

FRESH UPDATES

Week 19- May 3

GAMBLES 

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 steady availability. A fresh arrival of Argentina Bartletts and South African Bosc are also available.

Pineapples

Pineapple supply continues to be limited on all sizes for both conventional and organic. We are hoping this will return to normal shortly. Reach out to your Sales Rep to reserve now!

Mangoes

Volumes are very steady for mangoes. There are great quantities of Ataulfo's in the market with good pricing. We also have a full line of Mexican fruit available, including Tommy/Haden and Ataulfo.

Avocados

Pricing looks to stay high for size 48s through to size 32s. New crop Mexican may be available towards the end of May. Quality and taste are exceptional at this time of year!

Bananas & Plantains

The banana market remains tight, especially on premium #1. Demand on organic 13x3lb is higher than usual- talk to your Sales Rep to book in advance. Fairtrade organic 40lb is a great alternative, and we have plenty of Baby Banana and 20lb Plantain to offer!

Kiwi

We have good availability of Italian green Kiwi. Our first arrival of Zespri Sungold has arrived with excellent quality! Inquire with your Sales Rep about details.

Watermelon

Mexico season is wrapping up so there is lots of cheap, fair quality melon available. Great quality, higher priced Florida and Texas melon is in full swing with pricing to come down over next few weeks.



Melons

Offshore season is coming to an end, with the West coast deal starting up within the next week. Look out for a full line up of melons including specialties soon!

Grapes

Red Seedless - This market will be steady for a few weeks. Chilean red grapes will start winding down heading into June, as the Mexico season starts up. Next week will feature Jumbo Allisons and Jumbo Sweet Celebrations. There will also be great opportunities on Red Globes from Chile measuring 1.25" spec and larger.

Green Seedless - Supply will be short for the rest of the Chilean season. Volumes should improve next week but there will be a slight shortfall of green grapes. This market is expected to stay in the low-mid 40's for these late green grapes from Chile. We will have new arrivals of Sweet Globes and Autumn Crisp next week.

Plums

We will have great quality Red Angelino plums from Chile next week! Sizes will range from 50/55-55/60 volume-filled.

Pomegranate

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

Raspberries

This market remains tight. Poor weather on the West coast is making it difficult for product to be picked.

Clementines/ Easy Peelers

Moroccan Nadorcotts are finishing up within the next couple of weeks. Demand will be strong, and prices higher- we advise to book early. Israeli Orris are in stock and super sweet! We will have 2 more loads over the next month. California W. Murcotts are still available. RSA and Peruvian fruit will be here mid June. Overall, this market will be tight/strong for most of May and into June.



Blueberries

The Florida deal continues to be steady. Georgia has started early and should present great availability and promotable periods. Price will likely come down shortly. We expect this to be a good year to do blueberry promotions!

Strawberries

Volume in the strawberry market has picked back up with lots of loads available. There is the possibility that rain may affect this. Try to take advantage of price while you can!

Blackberries

This market is highly saturated with lots of cheap product out there. Please be aware of quality as farms are sitting on overflow of product.

Oranges

California Navels expect to go to July and will continue the trend of larger sizes. We've had great deals on 48 Sunkist! Sanguinelli and Minneolas are done for the season, but there are still good supplies of Cara Cara. Moroccan Lates are in and they look great- this is good for those looking for something more affordable. Florida juice oranges are almost done and we will be looking into California Valencias next.

Grapefruit

We have been receiving nice California fruit! Our first of the season RSA fruit is expected in for the week of May 13th.

Lemons

We have great USA fruit arriving multiple times a week and will likely continue all summer. Small sizes are still tighter as prices indicate. There is lots of large Sunkist fruit in stock. We expect our first of the season lemons from RSA to arrive the first week of June.



LOCALLY GROWN

- Mushrooms
- Asparagus
- Hot House Peppers
- Onions
- Mini Cucumbers
- Carrots

Limes

We are seeing good supply in this market. We have all sizes available with great quality. MEX and HON options are still in stock.

Hot House Peppers

Local season has started on a strong note with lots of volume of medium-sized peppers, as well as mini peppers! There are good deals out there right now.

Peppers

We aren't seeing any major issues in this market. Supply is steady out of Florida with average pricing and fair quality. This is a good time to promote!

Cauliflower

The US market has started to come off. A fresh arrival of 12s Freshest and 9s Andy Boy are available.

Broccoli

The US market remains steady. We have a fresh arrival of Andy Boy bunches and Little Bear crowns available.

Asparagus

Local asparagus season has begun! We will have both 11lb & 28lb to start the week.



Cucumbers

The cucumber market has come down significantly. Volumes are very high, and pricing is low. This is a great opportunity to promote!

Squash

The squash market is starting to tighten up due to field gaps, but pricing is still reasonable. We are currently getting good quality product out of Mexico. 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 has come down. We continue to see lots of availability with prices remaining on the low side.

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 remains active. We will have a fresh arrival of 24s Snoboy Naked celery available next week.

Lettuce

This market has started to come down a bit. Fresh arrival of 24s Andy Boy and Freshkist Cello Lettuce will be available to start the week.

Mixed Greens

We have New Jersey product from Little Bear available, including kale, collards, parsley, cilantro, dill, methyleaf, daikon and more.

Fiddleheads

Fiddlehead season is just around the corner, and it doesn't last long! Contact your Sales Rep for more details and to pre-book your orders now.

Rhubarb

We are carrying fresh, tart, locally grown Ontario rhubarb! Contact your Sales Rep to place an order.

Mushrooms

We are receiving a great supply of mushrooms, with favourable pricing and superb quality. Varieties include traditional white, brown and portabella, as well as local Oyster and King Oyster packages. Contact your Sales Rep to place an order!

Carrots

We have great looking carrots in stock out of Mexico. We will also continue to carry 2lb local carrots for those that prefer. Quality remains good!

Corn

We have a fresh load of Florida Yellow and Bi-Colour corn available. Contact your Sales Rep to place an order!

Garlic

We are carrying 30lb- Colossal Argentinean garlic. Contact your Sales Rep to place an order!

Beets

We currently have Mexican Red and Gold beets in stock. We'll see a slight gap on Stripe Beets until US products become available mid-May.

Onions

New crop US Spanish onions have arrived, and prices are softening up. Reds are rising due to tight availability of new crop products. Local yellow onions are plateauing but holding high pricing. We advise to keep any storage crop as light as possible to avoid sprouting. Georgia Vidalia sweet onions are now available!

Potatoes

We've transitioned to new crop California potatoes and have a full variety available in all colours! This market remains steady with great quality and quantity.

Refreshing
and
Delicious!



Zespri Sungold Kiwi has arrived for the season! This fruit's beautiful golden colour is delicious and packed with vitamin C. Cut and scoop to enjoy the sweet, tropical flavour of this specialty offering.

New
Arrival!

