

FRESH UPDATES

Week 29- July 12

GAMBLES 



GOOD BUYS

Cherries
Melons
Corn
Mushrooms
Carrots
Plums

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 supply continues to be 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

The market has come down out of Georgia. This is a great time to promote right before we get into the local season!

Avocados

Pricing is slowly dropping. 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

Although this market is improving, Organic Bananas are still tight. Plantain is experiencing quality issues due to weather. Shortage on Organic Bananas and Plantain is expected to last about 2-3 weeks.

Kiwi

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

Mangoes

We are currently carrying Haden and expect an arrival of Keitts next week. Ataulfo pricing is still slightly high and larger sizes remain difficult to source.

Melons

Melons in California are large, juicy and great quality. Small sized Melons are limited as fruit is sizing up nicely. Pricing is good on Hami Melons right now- try them out!




Majesty
Five Crowns Marketing

Grapes

We will be transitioning from Mexico to California over the next couple of weeks. Next week we will have Summer Royal Black Grapes and Baby Doll Grapes. Red Flames will be loading mid to end of next week. As weather cools down out West, Green Grapes will pick up in large volumes as the crop this year looks to be good.

Pomegranate

We have a new arrival of Pomegranate from India by air.

Blueberries

Oregon, BC and Michigan berries have started up. BC is already showing massive volumes for promotions.

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.

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.

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 - California peaches remain steady. Yellow peaches continue to increase in volume with various sizes and pack styles. Look out for local 6xlb Peaches starting up next week!

Nectarines - We continue to have Nectarines from California. Yellow Nectarines are limited right now but availability should improve. 8x2lb local Nectarines will be in next week!

Plums - Our first shipment of California Black and Red Plums arrives this weekend. We also have local Yellow Plums in stock!

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

Cherries - Washington Cherries are available in both pouch and clamshell. Quality is excellent!

WASHINGTON
FRUIT GROWERS



Oranges

We have some California Valencias in stock 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.

Lychee

Tropical Lychee are in season and available for a limited time only. Reach out to your Sales Rep to secure your order!

Raspberries

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



LOCALLY GROWN

- **Mushrooms**
- **Corn**
- **Zucchini**
- **Plums**
- **Cucumbers**
- **Carrots**

Limes

Supply and quality are being affected by poor weather. 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

North Carolina production is being affected by a heat wave- this season will finish early. We will see small volumes of local Green Peppers next week, which will cool down the market.

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 T&A & Freshkist, and 9s Andy Boy will arrive this weekend!

Cucumbers

Field - Local Cucumbers have started up for the season! Supply is steady and price is reasonable.



Hot House - This market is flushing as high wire crop finishes and new plants get put in.

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 Eggplant has started up in limited quantities.

Squash

Mexico season has finished. Local Spaghetti, Pepper and Buttercup Squash have started this week. Butternut Squash will follow shortly.

Asparagus

Local season has come to an end. We now have Dole 11lb LG Asparagus in stock!

Hot House Tomatoes

Due to occurring issues with field production, this market is tightening up. The switching of crops in greenhouses to fall crop is also causing additional stress.

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 remains steady. We will have a fresh load of 24s Snoboy and T&A 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!

Nappa

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

Okra

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

Beans

Local Green and Yellow Beans have started up!

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 Garlic from Egypt. Pricing is competitive and quality is excellent.

Mushrooms

This market remains steady, 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 throughout the month.

Corn

A summertime staple! Local Corn season has started up- reach out to your Sales Rep for details.

Beets

We continue to 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 increased supply. New crop local yellow Onions will start up later this month. We continue to have stock of Georgia Vidalia sweet Onions.

Potatoes

We will be transitioning to local Potatoes in the next week, in both yellow and white varieties. Reds will start in a couple of weeks. The local storage market should remain steady for the rest of the month.



Go
fresh®

Local Corn has arrived for the season! Go Fresh 4-count Corn is the perfect summer vegetable for grilling. With the husk already removed, all you need to do is season, grill and enjoy! The sweet, buttery flavour pairs well with all your warm-weather dishes.

