

# FRESH UPDATES

Week 22- May 24



## 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 continue to have Bosc and Anjous from Washington, with steady availability. Argentina Bartletts and South African Bosc are also available.

## Pineapples

Organic pineapple will be in better shape for next week. We will have 6s and 7s available. We also have Del Monte fruit in size 7s on promotion! Reach out to your Sales Rep to reserve.

## Mangoes

Ataulfo mangoes larger than size 12s are currently hard to find due to weather in Mexico affecting growth. Tommy mangoes aren't affected as much and are still available in size 8s and 12s!

## Avocados

Pricing remains the same for size 48s through to size 32s. New crop Mexican has started and will be available to begin the week. Quality and taste are exceptional at this time of year!



## Bananas & Plantains

40lb #1 Dole is in better shape but there are still some delays. Organic 13x3lb will be tight next week. Overall, the market remains unsteady due to weather conditions, and there will likely be some gaps in the coming weeks. We have plenty of Baby Banana on promotion at the Food Terminal only! Fairtrade organic 40lb is another option as well.

## Kiwi

We have good availability of Chilean green kiwi. Zespri Sungold kiwi remains in stock with excellent quality! Inquire with your Sales Rep about details.

## Watermelon

Mexico season is almost done 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.

## 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 couple of weeks until sizing is preferable.

## Grapes

**Red Seedless** - This market will be in transition for a few weeks. Chilean red grapes will start winding down heading into June. There will be good spot market buys on smaller fruit. The Mexico season will start up shortly!

**Green Seedless** - Good quality green grapes are expected to stay in the low-mid 40's FOB. Mexico has started with some early greens entering the market- mainly Early Sweets and Allisons. There is also new crop summer royals out of Mexico.

## Pomegranate

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

## Strawberries

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

## Blueberries

The market out of Florida and Georgia remains steady. Price is good right now. California is starting within the next week so the market may become saturated.

## Clementines/ Easy Peelers

Moroccan Nadorcotts have finished up for the season. We have one more load of Israeli Orris arriving- we advise you to book early! California W. Murcotts/USA will be done shortly. RSA clementines have arrived! Peruvian fruit is expected in week 26 (approx. June 24th).

## Stonefruit

**Peaches** - California peaches are in full swing. Supply is peaking right now on 64/72 sizes. Size will be in high 48's and 50's heading into June.

**Plums** - We will see some volume coming out of fields at the end of May and into early June.

**Apricots** - New Crop California apricots are available in 18x1lb bags and loose VF box.



**BLOSSOM HILL**

**Nectarines** - There will be 15x2lb bag nectarines arriving this weekend. Most shippers are sizing on smaller fruit 2-1/4 plus.

**Cherries** - California cherries are available! Sizing and quality are great.

## Oranges

The 48 Sunkist deal is now done, and we are back to normal pricing. We have now secured a 40 size Sunkist deal- see your Sales Rep! Cara Cara are mostly done, we have a few bags left. Maroc Lates are in and moving well. California Valencias are in for the juice guys!

## Lemons

We have great USA fruit arriving multiple times a week and will likely continue all summer. Quality remains good! RSA lemons are expected in the first week of June.

## Grapefruit

We are making deals on California fruit to make way for South African fruit that has just arrived!

## Blackberries

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

## Raspberries

Volume has improved as production picks up. We should not be too far away from California bush berry season.





## LOCALLY GROWN

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

### Limes

We are receiving a good supply of limes. We have all sizes in stock with great quality out of Mexico. Honduras Dole Limes are expected to arrive next week!

### 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.



**DelFresco**  
*Pure*



### Zucchini

The zucchini market has started tightening up due to weather conditions. We hope to see some improvement shortly.

### Peppers

Florida is starting to wind down with roughly 1 week left. Quality 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 Nature's Reward and Freshkist will be available!

### Broccoli

The US market has come off. We have a fresh arrival of Andy Boy bunches as well as Nature's Reward 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.

### Eggplant

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

### Fiddleheads

Plenty of fresh, flavourful fiddleheads are available! Enjoy this unique offering while it lasts. Contact your Sales Rep to secure an order.

### Hot House Tomatoes

This market has stabilized. 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 Dole and T&A naked celery available next week.

### Lettuce

This market remains active with daily changes. We will have fresh loads of Andy Boy, Snoboy and Freshkist wrapped lettuce 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! Don't miss out on this short season- contact your Sales Rep to place an order.

## Mushrooms

This market remains stable, with attractive pricing and quality. Local varieties include traditional white, brown, portabella, oyster and shiitake. Local Lionsmane, yellow & pink Oyster 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 and USA. 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 will be switching from Argentina Conventional Garlic to 30lbs Organic Garlic at the end of this week.

## Beets

We continue to have Mexican Red and Gold beets in stock, and a small volume of Stripe Beets available.

## Onions

New crop US Spanish onions have arrived, and prices are leveling out. 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 with great quality!

## 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 of white potatoes, however red and yellow will be tightening up for the next couple of months.

Great  
for  
grilling!



**Foodland**  
ONTARIO

Enjoy Ontario asparagus while it's in season! Locally grown asparagus packs a punch with its nutritious benefits. It's crunch and flavour are exceptional and are the perfect compliment to your summer dinners. Roast, steam, grill or wrap- it's easy and delicious!

Local  
produce!



**GAMBLES**

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