

# FRESH Updates Week 17 - April 18



**GAMBLES** 



## Apples & Pears

**Apples** - We provide an extensive variety of locally sourced apples from Ontario and Washington, all in excellent condition.

**Pears** - We have just received fresh shipments from Argentina, Chile, and South Africa. Our stock of Washington Anjou Pears is consistently replenished, and we now have a new supply of Bosc pears from South Africa.

## Kiwi

The final shipments of Greek and Italian goods have arrived, marking the end of the season until we transition to Chile.

## Pineapples

All Pineapple supply is still tight. And we are receiving fruit with higher maturity than usual. Gambles is currently offering MEX pineapple in size 6ct. And ORG is in very low supply, showing only 8ct available. Reach out to your sales ASAP to reserve yours!



## Avocados

Mexican avocados have so far entered the USA and Canada without facing tariffs, which helps sustain a strong market. Growers are continually increasing field prices, and this trend is expected to persist for the next six weeks.

## Papaya

Papaya is currently being sourced from Mexico as required. For further details, please contact your sales representative.

## Bananas & Plantains

All banana SKUs and 50lb plantains are currently in short supply. An increase in demand, coupled with ongoing vessel delays, has contributed to a tighter situation compared to last week. Prices for all banana products are anticipated to rise again by mid-next week. Organic options continue to face significant challenges due to recent quality issues, as do single quads (4X10lb).

## Mangoes

Supply is in good shape. Some MEX Atkin Tommy is showing quality concerns in the market. Gambles is now offering SUGAR BABY MANGO 2KG early next week, providing the best quality and price in the market. We continue to offer RIPE PERU KENT 5.5KG as well. Reach out to your sales team to get more information.

## Melons

**Cantaloupe & Honeydew:** At present, these fruits are primarily imported from abroad. Arizona's season is set to commence next month, followed by California's. Meanwhile, Mexican produce is starting to arrive, featuring limited quantities of cantaloupe and a good supply of honeydew.

## Grapes

**Green Grapes** - The spot market for top-quality green seedless grapes is strong, with over 1 million boxes shipped from Chile. Peruvian supply is down, and prices for premium Autumn Crisp are high. Importers are assessing weaker lots for secondary markets, with Arra 15, Ivory, and Sweet Globe coming soon.

**Black Grapes** - Sweet Flavors and Black Sables from Chile arrive next week with good quality and steady supply expected.

**Red Grapes** - Red seedless demand trails green, but lower green supply and more Chilean reds at good prices open promo opportunities. Chilean rain and tariffs may limit Crimson volumes. Mexican reds stay light until late May; Coachella may see premiums. Peruvian Red Globes end this week, Chilean next. Coming: Sweet Celebrations, Allison, Red Globes.

## Strawberries

Most farms in Florida are still active, but they are shifting their orders to California. They plan to continue production for a few more weeks before fully transitioning to California and eventually to products sourced from Mexico.

## Raspberries

The demand for Mexican products is beginning to decline. Volume will be a concern until U.S. products take the lead.

## Watermelon

Mexico's supply is limited but expected to improve next week with new regions. Prices are high now but may decrease soon. Arizona's supply will start next month, while Mexico remains a vital source for the time being.

## Clementines Easy Peelers

We have a consistent supply of U.S. Sunkist W. Murcotts, Israeli Orris, and Moroccan Nadorcotts with weekly arrivals. U.S. fruit is high quality and priced reasonably, available in bulk and 2 lb. bags. Israeli Orris is currently at peak sweetness, while Moroccan Nadorcotts' supply is decreasing due to rising demand. Sumo mandarins are nearly out for the season. Coordinate with your sales rep for orders.

## Grapefruit

We're expecting a fresh shipment of Moroccan Grapefruit early in the week, available in a full range of sizes from 35 to 55.

## Stone Fruit

We currently have 10x2 lb Nectarines, Plums, and Peaches, along with bulk Peaches, Plums, and Nectarines (9 kg) from Chile. California Stone Fruit will begin mid to late May, with Plums expected two weeks later. The crop looks abundant compared to last year's yield.

## Blueberries

We have relocated our supply chain to Florida, although we will continue to source certain products from Mexico. Because of rising costs, we will focus on 6oz packs as the preferred option until May, taking into account the cold weather conditions.

## Pomegranates

Fresh pomegranates from Peru, sizes 5-12, will arrive on April 11th. The "wonderful" variety is well-known for its sweet taste and vibrant red colour.

## Oranges

California oranges are at peak flavor, with some deals available. Check with your sales rep. Moroccan Navels are arriving this week in a full range of sizes, from 48s to 105s, more details coming soon. Egyptian Valencia are expected by the weekend, all in smaller sizes ideal for juicing. Blood oranges are still available, mostly in smaller sizes, with limited 72s and larger, plus some bags. The Sanguinelli variety will begin next week. Minneolas continue to look great and are available in both large sizes and bags. Cara Caras remain promotable, offered in bulk as 48/56 Fancy, 72 Choice, and in 3 lb. bags—contact your rep for more info.

## Lemons & Limes

The lemon market remains very low, with consistent arrivals of top-quality U.S. fruit that's great for promotions—check with your sales rep for deals. South African lemons should arrive in early May. The lime market is still strong and hasn't eased up as expected, though the quality continues to be solid.

## Blackberries

The supply of Mexican products is beginning to decline. Blackberries are currently scarce and rather firm, resulting in limited availability. Concerns about volume will persist until U.S. product supplies begin.



## Hot House Peppers

The market is transitioning from Mexico to domestic sources, resulting in a diverse range of products. By mid-April, the supply of Canadian peppers is anticipated to become stable.

## Hot House Cucumbers

This year's increase in crop production has helped ease the usual shortages. Moreover, Canadian supply continues to be steady, providing outstanding quality.

## Peppers

The pepper market is becoming more stable, and nothing has changed on the supply side. Florida prices remain on course and are good. It's a good time to promote. We have almost three weeks left in the season.

## Cauliflower

The U.S. market remains stable, and we anticipate that new T&A 9s and 12s will be available this weekend.

## Broccoli

Market conditions remain steady. We're currently loading Andy Boy broccoli from Salinas, and shortcut crowns are also available.

## Asparagus

The market remains stable. A fresh shipment of 11-pound Dole asparagus is set to arrive this weekend.

## Celery

The U.S. celery market is holding steady. Don't forget to visit Snoboy this weekend!

## Eggplant

Supply is steady with no major changes. Prices are reasonable and it's a good time to promote.

## Cucumbers

Prices are coming down, which is good. Supply is steady with no major changes.

## Zucchini

As the warmer weather approaches, the market is beginning to slow down. Prices are decreasing while maintaining high quality. This presents a wonderful opportunity to promote this product.

## Squash (Butternut, Spaghetti, and Acorn)

Supply has become somewhat limited due to the colder weather in Mexico. In particular, the availability of butternut and butternut squash is lower, leading to higher prices. However, acorn and spaghetti squash supplies remain stable.

## Napa Cabbage

The U.S. market is experiencing growth, characterized by increasing prices and high quality. For further information, please reach out to your Sales Representative.

## Mixed Greens

We're excited to feature Little Bear products from Texas, including cilantro, dill, parsley, methi leaf, kale, radish, and more all with outstanding quality

## Salads

The prices of most salads have remained stable, with the exception of shredded cabbage, which has experienced some fluctuations. There continue to be quality concerns with romaine mixes. Currently, all salad supplies are being sourced from Arizona.

## Corn

New deliveries of yellow and bi-color corn are consistently coming in from Florida! Reach out to your sales representative for more information.

## Green Beans

The market is extremely tight for green beans from both Mexico and the US. Two factors are affecting this: cold weather in Mexico and the Easter holiday, which is a major driver of demand. Prices have gone up significantly, but they are expected to come down in about seven days.

## Tomatoes

The field tomato market is getting a bit sloppy this week due to high temperatures. There is a lot of supply, so prices have decreased significantly. However, in about 10 days, the supply will start to lighten, and prices will return to their regular range.

## Roma Tomatoes

Roma tomatoes are facing quality issues this week due to the end of harvests in older growing regions. Production will shift in about ten days, with market conditions expected to improve by next week.



## Hot House Tomatoes

Canadian tomato production is projected to rise by April, showcasing outstanding quality that presents an excellent opportunity for promotions. For more information, reach out to your Sales Representative.

## Florida Tomatoes

The recent cold and windy weather has resulted in bloom drop, causing yields to be approximately 50% of the normal amount. As a result, the supply is currently quite limited.

## Okra

We are currently sourcing premium Indian Okra and Baby Okra as required. Kindly ensure that a place your orders in advance.

## Ginger

Chinese ginger is fresh and available. Organic Peruvian ginger and turmeric are back in stock. For details, contact your sales representative.

## Loose Garlic

New Chinese garlic has just arrived, alongside Argentina Purple garlic. Both varieties boast exceptional quality. For further details, please reach out to your representative.

## Mushrooms

The market remains stable, showcasing robust pricing and quality. Local offerings include White, Brown, Portabella, Oyster, and Shiitake mushrooms. Additionally, specialty varieties are available through pre-order.

## Carrots

The local supply of carrots is dwindling, so we will look into sourcing options from the U.S. or Mexico to facilitate the transition.

## Lettuce

The market continues to show stability as the Yuma season comes to a close. Look forward to the arrival of T&A, Andy Boy, and Nature's Reward Cello lettuce this weekend.

## Beets

We provide Mexican red beets along with Canadian gold and striped varieties. Our bulk red beets, available in 25-pound packages, are offered at a competitive price. Please reach out to your Sales Representative for more information.

## Onions

Spanish Onions are notable for their size and quality. Local yellow onions are available, with limited red options. USA yellow and red onions will be offered in consumer packs for premium customers. The last batch of Mexican Sweet Onions is available, transitioning to USA Georgia Vidalia onions at month's end.

## Potatoes

We provide a variety of local potatoes in different sizes and colors, including excellent Florida potatoes and premium Washington yellow potatoes. While supply is tight for the season, sweet potatoes remain available for retail and restaurant use.



Exceptional  
Canadian  
Apples!

*Give them a*



**Perfect just  
like an apple  
should be:  
always crisp,  
sweet, and full  
of flavour.**