

FRESH UPDATES

Week 03- January 17

GOOD BUYS

Melons

Apples

Kiwi

Ombra Tomatoes

Iceberg Lettuce

Clementines

Oranges

Apples & Pears

Highlighting our Jazz and Envy Apples. Both with a balance of sweetness and crunch that is perfect for the season. Good supply from Washington and Ontario crops, but even better taste!

Pear season is also looking great! You can't go wrong with sweetness of a Forelle or the every popular, Bartlett Pear.

Mangoes & Papayas

Although our Ataulfo is out of stock, there is good availability of Peruvian mangoes 9's and 10's. **Get them while they are here!** Papayas will be available during the week, and they are showing great quality.

Pineapples

Limited supply of organic 6s & 7s. We have conventional 6s & 7s available. Price is expected to be high during the week.

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.

Avocados

Prices for avocados are expected to continue to go up over the next upcoming weeks. Field prices are up, as well as freight from Mexico to Canada. This could last well into the spring.

Limes

Tight supply. Recent and unexpected rains in Mexico have caused some delays but there is availability. Price is expected to go up.

Sunkist®

Blueberries

Peruvian Blueberry's season is done and have now switched to Chile. 12X6oz and 12X1pint are available. **Promote!**

Kiwi

We have good volume and quality on Italian Kiwi! Come and see by yourself!
***Contact your sales rep!**

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

Cara Cara quality has been excellent and supplies are meeting the demand. **Blood Oranges** are steady but quality is outstanding! For Navels, expect a price increase in the very near future. We have **Hamlins** available (juice oranges) although we will switch to pineapples for a short period then into **Valencias** from Florida. **Seville Oranges** came and went quickly, we are receiving more early this week. **Make sure to book yours!**

Raspberries

Rasp from MEX is tight on supply. Price is expected to remain high. Steady supply.

Blackberries

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

TANIMURA & ANTLE®

Grapes

The Grape market is currently extremely tight and will stay as such for the next month or so. Crimson Red Grapes, Thompson Green Grapes, Sweet Globes and Jack Salutes will be available early this week.

Clementines

We are finishing with the California clementine deal and starting with **Tango and W. Murcott varieties**. We are also receiving **Maroc clementines** soon, as well as **Nadorcotts** from Morocco at the end of the month. **Dekopon Mandarins** will also be available early this week. **Spanish Steam & Leaf Clementines (Tango)** will arrive just in time for Chinese New Year. **Book Early!**

Strawberries

Steady supply. Grimes GPC available and the quality is great straight out of Florida. Check out our new HH Ontario selection of Strawberries! Ask your sales rep for more info

Pomegranates

Straight out of Florida. Steady supply. Take advantage of the wonderful variety and price we have on hand right now.

Lemons

Prices have gone up due to current market challenges. Quality remains excellent. Please make sure to see our Organic selection as we also have our **very fancy seedless lemons!**

Watermelons

Currently loading out Mexico and product is peaking on volume. We have good availability on all sizes on mini and carton watermelons. With flavour at its best.



**ORGANIC
ITEMS!**

**Blueberries
Avocados
Apples
Fair Trade Bananas
Lemons**



LOCALLY GROWN

Onions
Hot House Tomatoes
Cucumbers
Hot House Peppers
Potatoes
Carrots

Hot House Tomatoes

Supplies have tighten up and price has risen as low TOV yields out of Mexico, along with transport costs may increase the price more. Keep your inventory tight as it could drop at the end of the month.

Cucumbers

Cukes have shot up significantly over the past week, almost double as we hit the lowest HH Ont production of the year. Late new crop Ontario yields should help.

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.

Broccoli

Moderate supplies. Market is getting stronger due to low production as a result of the cold weather. Decent volume of AndyBoy product. Dandy shortcut crowns are also in stock!

Lettuce

Good supplies. Decent volume of SnoBoy and T&A products will be available. **Come and see the quality! A must-promote product!**

Cauliflower

Moderate supplies. Market will stay high due to weather-related issues. Fair quality is expected for at least another week.

Peppers

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.

Corn

Light supplies. Market has risen up out of Florida. Limited volume of Bi-Colour and Yellow Corn will be available during the week

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.

Asparagus

Moderate supplies. Steady market is expected for another week. Better production is expected by the end of next week from Mexico.

Hot House Peppers

This upcoming week we should see some relief hit the HH Peppers. The current issue is trucking costs keeping the price high. Hopefully the HH Ont production picks up next month to help with supplies

Celery

Moderate Supplies. Market will remain high for the next week. SnoBoy Celery out of Yuma will start next week. Oak Canyon and T&A Celery are also available at a competitive price.!



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. White A Pioneer Potatoes will see a price hike due to availability tightening up,

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.

Mushrooms

As we move into the new year, the main issue arising is the lack of material for specialty Mushrooms. Push lots of Mushrooms as farms have a large supply of White and Brown Mushroom for sale. Prices have gone up slightly, but hopefully wont increase further for the first quarter of 2022.

Onions

Expect small increase on prices for local onions. 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

We will continue to see high prices over the next weeks for local and US carrots due to freight cost and exchange rate.



Energy-Boosting Fruits

If one of your New Year's Resolutions is to lower your caffeine consumption, here are some other great options to consider in order to keep your energy levels high:

- Bananas
- Apples
- Grapefruit
- Mangoes
- Melons