

# FRESH UPDATES

Week 16- April 12



## GOOD BUYS

- Apples
- Asparagus
- Easy Peelers
- Mushrooms
- Celery
- Potatoes

## Apples & Pears

**Apples** - We have many options of local Ontario apples and Washington varieties including Envy™, Honeycrisp, Gala, McIntosh, Ambrosia and more!

**Pears** - We are carrying Bosc and Anjous from Washington, with consistent availability. Also in stock are Bartletts from South Africa and Forelle from Chile!

## Pineapples

Pineapple supply remains limited on all sizes for both conventional and organic. It will be a couple more weeks before this market returns to normal. Reach out to your Sales Rep to reserve now!

## Kiwi

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

## Avocados

The market supply and pricing has stabilized and should stay strong throughout April. Quality and taste are exceptional at this time of year!

## Bananas & Plantains

The banana market remains tight, especially on premium #1. Baby banana and manzano are stable. Demand on organic 13x3lb is higher than usual- talk to your Sales Rep to book in advance! Fairtrade organic 40lb is a great alternative as well.

## Mangoes

Mango supply is very steady! There are great volumes of Ataulfo's in the market with prices coming down. We also have a full line of Mexican fruit available now, including Tommy/Haden and Ataulfo.



## Watermelon

Watermelon remains very tight but volume out of the East coast is on the horizon- relief should be around the corner. Expect May 1st for large bin programs to really kick in.

## Melons

We are coming to the end of offshore season, with the West coast deal starting up the first week of May. A full line up of melons including specialties will be available mid May.

## Grapes

**Red Seedless** - The red grape market will remain fairly tight moving through this month due to imports from Chile. Pricing will be high as the green grape market is seeing upward pricing pressure. Next week will feature Jumbo Allisons and Jumbo Sweet Celebrations.

**Green Seedless** - For the rest of the Chilean season, supplies will be short. Volumes should improve shortly 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 Sweet Globes and Thompsons next week.

## Plums

We have a fresh arrival of Angelino plums from Chile! Sizes range from 50/55 - 55/60 volume filled.

## Pomegranate

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

## Blueberries

The Florida deal is going well but pricing is still high. We should see great availability and promotable periods as Georgia starts in May. We expect this to be a good year to do blueberry promotions!

## Clementines/ Easy Peelers

We have fresh Moroccan Nadorcotts arriving next week. There is about 3-4 weeks left for this program. Israeli Orri will be available this week- book early so you don't miss out! California W. Murcotts are available in small sizes as well as bags- see your Sales Rep for details.



## Raspberries

Availability is tight on raspberries. Rains on the West coast are making it difficult for product to be picked.

## Strawberries

Strawberries will remain tight for the next 10-14 days as the West coast transition season recovers from heavy rains and hail all the way down to the Baha region.

## Blackberries

Blackberries are experiencing higher pricing than normal. We expect availability to increase throughout the month and into May.

## Oranges

All orange varieties are available! Large fruit remains abundant while small fruit is still hard to source with higher prices. We pack fresh bags every day in both Sunkist and Choice grades. Juice oranges out of Florida are winding down- we will get into storage fruit and prices will increase.

## Lemons

The US market feels like it may start to inch up, however there is still lots of availability out there! Smaller sizes are tighter (140 and smaller).

## Grapefruit

Most Florida shippers are close to being done and quality has recently been just fair. Our first of the season California fruit has arrived and looks great! We will have these until RSA begins in mid-late May.



## LOCALLY GROWN

- Apples
- Mushrooms
- Potatoes
- Onions
- Mini Cucumbers
- Carrots

### Limes

Supply is good on limes. We have a new arrival of all sizes expected early next week. 40lb cartons are selling quickly. We do have 54s (10lb) as an alternative!

### Hot House Peppers

Local season has started with a heavy supply and lots of medium-sized peppers! There are good deals out there right now. We should see a good season ahead of us.

### Peppers

We aren't seeing any major issues in this market. We're getting a steady supply out of Florida with normal pricing and fair quality. This is a good time to push!

### Asparagus

This market remains steady. We will have both 28lb and 11lb LG asparagus to start the week.

### Cauliflower

The US market is steady. A fresh load of Nature's Reward will be available to start the week!

### Broccoli

The US market has come off. We have a fresh arrival of Andy Boy bunches and Little Bear crowns coming in!



### Cucumbers

The cucumber market has leveled out and should see steady supplies and fair pricing going forward.

### Squash

The squash market is starting to tighten up due to field gap, but pricing is still reasonable. We are currently getting product out of Mexico that is good quality. All varieties are available including buttercup, spaghetti, butternut and pepper!

### Zucchini

The zucchini market has flooded. Good weather is ensuring lots of supply. This is a good time to promote!

### Eggplant

The eggplant market is starting to loosen up because new grower area has started. Price continues to be on the high side and quality is fair.

### Hot House Tomatoes

This market is stable. We are seeing good quality, supply and pricing.

### Tomatoes

The tomato market is being heavily affected by bad weather. Supply is short and larger tomatoes are becoming harder to source. Quality is fair and price is on the high side.

### Celery

This market is very active. Look out for price increases throughout the week. A fresh load of 24s Amaral naked celery will be available to start the week.

### Lettuce

This market is active due to heavy rains- expect price increases throughout the week. Fresh arrival of 24s Andy Boy and Nature's Reward are available!

### 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!

### Garlic

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

## Mushrooms

Mushroom supply remains very steady, with favourable pricing and quality. Varieties include traditional white, brown and portabella, as well as locally produced Oyster and King Oyster packages. Contact your Sales Rep to place an order!

## Carrots

We have great quality local Carrots in stock. We'll see an earlier end to the local season this year due to smaller crop. Carrot prices remain on the high side, although they have been holding steady. We will continue to have a deal on Jumbo Carrots!

## Corn

We have a fresh load of Florida Yellow and Bi-Colour corn expected in shortly. 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 through April until US products become available in May. We currently have Red and Gold beets in stock!

## Potatoes

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



## Onions

Pricing on Washington storage onions are softening up with more availability of southern USA new crop. Reds are rising due to a gap between storage and new- this should soften up when new crop catches up. Local onions are plateauing but holding high pricing. We advise to keep any storage crop as light as possible to avoid sprouting. Price on white onions continue to drop slowly. Great quality Mexican sweet onions are in stock and we should be transitioning to new crop Georgia Vidalia onions in the next couple of weeks!

**Snack Time!**



**Pairs well with Litehouse Dips!**

Snoboy celery is a healthy, crunchy delight that can be enjoyed many ways! Try it with dip or in a juice to experience all the health benefits it has to offer. Snoboy emphasizes freshness and quality, which is evident from their vegetables rich colours and taste.

