

FRESH UPDATES

Week 21 - May 17

GAMBLES 

GOOD BUYS

Apples
Asparagus
Kiwi
Mushrooms
Watermelon
Potatoes

Apples & Pears

Apples - We carry a consistent offering of 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. Argentina Bartletts and South African Bosc are also available.

Pineapples

Dole organic pineapple supply will remain limited for another 3-4 weeks. Conventional is in good supply. We have size 7s Del Monte fruit in stock and on promotion. Reach out to your Sales Rep to reserve now!

Mangoes

Mango supply is steady! We are seeing lots of Ataulfo/Tommy in the market with stabilized cost. We also have a full line of Mexican fruit available, including Tommy/Haden and Ataulfo.

Avocados

Pricing remains 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

40lb #1 Dole will be very tight early next week until Thursday due to weather conditions. Organic 13x3lb is also tight. We have plenty of Baby Banana on promotion at the Food Terminal only! Fairtrade organic 40lb is another option as well.

Promo!

Kiwi

We have good availability of Italian green Kiwi. Zespri Sungold kiwi has arrived with excellent quality and is currently on promotion! Inquire with your Sales Rep about details.

Promo!

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 as we move up to northern Florida. Ask about our promo on Little Bear Mini Watermelon!



Melons

California is starting up, but we will see a gap in large sizes as fresh crop is delayed in growth. We may have a gap for the next week until sizing is preferable.

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. There will be good spot market buys on smaller fruit, and opportunities on Red Globe Grapes from Chile for the next 2-3 weeks. Next week will feature Jumbo Allisons and Sweet Celebrations, and smaller Alisons and Candy Hearts.

Green Seedless - We are currently seeing mixed conditions, making it challenging to predict supply and quality. There is a 2-tier market with very good fruit or price after sale. Good quality green grapes are expected to stay in the low-mid 40's FOB. Next week will feature XL-jumbo Sweet Globes and Autumn Crisp. Mexico has also started with some early greens entering the market!

Pomegranate

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

Blueberries

The market out of Florida and Georgia remains steady. Price is good right now. We expect this to be a good year to do blueberry promotions!

Clementines/ Easy Peelers

Moroccan Nadorcotts are finishing up very shortly. Demand will be strong, and prices higher- we advise to book early. Israeli Orris are in stock and super sweet! We will only have a couple more loads coming in. 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.

Stonefruit

Peaches - California peach season is starting up, mostly in tray Pak formats and bags. Supply is peaking right now on 64/72 sizes. Size will be in high 48's and 50's heading into June.

Apricots - New Crop California apricots will be available starting late next week in 18x1lb bags and loose VF box.

Cherries - California cherries have arrived! Sizing and quality are great.



Strawberries

We are seeing lots of product as Southern California had a prolonged season. This will remain until mid June, at which we will probably see a tighter market for the remainder of season.

Oranges

California Navels are expected to go to July and will continue the trend of larger sizes. We still have a great deal 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 a good option for those looking for something more affordable. Florida juice oranges are finishing up and we will be looking into California Valencias next.

Lemons

We have great USA fruit arriving multiple times a week and will likely continue all summer. Small sizes are still tight with higher prices. 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.

Raspberries

Product has become more available as production picks up. We should not be too far away from California bush berry season.

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.





LOCALLY GROWN

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

Grapefruit

We continue to receive nice California fruit! Our first of the season RSA fruit is expected in next week.

Limes

We are receiving a good supply of limes. We have all sizes in stock with great quality out of Mexico. We will receive a fresh arrival on Tuesday, and price is expected to go down.

Hot House Peppers

Local season continues strong and steady with lots of volume of medium-sized peppers, as well as mini peppers! There are good deals out there right now.

Peppers

Florida is starting to wind down with roughly 2 weeks left. Quality still remains fair, and supply is tightening up. We may see prices increase due to the season finishing.

Cauliflower

The US market remains steady. Fresh arrivals of T&A and Nature's Reward will be available!

Broccoli

The US market may start to come off. We have a fresh arrival of Andy Boy and Nature's Reward bunches, as well as Little Bear crowns.

Asparagus

Local asparagus season is in full swing! 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 remains steady with no major changes. We are receiving all varieties out of Mexico including buttercup, butternut, acorn, and spaghetti.

Zucchini

The zucchini market has started tightening up due to weather conditions. We may see some improvement after the long weekend.

Eggplant

The eggplant market is sloppy- quality is good and price is very favourable. This is a good time to promote!

Fiddleheads

Fresh, flavourful fiddleheads are now available! Enjoy this seasonal offering while it lasts. Contact your Sales Rep to secure an order.

Hot House Tomatoes

This market continues to come down. There is lots of availability with prices remaining on the low side.

Tomatoes

The tomato market is seeing some improvement. Both supply and quality are good. We will transition to Quincy in a couple of weeks.

Celery

This market continues to be active. We will have a fresh arrival of 24s Snoboy and Dole naked celery available next week.

Lettuce

This market is extremely active with daily increases. We will have fresh loads of Andy Boy and Freshkist to start off the week.



Mixed Greens

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

Rhubarb

We have fresh, tart, locally grown Ontario rhubarb in stock! Contact your Sales Rep to place an order.

Mushrooms

This market maintains stability, with favourable pricing and high quality. Local varieties include traditional white, brown, portabella, oyster and shiitake. Lionsmane and King Oyster are available for pre-order. 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 continue to have Mexican Red and Gold beets in stock. We'll see a slight gap on Stripe Beets until US products become available in the next couple of weeks.

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 still hold high pricing. We advise to keep any storage crop as light as possible to avoid sprouting. Georgia Vidalia sweet onions are in stock and look great!

Potatoes

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

Limited-time offering!



In Season!



Fiddlehead season is among us, and it doesn't last for long! This unique, seasonal offering is crunchy, and its flavour is often compared to other vegetables such as spinach and asparagus. At Forage Girl, locally grown fiddleheads are handpicked one by one, always ensuring the highest quality and freshness possible.

