucumbers

Cucumber are holding steady for pricing as we near close in on Christmas. Take advantage of the low prices before things tighten up. Mexico production is still steady, but rumblings of price increases could show starting end of the week

Peppers

Ever since the US Thanksgiving, supplies have stayed sloppy. Quality has held and price is fair, so talk to your sales rep for good opportunity buys. For the specialty market, Chili's, Yellow Hot, Jalapeno's and Cubanelle are in good shape while Green Long hot are still fairly tight.

Broccoli

The market has started coming off. Therefore, Supplies are in good shape. Expecting a better price as more volume is available. US Crowns are also in stock.

Asparagus

Moderate to tighter supplies as some of fields in Mexico are closing. Volumes have started to drop. The expected market price will steadily increase for next 1-2 upcoming weeks.



Lettuce

Good supplies so take advantage of lots of volume will be available for upcoming week. Please communicate with Sales team for promotion prices!
Promote!

Hot House Tomatoes

Supplies stay steady but, there may be a price increase next week. New ON Hot House crops are on there way so there could be some minor gapping. Mexican Product is staying strong.

Zucchini

Zucchini have leveled off now after a fairly sloppy market. Price has leveled off as well, but as we near the Christmas week prices should increase slightly.

Cauliflower

Steady supplies and no major change is expected from US side. Good volume of 9s and 12 will soon be available. Promote!

Hot House Peppers

Red Peppers are going to be very tight over the next few weeks. Plenty of Yellow and Orange to go around as Farms are unable to produce sufficient yields of Reds. Expect Red prices to go up next week.

Celery

No issue with supplies. The market has started to move up slowly due to holiday pulling. Excellent quality of Snoboy and T&A Celery will be available out of Oxnard.
Promote!

Corn

Limited supplies so take what you can. The market will stay fairly tight for upcoming week. Expecting better production by the weekend.

Potatoes

Local consumer packed products are steady and with good quality. USA potatoes still high. We are expecting to see carton white potatoes price increase since Washington supplies have rapidly tighten. California Sweet Potatoes are available and the quality is just great!

Beefsteak Tomatoes

No change for the upcoming week as we continue to see strong daily demands on Beefsteak. We may see that the 5x6 will tighten up and price drop off for the 6x6 market so watch prices daily.

Roma Tomatoes

Romas have now changed over to Florida as we are getting steady supplies with competitive prices. Mexico prices have dropped but still more pricy then the Florida product.

Gargiulo Inc.

Mushrooms

With issues still persisting from Vancouver Port as many barges containing Oyster, Shitake, Maitake and various other specialty Mushrooms have caused some farms to switch to US Spawns. This along with material shortages like Peat Moss could drive another price increase. Expect the supplies to start up and recover, hopefully, in time for the Christmas week.

Onions

No increases yet on the local products, but we should expect to see increases pretty soon. US onions continue to be high due to high freight costs. BC still backed up and no updates yet on when things will get back to normal.

Carrots

Local price has started to go up and supply is steady. We will continue to see high prices over the next weeks. USA Carrots continue to be high due to high freight costs and exchange.

FIVE PINEAPPLE FUN FACTS

1. You can plant Pineapple leaves to grow a new plant.
2. Costa Rica is the leading Pineapple producer.
3. Pineapples are native to South America before Christopher Columbus discovered them in 1493.
4. One Pineapple plant can produce one Pineapple at a time.
5. Pineapples ripen faster upside down.

GAMBLES 