

FRESH UPDATES

Week 3 - January 13



GAMBLES 



GOOD BUYS

Apples
Oranges
Avocados
Grapefruit
Bananas
Berries

Apples & Pears

Apples - We have all apple varieties available, locally and from Washington - from Ambrosia to McIntosh to Honeycrisp and more. **Speak to your Sales Rep about the specialty Envy™ Apples Pouch Bag for Lunar New Year!**

Pears - We have good availability on all varieties of Pears - Bosc, Anjou and Bartlett coming out of the region of Washington

Mangoes

Red Kent Mango is still the best quality right now! Ataulfo is limited. Speak with your Sales Rep to get deals on Red Mangoes! Size 8 and 10s are available.

Kiwi

Good availability on Italian green and Jingold golden Kiwi - available in both clamshell and volume fill. We also have "Zeus" Greek Kiwi available. Great value!

Avocados

Promos for the next week will be in sizes 40s and 48s. The quality is very good! Contact your Sales Rep - we are open to setting up very strong Ads leading into Super Bowl.

Bananas & Plantains

Tight market for both Bananas and Plantains. Price is going up and Plantain is scarce. We are searching options to bring Coliman Gold #1 MEX Banana back alive! ETA is still TBD.

Pineapples

Pineapples are slowing down and getting back to normal supply but still showing some high maturity from the weather at harvesting country. Dole is the best quality Pineapple in the market, but supply is tight. Be confident with your purchase! Reach out to sales.

Lemons

Good supplies and excellent quality from the US. We have seedless Lemons in stock as well. Contact your Sales Rep for promo pricing.

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Blueberries

We are now in full swing with Chilean Blueberries. Clear Spring brand has one of the best Chilean Blueberries on the market. Price has stabilized and supply will stay steady for next week. Contact your Sales Rep.

Melons

Cantaloupe and Honeydew are between crop pickings and are experiencing a tight market. Expect cost to rise and quantities to tighten next week.

Watermelons

Mini Watermelons are in good supply - good time to promote!

Grapes

Green Grapes - Market indicates there will be a better supply of Green Grapes next week. Jumbo Sweet Globe and Sugarone will be available in the market. Green Seedless 2lb Clamshell have arrived from South Africa . Cotton Candy Grapes 10x1 are available along with a small volume of Jumbo Autumn Crisp. Very good quality and taste!

Black Grapes - Sweet Sapphire XL Black Grapes from Peru are available this week - size and quality are outstanding! Sweet jammers 10x1lb just arrived, bursting with an extra sweet and delicious Concord Jam Flavor. 100% Seedless. Picked in the finest grape growing region in Brazil.

Red Grapes - Red Flame Grapes XL now in stock from Peru.

Blackberries

Supply is good and quality continues to be great and we expect this to continue. We have great prices on Blackberries. Reach out to a Sales Rep.

Raspberries

Raspberry availability is scare. Supply issues will continue for a couple more weeks. We have availability in limited quantities.



Grapefruit

We currently have both Florida and Mexican fruit in stock. Florida will be a little tight to begin the week with fresh arrivals due in.

Oranges

The forecasted rain in California could tighten supply of Oranges for the next couple weeks leading into Chinese New Year. Plan and book ahead for your needs. This will stretch across all varieties (Bloods & Caras). Florida Juice oranges are still Hamlins. We should have mid seasons in a about a week, followed by Valencias.

Strawberries

Florida growers are seeing repeated rainy weather. There is recovery from the freezing weather but supply is still tight. We will still have Clear Spring and GPC, Driscoll's label both in stock for next week.

Stone Fruit

Peaches Tray format 40 / 48ct available to order. Firm, good size and colour.

Clementines

We have fresh arrivals for the weekend. We will have another air shipment of Orri's arriving mid next week. Contact you Rep and stay ahead of your needs.

Limes

Lime prices have begun shooting up! Gambles has best quality Mexican Limes with competitive prices. We carry 63s, 175s, 200s, 230s sizes.



**ORGANIC
ITEMS!**

**Avocados
Carrots
Pineapples
Fair Trade Bananas
Ginger**



LOCALLY GROWN

- **Apples**
- **Parsnips**
- **Mushrooms**
- **Carrots**
- **Onions**
- **Cabbage**
- **Beets**

Asparagus

Moderate supplies. One of main growing regions in Mexico will open in 1-2 weeks. In the meantime, limited volume of Peruvian product will be available.

Hot House Tomatoes

For the next couple weeks markets will be tight due to the political climate in Mexico, coupled with low field yields coming out of the local farms. Be mindful of stock. Markets will potentially drop.

Lettuce

No issue with supplies. US market will remain the same. Good volume of 24s Snoboy and T&A lettuce from Arizona will be continuously available at a competitive price. Promote!

Hot House Peppers

Market is still tight due to political unrest in Mexico. The Spanish deals are ceasing into the US due to pest issues. We're monitoring the situation.

Specialty Citrus

Excellent quality with steady supply on Bloods. Sevilles we are on our final inventories now. Melo Golds are priced to move. Dekopon will be in for the weekend (first arrivals of the season). Cara Cara, large size remain in short supply, bags are also available. Minneolas we are waiting for the northern deal to start up. The south finished very early this year (short deal).

Peppers

The market was already active and it is getting hotter due to unexpected violence in Mexico. New loads arriving within the week, Contact your Sales Rep.

Cauliflower

Good supplies available. The market has started to settle down. Expecting fair quality due to heavy rain in Western California. Decent volume of 12s Freshkist & T&A product will be available at a competitive price. Speak to your Sales Rep.

Tomatoes

Florida Tomatoes available now - Matures Greens and Grape Tomatoes. The market is steady. The quality is excellent! 5X6 sized is tight due to the cool weather in Florida for the past 2 weeks. We will have Lunar New Year specials. They will start to kick off at the end of the week. Stay tuned!

Organic Citrus

We supply FRESH ORGANICS to order only. Please submit your request to your Sales Rep. We move a lot of Organics - to maintain FRESHNESS, we do not stock.

Broccoli

Good supplies. Market is getting soft, and more deals are available. A fresh load of 18s Mexican Andy Boy bunches will be in over the weekend. Excellent quality of Little Bear Shortcut crowns is also in stock. Promote!

Zucchini

New regions are opening up with good quality. Price is increasing. Watch for a price adjustment.

Cucumbers

Market supply is tightening due to unrest in Mexico. We continue to monitor the situation. Contact your Sales Rep for availability..



Eggplant

Older regions are finished. New regions will start kicking in with good quality. Price is still climbing. There will be a price adjustment during the middle of the week.

Potatoes

Local potatoes are staying steady. We still have 10lb Russet Potatoes to offer as it is a better deal compared to 10lb White Potatoes. Washington carton potatoes (red and yellow) affected by the high freight rate.

Mixed Greens

Consistent supplies continue coming out of Texas. Good availability and great quality! Good time to push extra sales.

Mushrooms

Supply continues to be good on White and Brown Mushrooms, as well as varieties. Portabellas continue to be tight.

Onions

Local Onions have plateaued on price increase for now. Quality and availability is still great!

Celery

Moderate supplies available. Market has started to calm slowly, but still relatively at high cost. Light volume of 24s Snoboy and Dole celery will be in over the weekend.

Corn

Moderate supplies at the moment. No major change is expected for upcoming week. Look out for a fresh load of Bi-Colour & Yellow corn will be available!

Carrots

Local Carrots have steadied on price increase for at the moment. Quality and availability is great. Any process Carrots coming from California – mini, micro mini, shredded, and organic – price has taken a hike due to FOB coming up for the new year and the freight costs jumping in the week.



Limited Time Offer!

**Lunar New Year Envy™
Apples Pouch Bag.**

**Also available, Lunar New
Year POS - Posters and
Header Cards.**

