



FRESH Updates



Week 19 - May 2

GAMBLES



Apples & Pears

Apples - We offer a wide selection of locally sourced apples from Ontario and Washington. Quality is great!

Pears - Fresh shipments have just arrived from Argentina, Chile, and South Africa. Our inventory of Washington Anjou Pears is regularly restocked, and we are excited to introduce a new supply of Bosc pears from South Africa.

Kiwi

New Zealand Gold Kiwi has arrived. Available in bulk or 8x2lb clamshell

Pineapples

Pineapple supply is back to normal. Quality has improved. We are currently offering Mexican Pineapple in size 6ct and 8ct. Reach out to your sales rep to reserve yours!

Avocados

We should start to see some new fruit from Jalisco, Mexico starting in the next 2 weeks. This will help relieve pricing. Michoacán, Mexico, old fruit is still in very high demand and we could see increased pricing over the next 2 weeks.

Papaya

Papaya is currently being sourced from Guatemala and Mexico as needed. For more information, please reach out to your sales representative.

Bananas & Plantains

All banana SKUs and 50lb plantains are currently in short supply. A recent surge in demand, coupled with ongoing vessel delays, has contributed to a tighter situation compared to last week. There is no additional fruit available at this time, and we are doing our utmost to serve our customers.

Mangoes

Supply is currently stable. However, some Mexican Atkin Tommy Mangoes are raising quality concerns in the market. Early next week, we will introduce SUGAR BABY MANGO 2KG, which promises the best quality and price available. Additionally, we continue to provide RIPE PERU KENT 5.5KG. For more details, please contact your sales rep.

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 market is up due to high-quality Chilean fruit. Prices will stay high next week. Mexico starts mid-May with Early Sweets. Next week: Sweet Globes (Peru) and Thompsons (Chile).

Black Grapes - Sweet Flavours and Black Sables from Chile available next week. Good quality and steady supply expected.

Red Grapes - Slight increase in prices. Mexico starts with Allisons end of May/early June. Next week: Sweet Celebrations, Allisons, and Red Globes (Chile).

Strawberries

Florida and most of Mexico is now finished, with a lot of fruit coming out of California. Delayed growing in the early regions has caused it to hit full production as newer regions start. They will be a good promo item until late May!

Watermelon

Mexico is currently facing limited supply, but this is anticipated to improve next week with the addition of new regions. Although prices are high at the moment, they may decrease soon. Arizona's supply is set to start in a month, while Mexico continues to be a significant source for the time being.

Cucumbers

Prices are on the decline, which is a favourable trend. Meanwhile, supply remains consistent, exhibiting no notable fluctuations.

Clementines Easy Peelers

We have weekly shipments of Israeli Orris, and Moroccan Nadorcotts. US fruit is high-quality and competitively priced, available in bulk and 2lb bags. Israeli Orris are very sweet, while Moroccan Nadorcotts are decreasing in supply due to high demand. Please coordinate with your sales representative for orders.

Grapefruit

We are due to receive a load of California fruit in the weekend in sizes 32/48/56.

Stone Fruit

Now carrying 10x2lb and 9kg bulk Nectarines, Peaches, and Plums from Chile. California starts mid to late May, Plums two weeks later. Good crop expected.

Blueberries

We have moved our supply chain operations to Florida, while still sourcing some products from Mexico. Due to increasing costs, we will prioritize 6oz packs as our preferred choice until May, considering the impact of cold weather conditions.

Pomegranates

New arrivals from Peru (sizes 5-12). The "Wonderful" variety is known for sweet taste and red color. Next arrival: April 11.

Green Beans

The market is extremely tight on both sides Mexico and the US. In the US, it's due to turf issues and a production gap. In Mexico, they have water issues and are not producing much. Prices are high, and quality is fair.

Oranges

The prices of Navels are increasing, which is typical for this time of year. Egyptian Valencias have arrived.

Lemons & Limes

The market has finally picked up, and prices have firmed up. Offshore fruit is having a slow start due to weather, while the Lome market is steady out of Mexico. We are now getting into some Honduras fruit.

Blackberries

The availability of Mexican products is starting to decrease. Blackberries are currently in short supply and quite firm, leading to restricted access. Worries about volume will continue until supplies of US products arrive.

Raspberries

The demand for Mexican products is starting to wane. Until US products gain dominance, volume will remain a significant concern.

Zucchini

As the warmer months approach, the market is beginning to slow down. Prices are decreasing while maintaining high quality, creating a fantastic opportunity to promote this product.

ORGANIC ITEMS!

- Avocados
- Ginger
- Pineapples
- Mushrooms
- Bananas



Hot House Peppers

Canadian pepper production is experiencing growth, highlighting exceptional quality that offers a fantastic opportunity for promotions. For further details, please contact your Sales Representative.

Peppers

Pepper prices are rising due to supply gaps in Mexico and the end of the season in Florida. With upcoming holidays, the market is expected to remain high.

Cauliflower

The US market continues to show stability, and we expect that new T&A 9s and 12s will be ready and available this weekend.

Broccoli

Market conditions remain steady. We are currently sourcing Andy Boy Broccoli from Salinas, and shortcut crowns are also available.

Asparagus

Local season has begun, and the quality is excellent. The available sizes are 28lb and 11lb.

Celery

The US Celery market continues to be stable. Snoboy will be available next week.

Eggplant

Mexico and Florida face a supply issue as Mexico's season ends and prices rise. Once Georgia starts its season in about 14 days, they will switch to Georgia eggplant, currently creating a supply gap.

Lettuce

The market is steady. New arrivals of Andy Boy, Snoboy and T&A Lettuce is expected this weekend.

Squash (Butternut, Spaghetti, and Acorn)

The season in Mexico is delayed due to cold weather, causing tight supply and high prices. However, more volume is expected in 10 to 14 days, with increased production of medium and large sizes, leading to more affordable pricing. It's an opportune time to promote.

Napa Cabbage

The US east coast market season is about to start. More supply will be available in the next few weeks. Pricing will become more stable. For more details, please contact your Sales Representative.

Mixed Greens

We're beginning to transition some items to New Jersey and we'll have product from both Texas and New Jersey (Little Bear) available next week.

Salads

The prices of most salads have remained stable, except for shredded cabbage, which has experienced some fluctuations. All salad supplies are being sourced from California after a complete transition.

Corn

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

Okra

We are currently in the process of sourcing premium Indian Okra and Baby Okra as required. Ensure that you place your orders in advance.



Hot House Cucumbers

This year's increase in crop production has reduced the usual shortages. Furthermore, Canada's supply continues to be stable, providing outstanding quality.

Tomatoes

The field tomato market is experiencing fluctuations this week due to heightened supply levels. With an ample amount of Tomatoes available, prices have significantly decreased. However, in about 10 days, supply is anticipated to diminish, and prices are likely to return to their typical range.

Roma Tomatoes

The Roma Tomato market is getting softer because both older and newer growing regions are producing now. Quality is good, and prices are low. It's a good time to promote.



Hot House Tomatoes

Canadian Tomato production is increasing, highlighting exceptional quality that offers a fantastic opportunity for promotions. For additional details, please contact your Sales Representative.

Florida Tomatoes

The market is softening again. Florida had warm, wet conditions that boosted production. Mexico is also producing well. With both Mexico and Florida in production, the market is becoming less expensive.

Ginger

Fresh Chinese Ginger is now in stock, along with organic Peruvian Ginger and Turmeric. For further information, please reach out to your sales representative.

Loose Garlic

New shipments of premium Chinese and Argentine Purple Garlic have just arrived. For further information, please reach out to your sales representative.

Mushrooms

The market provides consistent pricing and quality for a range of local mushroom varieties, including White, Brown, Portabella, Oyster, and Shiitake. Additionally, specialty varieties can be ordered in advance.

Carrots

Local carrot supply is finishing up, and we will be transitioning to Mexico this week.

Fiddlehead

Canadian Fiddlehead season is starting. A seasonal delicacy. For more information, reach out to your Sales Representative.

Beets

We offer Mexican red Beets and Canadian gold. In 25-pound bulk packages at competitive prices. Contact your Sales Representative for more information.

Onions

US Spanish and red Onions are still storage crop from last year. We're looking to transition to new crop over the next two weeks. Local yellow and limited red options are still available. We are transitioning to US Georgia Vidalia onions this week.

Potatoes

We provide a variety of local Potatoes in different sizes and colours, including those from Florida. In a couple of weeks, we will shift from Florida Potatoes to the new crop from California. While this season's supply is limited, sweet Potatoes remain available for both retail and restaurant needs.

Rhubarb

Canadian Rhubarb season is starting. Adds a unique flavour to desserts and jams! For more information, reach out to your Sales Representative.



Versatile
and
nutritious.

Spring brings the fleeting Fiddlehead season, offering tender, nutrient-rich wild delicacies with fresh flavour.

From farm
to table!

