

FRESH UPDATES

Week 37 - September 6

GAMBLES 

GOOD BUYS

Grapes
Carrots
Mushrooms
Zucchini
Apples
Lettuce

Apples & Pears

Apples - New crop of Ontario Apples is underway with Paula Reds, Jersey, McIntosh and Sunrise available. Washington Galas are roughly 7 days away from starting.

Pears - New crop Bartlett Pears out of Washington have arrived!



Mangoes

We will transition to BRA fruit next week! We currently have Keitts in stock. Ataulfo will continue to be very scarce for another week.

Avocados

Size 32s and 36s are still very short for next week. Quality is excellent. Size 48s, 60s, 14/5 and 14/6 bags are all promotable.

Bananas & Plantains

This market is now in better shape with all Banana supply in general. Not many changes to report. We have all products in stock and available.

Kiwi

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

Watermelon

Weather down in the US is causing a lot of quality issues with Melons that have short legs. We will see lots of cheap pricing- be aware of quality.

Melons

Melons in California are large, juicy and great quality. Small sized Melons remain limited as fruit is sizing up nicely. Try out specialty Hami Melons!

Pineapples

All Pineapples are very limited due to weather issues. Both organic and conventional are very tight in the market- expect price to increase for the next arrival coming in Wednesday next week.

Grapes

Green Grapes- Grape Greens & Stella Bella varieties will be available next week.

Black Grapes- Transitioning to Autumn Royal starting this weekend.

Red Grapes- Lucky Dragon Label Globes are sizing up with excellent flavour and colour. Scarlot Royals and Jack's Salute from California will start mid next week. New crop Allison's will be available to ship.

Sweet Baby Sweets/Dolls- New crop California available now and quality looks good!



Raspberries

Supply has started to improve- fresh arrival is available! Pricing is slightly higher than normal.

Blackberries

Availability has loosened with new arrivals in stock. Pricing and quality are both fair.

Clementines/ Easy Peelers

We currently have a very good selection of fruit with both large and small sizes of Tango, Nadorcotts, Orri's, Queen, and W. Murcotts. Fruit is coming from RSA, Chile, Uruguay, Argentina & Peru. Some promo prices are available...book early with your Sales Rep as fruit is moving fast!

Stonefruit

Local- 8x2lb Blue Grapes are finishing up- we will see a small late crop end of next week. Blue Plums are available, and supply is good. They will continue for a few more weeks.

California- Yellow/White Peaches and Nectarines are available this week along with Black Plums arriving start of next week. This crop should continue into October. Quality looks good and various sizes are available.

Blueberries

Quality is fair out of BC and Michigan. Draper variety is showing better quality than the now finished Dukes. Pricing will increase and quality is currently fair at best.

Strawberries

This market remains tight as Southern California regions are finished for the time being. Price has increased.

Oranges

There is a widely known global shortage on Oranges right now- this will likely last through October and into November when California gets started. Book early, and stay ahead with your Sales Rep. We have fruit coming in, but it hasn't been lasting long. Juice Oranges are very tight and expensive right now...more of the same to continue.

Lemons

Demand for Lemons seems to be exceeding the supply for the last few weeks...stay ahead on your needs for the time being!

Grapefruit

We are starting to wind down now on RSA fruit- there may be some deals coming along prior to the start of the Florida deal.

Pomegranate

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



LOCALLY GROWN

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

Limes

Rain & heat have been affecting Lime quality and supply. New arrival is expected over the weekend with all sizes available.

Hot House Peppers

We are currently bringing in Holland Hot House Peppers to help supplement local issues. Price remains high. We expect this to persist moving forward.

Peppers

Local green, red and yellow Peppers are available. Price is coming down and supply is good.



Broccoli

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

Cucumbers

Field - Local Cucumbers are in stock! Supply is steady and price is reasonable.

Hot House - As farms are between crops, availability has become scarce and price has increased significantly. This will go on for the next few weeks.

Zucchini

We are currently carrying local Zucchini. Supply has improved and price has levelled out as rain has caused various field commodities to tighten.

Eggplant

We are currently carrying local Eggplant. Pricing and quality are fair but we could see momentary gaps due to heavy rains.

Squash

Local Squash is in full swing! Availability has improved over the last few weeks.

Pumpkin

Local Pumpkin season starts soon! Contact your Sales Rep for further details.

Okra

Supply and quality should continue to improve over the next few weeks.

Cauliflower

The US market is coming off. Fresh loads of 12s Freshkist and 9s T&A expected in over the weekend.

Hot House Tomatoes

Due to higher priced field commodities, the hot house Tomatoes have gone up in price. Quality is fair.

Tomatoes

We are bringing in product from California. Quality is good but supply is tightening up a bit due to a heat wave. Price is starting to come down.

Lettuce

Fresh arrivals of Quebec, Andy Boy & Nature's Reward Iceberg will arrive over the weekend.

Mixed Greens

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

Nappa

Local Nappa is in stock! Quality and pricing are great. This is a good time to promote.

Asparagus

This market is getting active. We continue to carry 11lb LG Progressive available out of Mexico.

Celery

This market remains steady. We will have a fresh load of 24s Dole arriving this weekend.

Beans

Local Green and Wax Beans are in stock!
Availability is spotty due to heavy rain.

Ginger

Brazilian conventional Ginger is available!
We are also carrying conventional from
China and organic from Peru.

Loose Garlic

Local Garlic season continues! Spanish
purple Garlic will be available soon. Inquire
with your Sales Rep for more info.

Mushrooms

This market remains steady, with great
pricing and quality. Local varieties include
traditional white, brown, Portabella, Oyster
and Shiitake. Local Lionsmane, Yellow
Oyster, Pioppini and King Oyster are
available for pre-order.

Carrots

We have plenty of supply of local Carrots.
Quality is great and price has come down.
Ask your Sales Rep about Quebec Carrot
deals!

Corn

Local Corn has finished up for the season.
We are now carrying US product.

Beets

We'll continue to have Mexican Red Beets
for this week- we will transition to local Red
Beets afterwards. Local Gold and Stripe
Beets are available.

Onions

New crop US Spanish Onions are moving
well, and prices are holding steady. New
crop local yellow and red Onions are
available from both Ontario and Quebec. We
have transitioned to Peruvian Sweet Onions,
and they are moving well.

Potatoes

Local Potatoes in all colours and sizes are
available- white, yellow & red. Washington
new crop baking Potatoes have started and
quality is great! Local russet Potatoes should
be starting up in the next couple of weeks.



Sweet
&
crisp!



Local Apple season has begun!
Among the early varieties,
Paula Reds boast a vibrant
outer skin and have a sweet
yet tart flavour with a hint of
strawberry. These are a great
addition to lunch boxes and
tasty baking recipes!



Snack
time!