

FRESH UPDATES

Week 11 - March 10



GAMBLES 



GOOD BUYS

Apples
Oranges
Avocados
Grapefruit
Bananas
Berries

Apples & Pears

Apples - Apple varieties, local and Washington, remain in good supply. Try varieties such as Honeycrisp, Gala, Ambrosia, Jazz and the sweet Envy™ Apple!

Pears - Availability is good on Anjous and Bosc Pears from Washington region. Good arrivals of off-shore South African and Argentina Bartletts.

Pineapples

Price of Pineapple is going down slowly as market is getting saturated. Organic is again expected to be tight coming week.

Kiwi

Availability continues to remain on Italian Green and Jingly Golden Kiwi. Quality is good. Available in clamshell and volume fill. Great time to promote!

Avocados

Prices should be stable for next week. Demand continues to be strong, and the quality is EXCELLENT! Contact your Sales Rep.

Bananas & Plantains

We are experiencing some port delays resulting in late arrivals on Bananas. Price is steady but we could see some greener fruit due to this delay at the port.

Mangoes

Mexican Tommy's are going to be available as Peruvian Kent season is now done. There are a lot of Ataulfo in the market. Some are sold cheap but overripe. Gambles always stays on top with fresh fruit!

Lemons

Sales have been lively, and the fruit has been excellent! We're receiving fresh arrivals almost daily. Meyer Lemons are in stock - 12x1lb. We can also do a 2lb bag for your specific needs. Sweet Limes will gap for a bit until the next crop starts up; we still have a few in stock.



Blueberries

Use caution as there are a lot of bad quality CHL Blueberries out at the market. Now we are carrying both 6 oz and 1 pint clamshells! Gambles always has the best with great quality. We offer both #1 and #2 quality separated.

Melons

As we move into March, we will be nearing the end of the offshore deal. Cantaloupe and Honeydew will remain high for the next few weeks until we start moving into the Desert deal.

Watermelons

Mini Watermelon availability is good and price remains steady. Conventional has started to tighten with no price changes yet.

Stone Fruit

We are expecting new arrivals of Plums, Peaches and Nectarines!

Grapes

Green Grapes - We'll have Sugarone XL size Peruvian Grapes for the week. Quality has been good on arrival. Just arrived Arra 15's from Chile, Jumbo exceptional size and quality!

Black Grapes -XL Black Sweet Grapes available limited volume.

Red Grapes - We are finished for the season on Peruvian Grapes – Now available New Chilean Queen Jumbo and Allison. Contact your Sales Rep.

Blackberries

Blackberries are becoming tight with supply with slowly increasing price. Quality is still great and Gambles has both Sun-Belle and Driscoll's label available!

Raspberries

Raspberry supply is now almost back to normal and finally price is coming down. We have good quantity with the best quality Raspberries!

veggie Family Pac.com



Procyb Farms (1994) Ltd.

Clementines & Mandarins

We have a GREAT selection of the following:

- Orri's from Israel
- W.Murcotts from California
- Nadorcotts from Marocco
- Dekopons from California
- Minneolas from California

Quality is very good and so is supply. Please see your Sales Rep for promo opportunities. We can do bags everyday FRESH as you need as well.

Papaya

Market is a bit tight on supply out of Mexico. The price remains high. Quality is good.

Strawberries

Florida Strawberries are becoming tight! Price is expected to go up next week. We are back with Ontario Hot House Strawberries 8X12oz. Fresh and generous price, talk to your Sales Rep!

Oranges

Flavor and quality is excellent! This is THE time for citrus and a very good time to promote! Navels, Cara Cara, Bloods, bags, bulk, we have it all, whatever you need! Speak with your Sales Rep. Valencia Juice Oranges from Florida are also in good supply and we have a deal for you!

Grapefruit

Price will remain steady or slightly increase. The deals will be finished early this year, barely making it to April, most likely. Bag programs are also available - Call your Sales Rep for details.

**ORGANIC
ITEMS!**

**Avocados
Carrots
Pineapples
Fair Trade Bananas
Garlic**



LOCALLY GROWN

- Apples
- Mushrooms
- Garlic
- Potatoes
- Onions
- Cabbage
- Carrots

Asparagus

Good supplies. Soft Mexican market will continue for coming week. Decent volume of 11lb large size from Progressive & Dole will be available at a great price! Promote!

Hot House Tomatoes

Tomatoes are in good supply and quality is also good. Contact your Sales Rep.

Lettuce

Good supplies. US market will stay soft as high productions are expected on most leafy items. Fresh loads of 24s Snoboy, and Dole lettuce will be available at a better price.

Hot House Peppers

Mixed Peppers have tighten up as Mexican volume and quality are poor and Ontario is still a week out.

Limes

Lime market remains tight and price is staying high. Gambles will have a newly arrived full load of new fresh Limes next week Tuesday! Please contact your Sales Rep for price and availability on sizes 63s/ 175s/ 200s/ 230s.

Tomatoes

The market has been unpredictable due to the hot weather, which helped on the production side. We will be seeing some larger sized Tomatoes with rich color. The Roma market has dropped. We will monitor.

Zucchini

Zucchini market price is erratic due to changes in the growing regions. Yellow Zucchini price remains on the high side due to the tighter supply.

Eggplant

The supply is becoming steady. The market price have begun to settle down.

Peppers

Green Pepper market has become active. The supply is tightening up and we are watching prices. Mexico's coloured pepper price has increased rapidly due to the cold weather.

Squash

We are seeing Spaghetti and Pepper Squash prices cool down. Butternut and Buttercup remain on the high side for the moment.

Organic Citrus

We supply Fresh Organic Citrus to order. This ensures the best quality. Submit your request to your Sales Rep. We will have a few lines in fresh this week on Lemons and Navels. Be sure to book early!



Cauliflower

Moderate supplies. US market has started to come off gradually. Light volume of 12s Freshkist product will be in stock for early week and more products will follow at the weekend.

Broccoli

Moderate supplies. The market is becoming active on bunches and crowns. Expecting a higher cost for the upcoming week. Good amounts of 18s Mexican Andy Boy bunches and Little Bear Shortcut crowns will be available.

Cucumbers

Due to multiple large retailers going on Ad at the same time, Cucumber market will be high for the next few weeks compared to normal historic cost.

Mixed Greens

Good supply and availability. Quality is very good! Contact your Sales Rep.

Potatoes

Ontario Red Potatoes are wrapping up and then we'll transition to PEI. We have a full line up of all colours and sizes from Florida - products look very good! Sweet Potatoes are good quality and a good price!

Carrots

Supply and quality continues to be good. Cost remains steady.

Corn

Good supplies. Florida market is getting soft as more products are available. Another load of Yellow and Bi-Colour corn will be available at a competitive price. Good time to promote!

Local Ontario Garlic

Local Ontario Garlic is available. Ask about a 30lb box and 2pk sleeves.

Ginger

Ginger will be moving up in cost as container volumes will be limited and supply will be tight. Organic Peru Ginger will be an alternative.

Mushrooms

Supply is good on White and Brown Mushrooms as well as varieties and Portabellas.

Celery

There will be moderate supplies. US market will stay strong for another week. Limited volume of 24s Snoboy (Yuma) and Little Bear (TEX) Celery will arrive over the weekend.

Beets

We are fully transitioning into Mexican crop this week.

Onions

Local quality and supply remains good. US market is showing a decline on bigger sizes. We'll have Peruvian sweet Onions for another couple weeks. We may then fill a small gap with Mexican crop, until we start Vidalia onions from Georgia.

Just in!
Contact your
Sales Rep.



Juicy and sweet and available now - don't miss out!

