

# FRESH UPDATES

Week 40- September 27

**GAMBLES** 

## GOOD BUYS

Grapes  
Carrots  
Clementines  
Squash  
Apples  
Lettuce

## Apples & Pears

**Apples** - New crop of Ontario and Washington Apples are available, including Paula Reds, Jersey, McIntosh, Sunrise and Gala.

**Pears** - Bartlett and Bosc Pears out of Washington have arrived and look great!

## Mangoes

We will transition to BRA fruit next week!  
We currently have Keitts in stock. Look out for Ataulfo from Peru soon.

## Pineapples

All Pineapples are very limited due to weather issues. Both organic and conventional are very tight in the market. This trend will continue next week as well.

## Avocados

Large sizes should be more available for next week. Quality is excellent. Size 48s, 60s, 14/5 and 14/6 bags are all promotable. Ask your Sales Rep about our Ripe & Ready program!

**Calavo**



## Bananas & Plantains

This market is now in better shape with all Banana supply in general. No major changes happening. We have all products in stock and available. We now offer ripening services for both 20lb and 50lb Plantain!

## Kiwi

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

## Watermelon

Bin season is coming to an end. We will transition back into cartons which should be available within the following week. Mini Watermelon cartons should start beginning-mid October.

## Melons

We are now coming to the end of the California season. We will start transitioning down into Arizona before then starting our offshore season.

## Grapes

**Green Grapes-** Great Greens & Stella Bella varieties will be available next week. Quality is excellent.

**Black Grapes-** Transitioning to Autumn Royal starting this week.

**Red Grapes-** Lucky Dragon Label Globes are sizing up with excellent flavour and colour. Scarlet Royals, Sparkle, Holiday Variety & Jack's Salute from California will be available next week. Look out for XL Allisons end of next week.

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

## Raspberries

Supply is limited, and quality is currently fair. We are getting berries out of California and will start up with Mexico soon.

## Strawberries

This market has started to transition down the coast of California with small sizing and fair quality. Price may vary as demand will likely increase with the lack of Blueberries available.

## Blackberries

This market is seeing the same issues as Raspberries- very tight on supply and fair quality.

## Clementines/ Easy Peelers

We continue to carry 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 continues to move fast!



## Stonefruit

Autumn Ripe Peaches and Red & Black Plums are now available from California. Quality looks great! This crop should continue into late October, finishing off with Plums.

## Blueberries

We will see limited supply through the end of September and into early October due to late planting in Peru and Mexico. Expect very little availability outside of Argentina until November.

## 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, this will continue for a while.

## 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 are currently carrying fruit from Egypt and will be transitioning to USA soon.

## Persimmon

We will be bringing in Persimmons from Spain and USA very soon!

**ORGANIC  
ITEMS!**

**Avocados  
Ginger  
Pineapples  
Mushrooms  
Bananas**



## 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. We're also carrying Dole brand SKUs with limited availability.

### Hot House Peppers

This market has come off. Price is fair but still higher than field Peppers. Good time to push.

### Peppers

No major changes in supply, this market is stable. Take advantage of aggressive pricing right now before we see increases in the next couple of weeks.

### Cauliflower

The US market continues to soften. Fresh loads of 12s Freshkist and 9s T&A expected in over the weekend.

### Broccoli

The US market is very active, prices are increasing. We have a fresh arrival of Andy Boy bunches as well as local Ontario & US 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 continue for the next few weeks.

### Zucchini

We continue to carry local Zucchini. Supply has improved and price has levelled out.

### Eggplant

We continue to carry local Eggplant. Pricing and quality are very good and will remain like this for the next few weeks.

### Squash

Local Squash is in full swing! Both carton and bins are available.



### Pumpkin

Local Pumpkin season has started! Please inquire with your Sales Rep for further details.

### Asparagus

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

### Hot House Tomatoes

Supply is good and quality is fair. These late-stage crops don't have a long shelf life so pricing is low, but could increase as we move into October.

### Tomatoes

The California market remains very tight due to a heat wave- this will continue for about another month. We have local Tomatoes available in various sizes as another option.

### Lettuce

Fresh arrivals of Quebec, Nature's Reward & Snoboy 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 push.

### Celery

This market remains steady. We will have a fresh load of 24s Snoboy arriving this weekend- inquire about promo pricing!

### Okra

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

## Beans

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

## Ginger

We are carrying conventional Ginger from China and Brazil, 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 is steady, with favourable pricing and great quality. Local varieties include traditional white, brown, Portabella, Oyster & 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 soon. 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! Look out for local russet Potatoes starting up in the next couple of weeks.



**Ontario Cabbage is a great transitional item as we move into the cooler months! This versatile and vibrant vegetable is an easy addition to many dishes and offers a tasty, crunchy, colourful kick!**

