

FRESH UPDATES

Week 7 - February 9

GAMBLES 

GOOD BUYS

Apples
Avocados
Easy Peelers
Oyster Mushrooms
Melons
Bananas

Apples & Pears

Apples - Try out our delicious apple offerings! We have Local Ontario and Washington varieties including Envy™, Honeycrisp, Gala, McIntosh, Cortland, Ambrosia and more. Pair your apples with Litehouse Chocolate or Caramel dip for Valentine's Day!

Pears - Bartlett, Bosc and Anjou varieties out of Washington remain available and reliable.

Pineapples

Pineapple supply appears to be back to normal. We are carrying premium, ready-to-eat Golden Selection label from Dole. Regular size 7 conventional pineapples are also available and on promotion. Reach out to your Sales Rep to reserve now!

Mangoes

The mango market has now returned to normal supply. Red mangoes from Peru and Mexico are available, as well as a fresh arrival of Ataulfo's from Mexico fully in stock!

Avocados

Ripe & ready avocados make great guacamole for Super Bowl Sunday! Availability is good on all sizes and quality is excellent. Try out Calavo organic avocados. February is a good month to promote- talk to your Sales Rep!

Bananas & Plantains

All Bananas are in stock and available! We have a great selection and the best price to offer. Organic 13x3lb are experiencing higher demand than usual- don't forget to talk to your Sales Rep to book in advance. Although Manzano supply has improved, we are still waiting for it to return to normal. Try Baby Banana's as an alternative!

Kiwi

Jingold and Green Kiwi from Italy and Greece are available in both clamshell and volume fill. Inquire with your Sales Rep about promo pricing on Golden Kiwi!

Watermelon

We are now at the end of transitioning between Mexican regions. Supply may tighten up for a week or so before we see regular volumes again. Make sure to be cautious of quality issues.

Melons

Melons are now available! Pricing and quality of melons are expected to continue to improve as we progress through the month. We're bringing in **new** Guatemalan specialty melons, including **Orange Flesh Yellow Honeydew!**



Grapes

Red Seedless - Expect this market to remain very tight and under-supplied over the next couple weeks. Supply will increase when Chilean vessels arrive in a few weeks. Next week there will be a small supply of Allisons and Red Globe Grapes from Peru. We will also have limited quantities of special Candy Hearts Grapes for Valentine's Day, arriving early next week!

Green Seedless

Suppliers are in a gap situation until Chilean fruit starts to arrive, resulting in a tight market. Pricing remains high on XL-Jumbo sizes, but quality is great. Next week we will feature a good supply of Jumbo Sugar Crisp and Timson grapes!

Black Grapes - Supply and quality is good on Sweet Flavour black grapes. This market will remain steady on price going into week 7 with opportunity buys available.



Strawberries

Heavy rains in certain regions of Mexico and California are causing a slight tightening in the market, however, we shouldn't see too much of a disruption heading into Valentine's Day. Look out for many deals the following week as volumes will increase again.

Clementines/ Easy Peelers

We have fresh arrivals of Moroccan Nadorcotts in 15kg, 4lb and 2lb bags weekly. We also have a few Sunkist Tango remaining. Stem & Leaf Tango have arrived in special Chinese New Year boxes. Israeli Orri by air are almost finished, with our first vessels coming in at the end of February. Keep your eyes out for fresh Dekopon arriving soon!

Tangerines

We've come to the end of Fancy Juicy Crunch for the year, but we will have a special on a 100 size for sweet Tangerines JUICE! Contact your Sales Rep for details.

Grapefruit

Grapefruit out of Florida remains very slow as it battles the lower cost fruit coming from overseas. 3lb bags are available and we have a new arrival of Moroccan Grapefruit that is very promotable!

Blueberries

We are currently bringing in Blueberries from Chile and Mexico. Chilean quality is not as good as Mexican, but pricing is more favourable. Be cautious of deal pricing as quality may not hold.

Blackberries

Quality and quantities are steadily improving with fair pricing. This is anticipated to remain steady as we look ahead.

Lemons

This market has likely hit bottom. We have got some fresh arrivals from California, as well as 1lb bags of Mayer Lemons and juicy, Seedless Lemons from Sunkist. Also available is a 2lb bag in Sunkist label.

Oranges

We are carrying all varieties in bags and bulk including Bloods, Minneolas and Cara Cara from Sunkist. Moroccan Salustianas are available now for a limited time- these are great for juice & table oranges! Navels continue to size up from California, peaking on 48's and larger. Small fruit remains very short and prices reflect as such. We pack *fresh* bags every day in both Sunkist and Choice grades.

Pomegranate

Product from Turkey is available and looks good! We also have incoming product from Israel. Contact your Sales Rep for more information.

Raspberries

Raspberry supply and quantity continue to be fair. Speak to your Sales Rep for pricing!





LOCALLY GROWN

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

Hot House Peppers

Poor weather will keep peppers tight for the next couple of weeks. In the meantime, choose Spanish Peppers instead while supplies last!

Peppers

Weather is still causing issues with Florida peppers- quality is fair. Chili Pepper production remains tight from the effects of cold weather. Mexico peppers are making up for lack of quantities, and also offer better pricing.

Asparagus

The market continues to come off as more product becomes available. We have excellent quality of 11lb LG Dole asparagus in stock right now!



Cucumbers

With Mexico now turning on and Canadian greenhouses seeing good sun quality, expect lower pricing and steady availability going forward into February.

Limes

Limes out of Mexico are suffering from quality and very limited supply due to weather conditions. In the meantime, we are carrying Brazilian limes as another option. New Mexican limes are expected to arrive later next week. As a cheaper alternative, inquire about HON lime 200s with decent quality.

Broccoli

The US market remains steady. We have good amounts of Andy Boy and Nature's Reward bunches, as well as Little Bear crowns available!

Cauliflower

This market is holding stable in the US. We will have fresh arrivals of T&A 9s and 12s available soon!



Squash

Our squash offerings currently include Buttercup, Butternut, Pepper and Spaghetti Squash! As we come out of peak season, squash is experiencing issues with weather and prices are on the higher side.

Zucchini

Production remains tight for Green, Grey and Yellow Zucchini due to weather, with prices sitting higher than normal. We hope to see some normalcy return to the zucchini market within a couple of weeks.

Eggplant

Eggplants out of Mexico are still experiencing high pricing and fair quality due to weather. Try Mini Eggplant as an alternative for the time being!

Hot House Tomatoes

Better availability and pricing will become apparent as we move through February. The situation looks promising, with Mexico turning on and Canadian Greenhouses having good sun quality.

Tomatoes

As poor weather persists, tomato production out of both Florida & Mexico continues to be affected. Inconsistent quantities and fair quality are resulting in high prices. Check back in for weekly updates as we monitor the situation!

Lettuce

We have Andy Boy romaine available! Be on the look out for 24s Nature's Reward, Snoboy and Any Boy Cello Lettuce. Contact your Sales Rep to place your order!

Mixed Greens

We have a full line of Texas product from Little Bear available - kale, collards, parsley, cilantro, dill, methleaf, daikon and more. Ask your Sales Rep about promo pricing!

Corn

The market out of Florida remains strong due to product shortages. A fresh load of Bi-Colour Corn will be available early next week, and Yellow Corn will arrive shortly after! Take advantage of these new arrivals.

Mushrooms

White mushrooms with great quality are still seeing steady supply. A lull in Brown and Portabella varieties will continue for a couple of weeks due to production issues. Try out locally produced, certified Organic Lion's Mane, Oyster and Shiitake packages! Ask your Sales Rep about a deal on 2lb Oyster Mushrooms.

Celery

US market remains steady with good supplies. We have excellent quality of 24s Snoboy Celery available. Place your order before they sell out!

Carrots

Crunch it, cook it, dip it! We have great quality local Carrots in stock for all your needs. Prices are increasing due to availability. Local season will finish early this year due to a smaller crop. We will have a deal on Jumbo Carrots this coming week!

Potatoes

We have a full assortment of Potatoes in all colours. The market is steady with great quality and quantity. Florida new crop Potatoes have arrived with yellow and red colours available. White potatoes will arrive shortly. This is a good time to promote!

Onions

Washington onion market is continuously turning up, expect higher pricing on bigger onions. Larger local Onions are increasingly difficult to source and prices have gone up. High US pricing will drive local market upwards. White onions will be very tight for the next few weeks. Peruvian Sweet Onions will be finishing up this week, and we will transition into Mexican crop.

Beets

The market is transitioning into Mexican Beets. Gold and Stripe Beets are available now- contact your Sales Rep for more information!



Contact
your
Sales Rep



Ask about
promo
pricing!



Litehouse dips & dressings are the perfect addition to any fruit or vegetable dish for Super Bowl Sunday and Family Day! Select Litehouse products are on promotion until Feb 29th, 2024. Indulge in the rich flavours and quality of Litehouse signature offerings at unbeatable prices, such as Avocado Ranch, Spinach Parmesan and Caramel Dip.

