

FRESH UPDATES

Week 3- January 10



GAMBLES 



Apples & Pears

Apples - All varieties of local Ontario and Washington Apples are available. Quality is great!

Pears - We are receiving a steady supply of Bartlett, Anjou & Bosc Pears out of Washington.

Watermelon

Poor weather in Mexico has caused very limited supply and the usual offshore supply is not enough to compensate. We hope to see some improvement soon.

Melons

Due to cold weather in Guatemala and Honduras, offshore yields are very low, especially on Honeydews & Cantaloupe. There are lots of cheap specialty melons from Brazil but quality is not the best.

Avocados

Pricing continues to stay high on larger sizes. Promotional pricing on size 70s and 84s is available!



Bananas & Plantains

All premium 40lb Bananas are tight due to high demand. We have a good number of conventional 13x3lb bags and Fairtrade Organic 40lb. We offer great pricing on both green and ripe Plantain- reach out to your Sales Rep!

Kiwi

We have good supply of green and Top Gold Kiwi from Italy! We also have green Kiwi from Greece in stock.

Papaya

We are bringing in Papaya from Mexico as needed!

Mangoes

All Mangoes are available. Ataulfo from Mexico are experiencing strong pricing due to a transition period. We also have 5kg ripe Peruvian Kents and quality is excellent!

Pineapples

Supply remains tight on larger fruit (size 5/6), with 7s and 8s also tightening up. This situation will continue for the next few weeks. We have good supply on organic 7s!

Grapes

Green Grapes- The Peruvian market continues to be very active. FOB's remain in the mid 40's. Next weeks arrivals will be Arra 15's, Sweet Globes and Cotton Candy Grapes.

Black Grapes- We are carrying California Autumn Royals until Peruvian Midnight Beauties are available to ship.

Red Grapes- We are receiving Allison's and Jack Salute's from Peru- supply is good and no issues with quality!

Strawberries

Limited supplies have started from Mexico. Florida is expecting to have large flushes starting mid-January, this should be a good time to promote.

Raspberries

This market is experiencing the same issues as Blackberries. It is currently very unpredictable.

Blueberries

We are seeing fruit from Peru, Chile and Argentina. Product from Florida is expected to hit soon.

Peppers

Supply is starting to get better and price is reasonable. Currently getting all product from Florida and quality is good!

Clementines/ Easy Peelers

Moroccan clementines are almost finished. We are expecting new arrivals of Moroccan Nadorcotts and Israeli Orris by air. California Tango/W.Murcotts are just around the corner. We also have fresh Sumo's arriving in various pack sizes!

Grapefruit

We have beautiful Florida Rubies in stock now- larger than a size 36 continues to be a challenge out of Florida. We have fresh arrivals of Israeli Grapefruit and Sweeties!

Blackberries

This market is fluctuating a lot between steady and tight supply as forecasting has not been accurate throughout the year. We are bringing in fruit from Mexico.



Hot House Peppers

Due to the issues with field production, hot house commodities remain tight and prices have increased. We have a steady supply of Spanish peppers by air, quality is fair.

Oranges

Cara Caras are in great supply and this is a good time to promote! We have bulk and bags available. Navels are a fantastic item to promote this time of year as well. We can also do bags in any size you would like (mostly 3lbs).

Lemons

We are receiving beautiful US fruit almost daily- prices are all very promotable. Cheaper Egyptian fruit is around the corner but there is much better value in the fruit grown closest to home. We are carrying Meyer and Seedless Lemons as well!

Limes

This market is strong & unstable and will likely continue this way through to March. Quality is good but not great. We will likely start to see some offshore fruit hit the markets.

Pomegranates

We have new arrivals of size 5-10 Pomegranates from Turkey. Great quality and taste!





LOCALLY GROWN

- **Mushrooms**
- **Onions**
- **Apples**
- **Beets**
- **Potatoes**
- **Carrots**

Cauliflower

The US market is steady. Fresh arrival of 12s and 9s T&A are available.

Broccoli

The US market is steady. Andy Boy product from Mexico is being packed. Mexican Shortcut Broccoli crowns are also available.

Asparagus

This market is active due to short supply from Mexico. Expecting new arrivals mid next week.

Celery

The US market is coming off. Fresh load of Dole is arriving this weekend, quality expected to be great.

Beans

We have transitioned to product from Mexico. Market has started to come down, price should remain low for the foreseeable future.

Cucumbers

Field - Supply out of Mexico is ok. Price has increased and is back to normal range.

Hot House - We are now approaching the annual tightening of the cucumber market. We expect supplies to be very limited until the end of January.

Zucchini

Due to oversupply from Mexican regions, this market is coming down hard. Prices are very low. Expect price to start to increase in roughly 10 days.

Eggplant

We are currently bringing in Mexican product. Supply is good, price remains cheap but will start to increase shortly.

Squash

Mexico season has started and supply is beginning to pick up. Great prices on small sizes, good time to promote.

Napa Cabbage

We are currently bringing in Napa Cabbage from the US! Ask your Sales Rep for details.

Mixed Greens

We are bringing in Little Bear product out of Texas. This includes cilantro, dill, parsley, methleaf, kale, radish and more. Quality is excellent!

Hot House Tomatoes

This market is tightening up, with prices on cluster tomatoes themselves doubling- we will hopefully see some relief soon depending on hot house and field production.

Tomatoes

We have fully switched to Florida tomatoes as of this week. The new crop after recent hurricanes has started to kick in and price is reasonable. Quality is good and we expect supply to continue to increase.



Lettuce

The US market is steady. Andy Boy, T&A and Dole will be available at a good price.

Salads

Prices are now all back to normal, with the exception of shredded cabbage. Romaine-based products are still showing some signs of quality concerns. We have fully transitioned to Arizona product.

Okra

Excellent quality of Indian Okra & Baby Okra arrives as needed. Please book in advance!

Ginger

We have fresh Chinese Ginger, as well as great quality Organic product from Peru available!

Loose Garlic

Fresh load of Chinese Garlic is in stock. Spanish purple Garlic season has ended. Argentina purple Garlic will be available soon-stay tuned!

Mushrooms

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

Carrots

We currently have good supply of local Carrots with great quality! Price has slightly increased due to an active US market and a relatively small crop this year.

Corn

Fresh loads of yellow and bi colour Corn are arriving regularly from Florida!

Beets

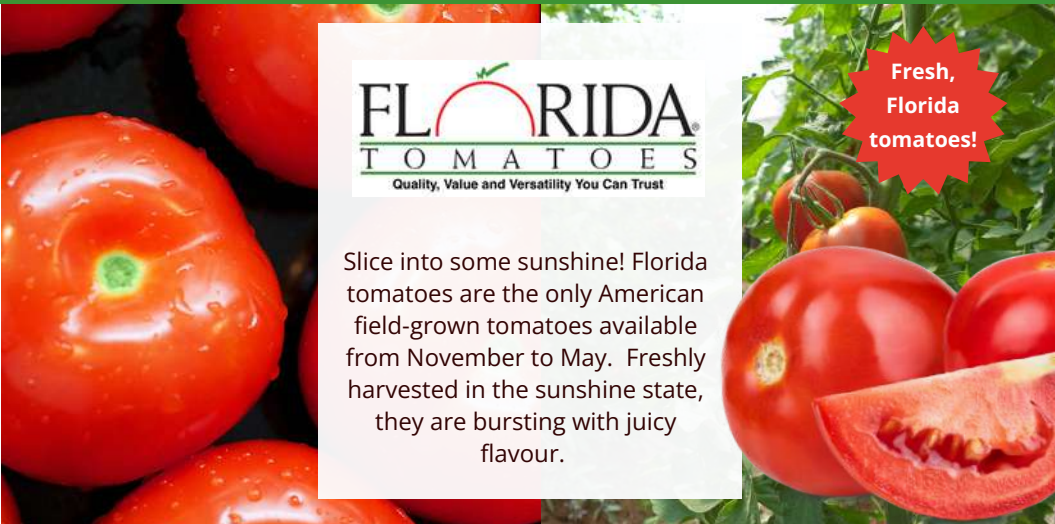
We have local Beets in all colours available- red, gold and stripe! Good price currently on 25lb bulk red Beets, inquire with your Sales Rep.

Onions

US Spanish Onions are moving well, and prices are holding steady. Size and quality are good. Local yellow and red Onions are available from both Ontario and Quebec, however we continue to feel pressure on red Onion availability. We are also carrying Peruvian Sweet Onions.

Potatoes

Local Potatoes in all colours and sizes are available, as well as PEI new crop baking Potatoes. Washington Potato prices are high but quality is excellent. We also have USA orange and oriental Sweet Potatoes in stock with great quality.



FLORIDA
TOMATOES
Quality, Value and Versatility You Can Trust

Slice into some sunshine! Florida tomatoes are the only American field-grown tomatoes available from November to May. Freshly harvested in the sunshine state, they are bursting with juicy flavour.

Fresh, Florida tomatoes!