



FRESH UPDATES

Week 24- June 7

GAMBLES



GOOD BUYS

- Apples
- Asparagus
- Kiwi
- Mushrooms
- Melon
- Potatoes

Apples & Pears

Apples - Availability remains consistent for both 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

Organic pineapple will be in better shape next week and we will have size 6s and 7s available. We also have Dole Golden Selection in size 6s and 7s, which is great for those who want product ripe and ready to eat!



Avocados

New crop Mexican has started up. It is the rainy season in Mexico right now, however the weather has been dry- this is reflected in the tight supply of all sizes.

Bananas & Plantains

40lb #1 Dole bananas will be very limited again early next week, but we are looking forward to getting back to normal with more volumes arriving later in the week. We have plenty of Baby Banana on promotion at the Food Terminal ONLY!

Kiwi

We continue to carry Chilean green kiwi and Zespri Sungold! Inquire with your Sales Rep about details.

Watermelon

Florida is steady with lots of good fruit. Georgia has not started yet, but we have seen product start out of California in small quantities. Quality is good and price should be coming down soon.

Melons

California is starting up, but we will see a gap in larger sizes as fresh crop is delayed in growth. We may have a gap for another week or two until sizing gets better.

Mangoes

We have both 12s and 16s Ataulfo mangoes available. Tommy mangoes are finishing off a strong season and we'll transition to Kent from Mexico.

Grapes

Mexico has started with Flames, Perlettes and Primes. Chilean red grapes are also still available in the market. Fruit size should start to increase in the upcoming week. Mexico pricing has dropped to compete with Chilean. Next week there will be Summer Royals and Early Sweet available!

Pomegranate

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

Blackberries

This market remains saturated with lots of cheap product. Please be aware of quality as farms are sitting on overflow of product. The Eastern blackberry season has started which is adding more volume to the market.

Raspberries

We are seeing issues with California raspberries having trouble holding up. Price is down, but quality is not the best. Berries out of Mexico have slightly better quality, but lower sugar and are breaking up. This will persist for another week.

Clementines/ Easy Peelers

Our final arrival of Israeli Orris is due in over the weekend! W. Murcotts from Sunkist have finished up, however there are still some California shippers packing late fruit. RSA Clementines are in- we have Good Hope, Gems and Sunkist. Demand is slightly exceeding supply, but we could see some relief once the pipeline gets filled again.

Stonefruit

Peaches & Nectarines - California peaches and nectarines are in full swing. Fruit is starting to size up as the season moves along. We have 54/56 Yellow peaches as well as a **new arrival of June prince Georgia** peaches- sizing and colour are exceptional.

Plums - Plums have started to ship in small batches. 15x2lb bags will be available next week!

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

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

Blueberries

Georgia has started up and New Jersey will begin in the next couple weeks. Volumes are steady and pricing is good. California has started with higher prices due to freight, but the excellent quality makes up for it!

Oranges

We have Maroc Lates in good supply on smaller sizes! South Africa is also in, mostly in smaller sizes as well. California still has fruit, but prices are firming up a bit from the cheaper deals that we had on large fruit.



Lemons

USA supplies will start to slow down as we progress through the summer. South Africa lemons are in now and look excellent!

Grapefruit

South African grapefruit is now available! Containers are coming in weekly.

Strawberries

We are seeing lots of product as the Southern California season stretches out. This will remain for another week or so, at which we will probably see a tighter market for the remainder of the season.





LOCALLY GROWN

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

Limes

This market is steady. We have all sizes in stock with great quality out of Mexico and Honduras. Pricing is competitive on both.

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

The Florida season has finished up and we have transitioned to Georgia. Product is nice but poor weather is causing tight supply, leading to higher prices. Local green peppers will start mid-July!

Asparagus

Local asparagus season is in full swing! We will have both 11lb & 28lb to start the week.

Cauliflower

The US market is steady. Fresh arrivals of 12s Freshkist and 9s Andy Boy are available!

Broccoli

The US market is very active. We have a fresh arrival of Andy Boy bunches as well as Nature's Reward crowns.

Cucumbers

This market is now coming off of the bottom and getting stronger, with higher pricing as volumes are levelling off. Quality is good and pricing should remain in the low teens.



Zucchini

Mexico season is starting to wind down. Price remains very high on green zucchini, but with local zucchini starting next week, we will likely see some relief shortly.

Eggplant

Mexico season is almost finished. We will be carrying both Mexico and Georgia eggplant until local season begins.

Squash

The squash market continues to be stable. We are receiving all varieties out of Mexico including buttercup, butternut, acorn, and spaghetti. With the season switching soon, supply will start to become more limited.

Hot House Tomatoes

This market has come down. There is lots of availability with prices remaining on the low side. Good time to promote!

Tomatoes

The tomato market is being affected by very hot weather in South Florida. We'll see improvement as we transition to Quincy in a couple of weeks, and then California.

Celery

This market is steady. We will have a fresh load of 24s Snoboy celery arriving this weekend.

Lettuce

This market is coming off. We will have fresh loads of Andy Boy, Nature's Reward and Freshkist cello to start the week.

Mixed Greens

We have New Jersey product from Little Bear available including kale, collards, parsley, cilantro, dill, methleaf, daikon and more. Local season has started with cilantro, dill, parsley, methleaf, kale and radish!

Fiddleheads

Fiddlehead season is coming to an end soon- get your orders in while you can!

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, Pioppini and King Oyster are available for pre-order. Contact your Sales Rep to place an order!

Carrots

We have great quality carrots in stock out of Mexico and USA. Good deal price on USA- contact your Sales Rep!

Corn

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

Beets

We have Mexican Red and US Gold beets available, and a small volume of Stripe Beets.

Onions

New crop US Spanish onions are moving well, and prices are coming down. Reds are expensive at the moment due to tight availability of new crop products- we hope to see some relief in the next few weeks. Local yellow onions will finish up this week. 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! The local storage market remains steady with great quality and quantity of white potatoes, however red and yellow will be winding down as we move throughout the month.

Snack plate essential!



The world's largest producer of carrots, Grimmway Farms is dedicated to providing the highest quality for their customers! Baby carrots make for a healthy, stress-free snack that is a favourite for many.

Tasty and crunchy!