

# FRESH UPDATES

Week 42 - October 17

## GOOD BUYS

**Pumpkins**  
**Corn**  
**Celery**  
**Zucchini**  
**Roma Tomatoes**  
**Grapes**  
**Melons**

## 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. Freshly arrived Argentinian pears are back in stock! Good look, size and taste!

## Mangoes & Papayas

Good Supply. Market has come back to normal from last week of flooded supply. No much change.

Starting the week a little bit tight on Papayas, but may open up by Thursday or Friday.

## Avocados

Pricing is staying fairly stable next week. Good item to promote after Thanksgiving!

## 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.

## Limes

Tight Supply. We are tight on smaller 40lb boxes and new load just arrived. 63s are still in good supply.

## Pineapples

Tight Supply. Summer will give us tight on larger sizes like 5s. 5s are tight still with high cost. Rest are good shape and good supply.

## Lemons

The market is steady, however there has been some poor arrivals that have failed so you may hear some cheaper prices around. Please beware of potential quality issues.



## Blueberries

Good Supply. BC supply has caught up and now they are in good shape. Local blueberries are still tight but slowly improving.

## Kiwi

Good availability on both Clamshell and volume fill Green and Zespri Gold Kiwi. **\*Contact your sales rep!**

## Melons

Good supply on **Cantaloupes** from CA, Golden Treat label quality at it's highest right now. Fresh arrival of jumbo **Honeydew** from CA with Golden Treat label. Will have have regular 6 dews. Good supply of jumbo 4 **Hami** melons available

## Grapes

Autumn Green Grapes – we are seeing from the initial shipment good sizing and flavour.

Red Grapes – Sweet Celebration grapes will be available for the next week and have started to transition to Allison Red Grapes.

Black Grapes – Summer Royal grape finished for the season, Autumn Royals have started shipping.

Red Globe Grapes – We have started to ship Lucky Dragon Jumbo size and excellent Flavour and very sweet!

## Raspberries

Tight Supply. Current heat issue at CA is causing shortage of all berry category. Price will increase more.

## Blackberries

Tight Supply. CA heat issue is causing shortage of all berry category. Price is expected to increase.

## Strawberries

Driscoll's load arriving early in the week. Strawberry supply has improved and no shortages expected. Price is stable from MEX and CA products. Quality is great!

## 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.

## Stone Fruit

Local: Blue Plums 10x1.5L are finished for the season. Blue Grapes 8x2L – Season will end shortly after thanksgiving weekend. Peaches, nectarines, Plums from California – Supply will continue for this week and into thanksgiving weekend.

## Grapefruit

The market seems soft. We have very nice end of season fruit from South Africa. **Please see your sales rep for ad specials.**

## Oranges

We are still going strong with **South African Navels**. Later varieties have been loaded and will be arriving in the coming weeks. Market seems to be steady where supply is meeting the demand. **Juice oranges** we have an Argentinean with good brix and the yields have been great as reported by the juicers...

## Clementines

We have a fantastic variety of beautiful fruits from Peru and South Africa, Tango, Orri, W.Murcotts, Nadorcotts. Now is the time to promote. **See your sales rep!!**



**ORGANIC  
ITEMS!**

**Lemons  
Avocados  
Blueberries  
Strawberries  
Fair Trade Bananas**



- **Peaches**
- **Plums**
- **Nectarines**
- **Tomatoes**
- **Carrots**
- **Asparagus**

## Hot House Tomatoes

Tomato market is low at the moment with good supplies. Quality should be a priority as a lot of the product is either under or over ripe right now. This should change as more farms start their new crops.

## Eggplants

Mexico 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.

## Corn

Good supplies. Georgia market is getting soft as more volume is coming up. US Fancy Bi-Colour, Yellow, and 12/4ct tray pack are in stock from Duda Farms.

## Cauliflower

Good supplies. US market is all over the place. Price range is very different from shed to shed. Decent amounts of 12s Oak Canyon and Freshkist will be available at a better price. Ontario crops will be very short for upcoming week.

## Asparagus

Light supplies. There will be a slight gap for Mexican crops due to heavy rain in growing regions. A fresh load of large size Peruvian product will be available for coming 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.

## Lettuce

Short supplies. US market will remain high for a while due to disease from the field. Limited volume of 24s Andy Boy and Dandy lettuce will be in stock. Most of local leafy items will be done shortly.

## Broccoli

Moderate supplies. US market will remain the same. Good volume of Andy Boy bunches will be in stock. Ontario crowns will be limited for another week due to colder weather.

## Zucchini

Steady supplies. The market has started to loosen up. Product is showing great quality! Promote!

## Hot House Peppers

Pepper market is going through a transition point, where you will see low priced Med/Lrg, while seeing expensive XL/XXL. Stay on top of sizing as you may see mixed sizing in your packaged product

## Celery

Good supplies. US market has started to move up slowly. A fresh load of Dole celery will arrive early next week. Great quality of Ontario Chips Celery will be also in stock!



## 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,

## Mixed Greens

The local season is finishing up. First shot of US product coming in for next week out of New Jersey with the Little Bear label.

## 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.

## Mushrooms

As we hit our first real heat of the year, be cautious as mushrooms will be sprouting very fast. Quality will be hard to maintain as temperatures will heavily strain Mushrooms also, after picking.

## Beefsteak Tomatoes

California droughts are causing a strain on various categories, but the beefs have been hit hard as little to no production is coming out of the State. Please prebook ahead of time with your sales Rep to assure you will have product.

## Carrots

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



## Hami Melons!

This is a very special variety melon in which the seed originated in the Xingjiang area of China. Oblong in shape with yellow skin and green streaks throughout, the Hami melon has a juicy orange flesh. Its flavor profile is reminiscent to a very sweet cantaloupe, with more flavor and firmer crunchy texture.