

FRESH UPDATES

Week 28- July 5

GAMBLES 



GOOD BUYS

Apples
Asparagus
Kiwi
Mushrooms
Melon
Potatoes

Apples & Pears

Apples - Ontario apples are winding down for the season- varieties are limited. Washington continues with good volumes of Envy™, Granny Smith and Gala.

Pears - We have good availability of offshore pears including Bartlett, Anjou from Argentina and Forelle from South Africa.

Pineapples

All pineapple supply is very limited due to ongoing weather issues. Both organic and conventional are very tight at the market. Expect price increases for the new load arriving next week.

Watermelon

We are currently getting product from Georgia. Quality is good and price has come down.

Avocados

Pricing remains high on larger sizes. Small sizes (14/6, 14/5 and 60s) are all promotable. Try our Ripe & Ready 16s, or ask us to custom Ripen any size you need!

Bananas & Plantains

This market is in better shape than recent weeks. Organic bananas are still tight. Plantain is experiencing quality issues due to weather. Expect organic bananas and plantain to be short for the next 2-3 weeks.

Kiwi

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



Mangoes

Weather conditions in Mexico are creating some issues. We are bringing in Haden to make up for shortages- price is slightly higher but quality is better. Ataulfo prices are slightly higher than last week. Larger sizes are harder to source currently.

Melons

Arizona has finished up and we are now getting product from South California. Availability is good on large sizes, with tighter supply on small sizes.

Grapes

We are carrying Flames, Primes, Sugarones and Summer Royals from Mexico. Price has dropped on medium/large size fruit, creating a wide range in pricing. California grapes should start up the second week of July. Baby Doll grapes will start loading very shortly.

Pomegranate

We'll have a slight gap until mid-August when we start to bring in Egyptian pomegranates by air.

Blueberries

Oregon, BC and Michigan berries will be starting up soon. BC is expected to have a great season. Stay tuned as promos should follow!

Strawberries

This market will be tightening up as Southern California regions are finished for the next month. Expect higher pricing and tighter availability for the month of July.

Raspberries

The raspberry market is tight. Availability should get better as temperatures level off in California.

Clementines/ Easy Peelers

We have a good supply of RSA clementines available now! We can pack in any size bag you like, made to order. We regularly carry 2lb bags on hand that are packed fresh daily.

Stonefruit

Peaches & Nectarines -

California peaches and nectarines are in full swing. Yellow peaches continue to increase in volume with various sizes and pack styles. White peaches will be available the second week of July. Yellow nectarines are limited right now but availability should improve.

Plums - California Plums are available in 15x2lb bags. Black Plums will be available soon. Local Yellow Plums have arrived!



Apricots - New Crop California apricots are available in 18x1lb bags and size 72 tray count.

Cherries - Washington cherries have started up and are available in both pouch and clamshell.

Oranges

We are mostly done now on California navels. We have some California valencias for the juice guys. RSA navels are all in- larger sizes will be tight this season. There is good supply of small fruit available and bagging promos are recommended. See your Sales Rep!

Lemons

We have good supplies of all sizes of RSA lemons- larger sizes will be tighter than smaller this season. We offer custom bagging to suit your specific needs!

Grapefruit

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

Blackberries

Quality is fair and the market is tightening up due to high temperatures in California. Supply will be spotty for the next couples of weeks.





LOCALLY GROWN

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

Limes

Rain & heat have been affecting quality and availability of limes. We have a fresh arrival with all sizes available now.

Hot House Peppers

Due to ongoing issues with 100+ acres of greenhouse product, price will remain high with variable quality going forward.

Peppers

We have fully transitioned to North Carolina. Supply is getting stronger, and price is coming down. This is a good time to push. We are 2 weeks away from local season starting up.

Broccoli

The US market is steady. We have a fresh arrival of Andy Boy bunches and local Ontario crowns.

Cauliflower

The US market is steady. Fresh arrival of 12s Nature's Reward and 9s Andy Boy will arrive this weekend!

Cucumbers

Local field cucumbers have started up for the season! Supply is steady and price is reasonable. Good time to promote local!

Zucchini

We have fully switched over to local Zucchini. Supply is getting better but price still remains slightly high due to lots of rain. Grey Zucchini is on the tighter side.

Eggplant

We have Georgia eggplant with very good pricing- this is a great time to promote! Local season will start up this weekend. Local price will start out higher than the US.

Squash

Mexico season has finished. Supply is tight. Local pepper squash and spaghetti squash will start this week. Buttercup and butternut will start in a couple of weeks.

Asparagus

Local season has come to an end. We'll move into import asparagus for the next week.

Okra

Weather in Nicaragua is currently posing issues with supply and quality. This should improve as the season progresses and rainy season comes to an end.

Nappa

We've fully transitioned to local Nappa. Quality and pricing are great!

Hot House Tomatoes

This market has come down on cluster tomatoes- there is lots of availability with prices remaining on the low side. However, beefsteaks have come up in price with less large sizing available.

Tomatoes

We have fully transitioned to California. Quality is good but price will remain on high side until we hit peak season.

Celery

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



Lettuce

The US market is steady. We will have a new arrival of Quebec iceberg available.

Mixed Greens

We have local product available including cilantro, dill, parsley, methleaf, kale, radish and more. Talk to your Sales Rep!

Rhubarb

We have locally grown fresh Ontario rhubarb in stock! Take advantage of this short season.

Ginger

We are carrying both conventional from China and organic from Peru! Contact your Sales Rep to place an order.

Loose Garlic

We are transitioning to Egypt. Pricing seems to be competitive and quality is excellent.

Mushrooms

This market remains stable, with attractive pricing and great quality. Local varieties include traditional white, brown, Portabella, Oyster and Shiitake. Local Lionsmans, yellow Oyster, Pioppini and King Oyster are available for pre-order. Contact your Sales Rep!

Carrots

Local carrots have arrived! Quality is great and price has started out on par with the imports. Price should decrease as quality and volume continue to improve.

Corn

A great vegetable for grilling! We are finishing up with US product and will move into local corn next week.

Beets

We have Mexican Red beets available, and a small volume of Stripe beets. Gold beets are finished and we will see new local crop towards the end of July/August.

Onions

New crop US Spanish onions are moving well, and prices are coming down. Reds have softened up due to better availability. New crop local yellow onions will start up late July. 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! Local potatoes will start next week. The local storage market should remain steady for the rest of the month.

Super
refreshing!

zano
fresh®

Limes are a summer staple! Use them in cooking or slice and squeeze to add a refreshing touch to your drinks. Zesty and tart, with the slightest hint of sweetness, limes add a unique flavour and will elevate your creations from good to great!

Poolside
essential!

