



# FRESH UPDATES

Week 13 - March 21

**GAMBLES**

## GOOD BUYS

- Kiwi
- Carrots
- Mangoes
- Lettuce
- Oranges
- Potatoes

## Apples & Pears

**Apples** - Apples – We're well stocked with all varieties of local Ontario and Washington apples, all showing excellent quality.

**Pears** - Fresh shipments of Bartlett Pears have arrived from Argentina, Chile, and South Africa. Washington Anjou Pears continue to arrive steadily, while Bosc Pears are becoming limited as their season winds down.

## Kiwi

We currently have a strong supply of Green and Top Gold Kiwi from Italy, along with Green Kiwi from Greece.

## Pineapples

Pineapple supply continues to be limited, though upcoming vessel arrivals should help improve availability next week. The 7ct conventional variety is particularly scarce, and organic options are minimal, limited to 8ct sizes. The GOLDEN SELECTION line is now available in both 7ct and 6ct.

## Avocados

The Mexican Avocado Market continues to strengthen at this time due to high consumption in the MX national market during the lent season and Jalisco season coming to a close. Many growers are raising field prices every day and opting for the highest price possible. This will be an issue for the next 2 months.

## Papaya

We are currently sourcing Papaya from Mexico as needed. Please contact your sales rep for details.

## Bananas & Plantains

Supply is improving for all Banana SKUs and 50lb Plantains, but port delays are causing late, mixed arrivals. Organic Bananas and 4x10lb quads still face ongoing quality issues.

## Mangoes

Red Mango availability is back to normal, with better quality in Mexican Haden, though pricing remains elevated. The Ataulfo market has leveled out, with no more aged stock. FANCY RIPE PERUVIAN KENTS 5KG are now available at both Dwight and OFT. Reach out to sales for more information.

## Melons

**Cantaloupe & Honeydew:** Still offshore for now, with Arizona starting next month and California to follow. Local musk melon season should be stronger as tariffs impact demand for U.S. fruit.



## Watermelon

We are currently in a gap between growing regions in Mexico, making supply tight especially for smaller mini melons. With new tariffs coming in on melons, the upcoming local season is expected to be very busy.

## Grapes

**Green Grapes** - Chilean green seedless grapes have peaked, with steady supply through March. Peruvian Autumn Crisp is declining. Next week: Sweet Globes and Autumn Crisp. Supply remains strong with slight price increases and good availability of large and XL sizes.

**Black Grapes** - Sweet Flavors black grapes will be available next week, with good quality expected. Supply is projected to remain consistent over the next several weeks.

**Red Grapes** - Peruvian volumes are declining, and Chilean red grapes haven't peaked in Canada. Green seedless are moving better than reds, keeping prices steady. Only top-quality fruit is selling in the current market. Sweet Celebrations and Red Globe grapes are expected next week.

## Strawberries

We are transitioning out of Florida and starting the new season in Santa Maria, California

## Raspberries

Supply continues to come mainly from Mexico.

## Watermelon

We are currently in a gap between growing regions in Mexico, making supply tight especially for smaller mini melons. With new tariffs coming in on melons, the upcoming local season is expected to be very busy.

## Clementines Easy Peelers

We have weekly arrivals of Maroc Nadorcotts, and the quality has been excellent. Sumo Mandarins are currently available, but due to newly applied tariffs, we likely won't be bringing in more so grab them while they last. Orri Mandarins from Israel have been beautiful and as delicious as ever. Additionally, we have W. Murcotts from California under the "Sunkist" label.



## Grapefruit

We are now finished with Florida grapefruit. However, Israeli fruit is currently available, and Moroccan grapefruit is beginning to arrive as well. In addition, Sweeties are in stock.

## Stone Fruit

We are currently carrying 10x2lb Nectarines/Plums and Peaches, also Bulk volume filled Peaches, Plums and Nectarines 9kg from Chile. NEW Fresh arrivals arriving each week.

## Blueberries

Offshore supply is winding down, with Florida and Mexico becoming the main sourcing regions moving forward.

## Oranges

California Navels continue to show good quality, and pricing remains fair even with tariffs. We are receiving fresh arrivals almost daily. We also have a good supply of Blood Oranges, Cara Cara Oranges, and Minneola Tangelos.

## Lemons & Limes

Lemons are priced low with excellent California quality contact your rep for promos. Limes remain expensive but arrive fresh weekly. Sweet Limes are still available, including Mammoth, Colossal, Super Colossal, and 2lb bags by order.

## Pomegranates

Freshly arrived Turkish Pomegranates – available in sizes 5-10, offering great quality and flavor!

## Blackberries

The colder weather is helping to firm up the berries, resulting in better supply. Most of the volume continues to come from Mexico.

### ORGANIC ITEMS!

- Avocados
- Ginger
- Pineapples
- Mushrooms
- Bananas

## Hot House Peppers

The market in Mexico is heating up, leading to higher prices. Rates are expected to stabilize as Canadian-grown peppers become available closer to April.

## Hot House Cucumbers

Thanks to expanded crops this year, cucumber volumes haven't been affected by the usual shortages. Local Canadian supply remains strong, with consistently high quality.

## Peppers

There are no major supply issues with green peppers. Supply has been steady, and the quality is good. There haven't been any significant changes.

## Cauliflower

US market is coming off. Fresh arrival of 9s and 12s T&A expected over the weekend.

## Broccoli

The U.S. market remains stable. Andy Boy broccoli from Mexico is being packed, and shortcut broccoli crowns are also in stock..

## Asparagus

The market is holding steady, with a fresh shipment of 28lb Dole asparagus expected to arrive this weekend.

## Celery

The U.S. celery market is stable. Look out for Dole and Snoboy brands available this weekend.

## Eggplant

There are no major changes with eggplants. Supply is steady, quality is good, and it's a good time to promote.



## Cucumbers

Prices had been low for a while, leading farmers to stop packing and hold product in Mexico. As a result, there's now a shortage, and the market has gone up

## Zucchini

Due to cold weather on the Mexico side, zucchinis are becoming a bit more active in the market, but prices still remain reasonable. It's still a good time to promote product.

## Squash (Butternut, Spaghetti, and Acorn)

Cold weather in Mexico is also affecting hard squash production. Supplies are still light and the volume hasn't picked up yet, but prices remain on the reasonable side. It's still worth pushing.

## Napa Cabbage

The U.S. market is becoming more active, with rising prices. Quality remains excellent. For more details, contact your Sales Rep.

## Mixed Greens

We're currently sourcing Little Bear products out of Texas, including cilantro, dill, parsley, methi leaf, kale, radish, and more. The quality has been excellent!

## Salads

Prices have normalized for most salad items, except for shredded cabbage. Romaine-based products still present some quality issues. All salad supply has now fully transitioned to Arizona-grown sources.



## Green Beans

The market is very active, with most supply coming from Mexico due to limited U.S. production and a 25% tariff. Cold weather is affecting yields, pushing prices up. Conditions should improve in about two weeks.

## Tomatoes

Both Florida and Mexico are facing low production around 50% of normal due to weather and regional transitions. Supply will remain tight for two weeks, with improvement expected after that.

## Roma Tomatoes

Prices were low for a while, but colder weather has driven costs up. Florida's output is limited by the cold, though quality is still strong.



## Hot House Tomatoes

Local Canadian tomato supply is expected to increase going into April. Quality is very good, making this a great time for promotions. Contact your Sales Rep for more details.

## Florida Tomatoes

Florida tomatoes are currently very tight due to cold and windy weather about three to four weeks ago, which caused bloom drops and significantly reduced production. They're only getting about 50% of their normal yield.

## Okra

We're receiving top-quality Indian Okra and Baby Okra as needed. Please make sure to place your orders in advance.

## Ginger

Fresh Chinese Ginger is in excellent condition. Organic Ginger from Peru is limited, and prices are expected to stay high until the new season brings better availability.

## Loose Garlic

A new shipment of Chinese Garlic has arrived, and we also have Argentina Purple Garlic in stock. Both options are showing excellent quality. Reach out to your sales representative for more info.

## Mushrooms

The mushroom market is steady with great pricing and strong quality. Local varieties include White, Brown, Portabella, Oyster, and Shiitake. Lionsmane, Yellow Oyster, Pioppini, and King Oyster are available by pre-order.

## Carrots

We have a strong supply of high-quality local carrots. Prices are slightly higher due to a strong U.S. market and a smaller harvest this year.

## Lettuce

The U.S. market is getting active as the Yuma season wraps up. Fresh arrivals of Snoboy, Andy Boy, and Nature's Reward Cello lettuce are expected this weekend

## Beets

Our current selection includes Mexican red beets and Canadian gold and striped varieties. There's a great price right now on 25lb bulk red beets check with your Sales Rep for details.

## Onions

U.S. Spanish Onions are steady with good size and quality. Local yellow onions from Ontario and Quebec are available. Red onions remain limited, and we also have Mexican Sweet Onions in stock.

## Potatoes

We have a full range of local potatoes in all colours and sizes, along with PEI baking potatoes. Florida potatoes are fully stocked and looking great. For customers seeking a more premium option, we continue to carry Washington A size yellow potatoes. We also have high-quality U.S. orange and oriental sweet potatoes available.

## Corn

We're receiving consistent shipments of yellow and bi-color corn from Florida. Reach out to your sales rep for more information.

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