

FRESH UPDATES

Week 13 & 14- March 22 & 29

GAMBLES 



Apples & Pears

Apples - We continue to carry local Ontario apples and Washington varieties including Envy™, Honeycrisp, Gala, McIntosh, Ambrosia and more. Great for snacking, cooking and baking!

Pears - We have a fresh arrival of Bosc and Anjous from Washington, with consistent availability. Also in stock are Bartletts from South Africa!

Pineapples

Pineapple supply will be limited with all sizes starting next week. We expect this to last a couple of weeks before returning to normal. We currently have Golden Selection premium label from Dole. Reach out to your Sales Rep to reserve!

Kiwi

We have a fresh arrival of Greek Kiwi, in both clamshell and volume fill available. Inquire with your Sales Rep about details!

Avocados

Jalisco, the area that supplies Canada, has finished up. We are now starting to pay pricing equivalent to what the US market is paying. This is affecting all sizes.

Bananas & Plantains

All bananas are in stock and available! Great selection and prices. Organic 13x3lb is seeing higher demand than usual so don't forget to book your order in advance! Fairtrade organic 40lb is a good replacement as well.

Mangoes

We are receiving a steady supply of mangos! There are good volumes of Ataulfo's in the market with prices coming down. We have a full line of Mexican fruit available now!



Watermelon

We are now starting to bring in product from Mexico and we are a few weeks out from the US season starting. Monitor pricing as the last week of this month will remain tight.

Melons

We have a full lineup of melons available! We anticipate that pricing and quality will continue to improve as we move through the month.

Grapes

Red Seedless - The red grape market will be fairly tight moving into April due to imports from Chile. Pricing will remain high as the green grape market is seeing upward pricing pressure. Next week will feature Jumbo Allisons and Jumbo Tawny varieties.

Green Seedless - For the rest of the Chilean season, supplies will be short. Volumes should improve next week but there will be a shortfall of green grapes. Quality and conditions are mixed. This market is expected to go into the mid-high 40's for these late green grapes. We will have a new arrival of Arra 15's next week in limited volume.

Pomegranate

We have great looking Peruvian pomegranate in stock! Contact your Sales Rep for more information.

Blueberries

Offshore season is coming to an end as we start to transition into primarily Mexican and US blueberries. We now have super sweet, long-lasting Florida berries available.

Blackberries

Expect quality and quantities to continue to steadily improve as we finish this month. Pricing is fair and quality is good at the moment.

Clementines/ Easy Peelers

We have Moroccan Nadorcotts arriving weekly in 15kg, 4lb and 2lb bags. These may gap for a week or so before the end of the deal and fruit will be on the short side. Israeli Orri by sea are 10 days-2 weeks away. Book early once sales info is released so you don't miss out!

Raspberries

Availability has now come up with pricing fair and quality looking good. Hopefully volumes will maintain going into Easter week.



Grapefruit

We still have decent supplies of Moroccan grapefruit. Most Florida shippers are close to being done and quality has recently been just fair. Our first of the season South African grapefruit is being packed this week to sail out next week!

Oranges

All orange varieties are available! We have specials right now on Sunkist Navels and specialties. Navels continue to size up from California, peaking on 48's and larger. Large fruit remains abundant while small fruit is still tight with higher prices. We pack *fresh* bags every day in both Sunkist and Choice grades. Bagged Blood oranges and Minneolas can be ordered!

Lemons

This market is still struggling-- we hope to see some improvement shortly. We are currently receiving some good supply out of California on 115 and larger. Price will go up on 140s in the first week of April.

Strawberries

The Strawberry market is coming down quick with Mexico and Baha region pushing out large volumes. Florida is in its last push before the season ends. This is a good time to promote!



**ORGANIC
ITEMS!**

**Avocados
Carrots**

**Pineapples
Mushrooms**

Fair Trade Bananas

LOCALLY GROWN

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

Hot House Peppers

Peppers will remain tight for the next couple of weeks as poor weather persists. We have Spanish or Egyptian Peppers as an alternative while supplies last!

Peppers

The pepper market is tightening up as a result of weather issues. Quality is fair. Chili Pepper prices remain high.

Cucumbers

Cucumbers are in a momentary flood with lots of product and cheap pricing out there. However, once we get into Easter week price and availability will tighten up.

Asparagus

This market has started to come up. We have great quality of 28lb LG available from Progressive. Inquire for promo pricing!

Broccoli

The US market has moved up slightly. We have a fresh arrival of Andy Boy bunches and Little Bear crowns available.

Limes

Mexican lime supply is good! Prices remain on the higher side but are slowly decreasing. Mexican old batch fruit is expected to last until the end of this week, at which time we will move to fresh harvest starting in April. We will have **new** Sunkist limes available in limited quantities of both size 52s and 175s! New Mexican lime is expected to arrive Wednesday of next week.



Cauliflower

The US market has started to come up slightly. We have a fresh load of 12s Nature's Reward available!

Squash

The squash market is stable. We are currently getting product out of Mexico that is good quality. We are not noticing any major changes in this market. All varieties are available including buttercup, spaghetti, butternut and pepper!

Zucchini

The zucchini market has crashed. There is plenty of supply available and quality is nice. This is a good time to promote!

Eggplant

The eggplant market remains very strong. Price continues to be on the high side and quality is fair. We have mini eggplants in stock as another option!

Hot House Tomatoes

We are starting to see lots of relief in the market with deal pricing out there from an influx of Ontario product. We should see good volumes continue throughout the rest of the month if weather permits.

Tomatoes

The tomato market is currently slowing down because demand decreased over March Break/Spring Break. We expect this to return to normal shortly. Prices are reasonable.

Celery

The celery market has started to get active and price will likely rise. Excellent quality of 24s Snoboy and Dole Naked celery will be available to start the week.

Lettuce

This market has started to come off. Fresh loads of Nature's Reward, Snoboy and Andy Boy will arrive over the weekend.

Mixed Greens

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



Mushrooms

We have a steady supply of mushrooms with great pricing and quality. Varieties include traditional white, brown and portabellas, as well as locally produced, certified Organic Lion's Mane, Oyster and Shiitake packages.

Garlic

We have a new arrival of fresh 30lb- Colossal Argentinean garlic available now. Contact your Sales Rep to place an order!

Corn

The market will come up slightly to start the week. Fresh loads of Florida Yellow and Bi-Colour corn will arrive throughout the week. Contact your Sales Rep to place an order!

Beets

This market has transitioned to Mexican beets. We'll see a slight gap on Stripe Beets for a couple of weeks until US products become available. We currently have Red and Gold beets in stock!

Potatoes

We have a full variety of Potatoes available in all colours just in time for Easter! This market remains steady with great quality and quantity. Florida new crop Potatoes have arrived in all colours. This is a good time to promote.

Carrots

We have great quality local Carrots in stock. The local season will finish early this year due to smaller crop. Carrot prices continue to remain on the higher side, although they have been holding steady. We will continue to have a deal on Jumbo Carrots!

Onions


The Washington onion market is holding its pricing for now, however the market might change depending on Mexican crop exports. Larger local Onions remain difficult to source and prices have gone up, with red onion prices climbing daily. Prices of white onions have come down as availability gets better. New crop Mexican sweet onions are available now and looking excellent!

Locally
Grown!



GWILLIMDALE
FARMS

Great
for Easter
Dinner!



Gwillimdale's locally grown carrots are fresh, crunchy and held to the highest quality standards! One of the most popular vegetables in the world, carrots can be enjoyed peeled or squeaky clean, raw or cooked. They make the perfect side dish for Easter dinner!

GAMBLES 

For more information or to place an order, please contact your Gambles Sales Rep.
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