

FRESH UPDATES

Week 21 - May 19

GAMBLES 



GOOD BUYS

Apples
Oranges
Avocados
Grapefruit
Bananas
Berries

Apples & Pears

Apples - Supply is good on local and varieties out of Washington. Try a new variety - Gala, Honeycrisp, Ambrosia, Jazz, the sweet Envy™ Apple and more!

Pears - Availability and quality is good on Anjou & Bosc Pears from Washington region and off-shore South African and Argentina Bartletts.

Pineapples

Pineapple in general (conventional, organic all sizes) all remain tight. Quality is getting better and supply is also getting better. Organic is still very limited and so is larger conventional fruit.

Kiwi

First arrivals New Zealand Zespri Gold Kiwi available starting next week! Chilean Green Kiwi are now in stock - both clamshell and volume fill available. Good time to promote!

Avocados

We are well into the "old crop" supplies. Please note the darker shading on the skin is not an indication of ripeness but more an indication of the higher oil levels. Old crop Avocados represent the best eating Avocados of the season due to the high oil content, with a rich, nutty and buttery flavour. Contact your Sales Rep with any questions.

Bananas & Plantains

Dole Bananas were very tight due to vessel delays at the port. Availability will be back to normal by coming weekend going forward. Equifruit is in good flow. We had increased orders recently and now we are meeting customer demands.

Mangoes

We now have Haden mangoes available in size 8s and 10s from Mexico. Don't forget Ataulfo 12s.

Lemons

Quality is excellent and the volume is good! We are also doing bags fresh on a regular basis in both Sunkist and Choice fruit. We are now finished with Sweet Limes and Meyer Lemons.



Blueberries

Blueberries are now back in stock and rolling! Both 6oz and 1 pint sizes available. We are mainly using Georgia fruit, and will be seeing some NJ fruit soon as well!

Melons

The California deal starts next week. This includes the Cantaloupe, Honeydew and Specialty Melons.

Watermelons

We've now started out of Florida. Product sizing is still large, small size availability is starting and will be in full swing next week.

Cherries

First arrivals of California Cherries due in next week!

Multicultural

Snow and Snap Peas -

Market is in good supply on snow and Snap Peas.

Ginger - Chinese 30lb bulk is in good supply and quality. Contact your Sales Rep.

Grapes

Market is still tight and supply will not be consistent until Mexico starts shipping the end of May. There will be some Egyptian Red and Green Grapes available mid next week.

Pomegranate

Supply is short on Pomegranates. Contact your Sales Rep for details.

Strawberries

California Strawberry production is ramping up! Northern California fruit supply is stable and should be in full swing next week. We will see more "Sweet Darling" label berries. We offer Ocean Spray, Driscoll's labels as well!

Raspberries

Raspberry quality has improved but is still in very tight supply. We are offering both Driscoll's & Sun Belle brand Raspberries at the moment.

Grapefruit

We have Turkish and Israeli Grapefruit in stock. Contact your Sales Rep. Good time promote.



Clementines & Mandarins

We have received our final load of Orri's for the season. W.Murcotts from California have firmed up on pricing and will be done early this year. Maroc we are now finished for the season. And Minneolas are also done for the season. We have Nadorcotts from Morocco. Citrus quality is very good and so is supply! Speak to your Sales Rep for promo opportunities. We can do bags everyday fresh as you need them! Just ask.

Blackberries

We have great Blackberry available in stock! Best price in the market. We have both Sun-Belle and Driscoll's label available! Contact your Sales Rep.

Oranges

Flavour and quality is very good at this time of the year! Pricing is starting to firm up with Sunkist as they try to prolong the deal. Other shippers may be dealing on fruit. Please continue to let us know what you are hearing out there. We will work with Sunkist as best as we can. Bags, bulk, we have it all!

Stone Fruit

Good news! Apricots have started to ship with first arrivals coming this weekend from California - 18x1lb bags and 70/72ct Place Pack. As volume increases there will be larger sizes available. California Peach season has started! Arriving at the end of next week 15x2lb bags and 48-50ct. First of the season Krista variety due in with full red crimson colour. Nectarines from California are due to start shipping last week of May.



**ORGANIC
ITEMS!**

**Avocados
Carrots
Pineapples
Fair Trade Bananas
Garlic**



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

Asparagus

No issue with supplies. Excellent quality of 28lb / 28bunches of Ontario Asparagus is in stock. Great time to promote! Great time to go local!

Hot House Tomatoes

Tomato market continues to see good quantity with fair quality. We are now beginning to see issues due to disease. Quantity maintains but quality is inconsistent. Cost is low.

Eggplant

The price is remaining on the high-end. The market may loosen a bit after the holiday.

Hot House Peppers

Pepper market remains in good supply and quality is good. Cost remains steady.

Limes

Lime market prices have finally settled down. Please contact sales for price and availability on sizes 54s/ 175s/ 200s/ 230s. We now carry 54s exchanging 63s in the past.

Broccoli

Good supplies. No major change is expected for upcoming week. Fresh loads of 18s Andy Boy bunches and shortcut crowns will be in stock.

Cauliflower

Good supplies. The market will remain steady. Decent amounts of 12s Freshkist product will arrive over the weekend.

Squash

The new season has started. There are more players in the market and the market is starting to loosen. This is a good time to promote both Buttercup and Butternut. Contact your Sales Rep.

Cucumbers

Market is up due to good weather. Cost is decreasing and quantity is increasing.

Peppers

The market is very active, and the prices remain strong. Due weather, quality on Florida Peppers is mixed. We are now into Georgia Peppers. There are limited quantities and they're bit pricy but quality is good and Peppers are large. Chili Peppers are still coming from Florida until the Georgia season starts.



Zucchini

Mexico season is winding down and the production is getting lighter, especially the Green Zucchini. Green Zucchini market is very active. The price will be up in the middle of the week.

Tomatoes

The market is moving up on all sizes, especially smaller sizes. Florida is winding down and there will be a 10 day gap before Quincy starts. Roma prices are up and the supply is getting lighter in both Florida and Mexico. Contact your Sales Rep.



Lettuce

Good supplies. US market will remain the same. Decent amounts of 24s Snoboy, and Oak Canyon lettuce will be available at a competitive price!

Mixed Greens

Good quality and supply! No issues with availability. Contact your Sales Rep.

Potatoes

We have California new crop Potatoes in stock with limited quantities; market is starting strong and pricing will stay high due to weather related low yields. Local White Potatoes continue to serve well for the price point. PEI Russet Potatoes are looking beautiful and moving fast. Russet market is increasing due to a short supply this year.

Celery

Limited supplies. The market will remain very strong as most growers are experiencing sizing issues. Light volume of 24s Snoboy Celery will be in over the weekend. Smaller size profile is expected for a while.

Onions

Prices starting to creep up on local Onions, but quality is good. We advise customers to keep products rotating fast. We will continue with local crop for another 3 weeks minimum until we change to USA. New arrival is due on Jumbo and colossal size Spanish Onions and jumbo Red Onions, with new crop Onions from California, Texas and Georgia.

Mushrooms

Quality and supply is good on White and Brown Mushrooms as well as varieties and Portabellas. Contact your Sales Rep.

Local Ontario Garlic

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

Carrots

We're keeping an eye on the market. Quality is fair at best. We will transition to Mexican in the coming weeks.

Beets

Good quality Mexican Red Beets are now in stock. No availability issues. We have USA Gold and Striped Beets. Speak with your Sales Rep.

Corn

Good supplies. Softer market is expected as Georgia corn has started. Great quality of Bi-Colour and Yellow Corn is in stock. Promote!

Contact your
Sales Rep for
more info.



Add a little
sweetness!

Our family grows farm fresh foods to bring families
like yours together around the table.

Watermelon



Mini
Watermelon

