

FRESH Updates

Week 27 - June 27



GAMBLES 



GOOD BUYS

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

Apples & Pears

Apples - The Apples are coming from Washington and the quality is strong. Catch the last local Apples such as Ambrosia and MacIntosh before the season finishes.

Pears - New shipments have arrived from Argentina and South Africa. Quality and flavour is high tier! Contact your sales representative for more details.

Kiwi

New Zealand Gold and Chilean green Kiwi has arrived! The quality is excellent! Available in bulk and/or clamshell. Contact your sales representative for details.

Cherries

Washington and BC cherries are in full swing. Quality and flavour is at its best.



Avocados

Pricing has stabilized and should stay this way through July. We can custom ripen any size. 16s Ripe Avocados are always in inventory. Contact your sales representative for more details.

Papaya

Papaya is currently being sourced from Guatemala. We are now offering ripening program for Papaya to tailor to customers' preference. For further details, please contact your sales representative.

Bananas & Plantains

Bananas are in great supply! All SKUs are offered at the best quality. Port delays are still happening which might affect fruit availability and scheduling in the future. We offering special pricing on 13X3lb conventional bag SKU. Plantains are also in great condition and supply.

Mangoes

Mexican Tommy season is winding down. We are currently carrying HADEN/ KENT or TOMMY to select to offer best quality mango at the market. We now have air-flown ready to eat fancy KENT 12ct (5.5kg) from Mexico. All varieties have the best pricing so far for this summer!

Melons

Cantaloupe & Honeydew: Regions will be moving up again into California as we finish up with Arizona. Expect the sizing to be large, as crown picking will commence starting July.

Pineapples

Pineapple supply is tight and will stay in limited supply until later July. 7ct conventional will be harder to find so reach out to your sales representative ASAP to reserve yours!

Grapes

Green Grapes - We're starting to see better supplies coming out of Mexico and the market is starting to move down in price as more varieties and volume become available. The biggest growers indicate that there is plenty of fruit hanging and we could see prices drop. Next week features Early Sweets, Superiors and Sugarones and Cotton Candy Grapes!

Black Grapes - Mexican Black Grapes now available in the Summer Royal variety. Sizing and brix are optimal, market is steady with supply for the next few weeks.

Red Grapes - Even with Flame crop being damaged by rain, there's better availability of red grapes than green. We've been waiting for Sweet Celebrations to start crossing, but growers are waiting on sugar. Early Flames from Arvin, California are about 3 weeks away. Mexican marketers may only have 4 weeks left to sell what's still hanging. Next week will feature Flames and Sweet Celebrations.

Strawberries

Strawberries will increase in price slightly for the beginning of July due to 2 long weekends in the US & Canada, but will be back down again once weather permits.

Watermelon

Watermelon sizing is large due to slow business, so Melons are sitting longer than planned. 60ct and smaller will be gapping until a larger crop has been picked through.

Blackberries

The Mexican crop is winding down as the transition begins. We will see Georgian berries starting in the next couple weeks, which should alleviate supply issues.

Clementines Easy Peelers

This week we have arrivals from Argentina (Nova variety) and South Africa (Nova & Clemenules). The market is still fairly tight but supplies seem to be meeting demands.

Grapefruit

We have our last California load in size 48's, nice clean fruit. We also have our first of the season RSA from Dole with our first Sunkist due in this week as well. Pricing is steady, quality is excellent.

Stone Fruit

California is in full swing and quality is good. Fruit is sizing up! Look for Black Plums, Apricots, Donut Peaches, Bulk Yellow and white Nectarines. Yellow and White Peaches will also be available to order. New arrivals of California Quince size 28/30ct will be available early next week!

Raspberries

Currently Mexican crops are winding down. This last crop before moving to a different region. Pricing is favourable and quality is fair.

Pomegranates

Fresh arrivals due from Peru, sizes range from 5-12. Famous for its deliciously sweet taste and attractive red colour "Wonderful" is the most well-known exported variety of Pomegranate.

Blueberries

Blueberries will finally transition to BC over the next week. The market price is set to be elevated but will shortly shift to promo volumes.

Oranges

We probably have 2 more weeks to go with US Late Lanes, no size, 72's are the biggest we can get right now other than the odd pallet of 56 & larger. Maroc Lates are still in stock but expect them to be done in a week or two. RSA has begun to arrive in all sizes. We have display cartons from Sunkist in 40/45/50/55's and telescopic boxes in sizes 48 through 105. See your sales rep for promo pricing. We can do bags as you need and in the size that you need.

Lemons & Limes

Lemon market looks like it will be difficult most of the summer.

RSA fruit is tight and demands from Europe are too enticing for the South Africans. We will have weekly supplies but not what was booked due to logistic issues.

Argentina fruit is in the market. We still have some US arrivals, and we started shipping Chilean this week too. Look for those arrivals by the end of July.

Limes are coming from both Mexico and Honduras. Pricing is steady and quality has been very nice from both locales



Hot House Peppers

The Local Canadian pepper production had dropped significantly due to weather conditions. The shortage could remain in the next few weeks.

Peppers

Peppers are fully into North Carolina. Supply is strong but weather could affect supply. Quality is amazing! Prices are reasonable.

Cauliflower

US market is steady. We'll have Freshkist 12s and Andy Boy 9s. Quality is looking good!

Broccoli

The US market is seemingly active. The Andy Boy bunch of broccoli is arriving regularly. Local Ontario crowns are now available daily.

Green Beans

We are currently sourcing from North Carolina which is winding down. Local beans are starting in about in 10 days.

Corn

Fresh Bi colour and Yellow corn is now arriving regularly from Georgia. Quality is good! Contact your Sales Rep for details.

Asparagus

Local season is slowly finishing up in the next week or two. Quality remains great! For more details, contact your sales rep.

Eggplant

We are fully transitioned to North Carolina, leading to lower prices. Quality is very good!

Cucumbers

Field Cucumbers from North Carolina are due in next week. Local season begins in 10 days.

Salads

Due to limited raw material supply (Lettuce), we have major price increase on Lettuce base foodservice salads. Supply will be also limited on these items until we see better situation with lettuce in general.

We are offering 8oz ON Leafy Salad in clamshell! The HAVEN GREENS label has 3 delicious varieties!

Baby Red & Green Leaf 4X8oz
Baby Green Leaf 4X8oz
Baby Spring Mix 4X8oz



Squash (Butternut, Spaghetti, and Acorn)

The Mexican season wrapped up quickly and we may experience a gap. We're finding other options while we wait for local to season begin, which is likely to start in a few weeks, weather permitting.

Napa Cabbage

Local Napa cabbage season has started. Great quality and affordable pricing! For more detail, please contact your sales rep.

Mixed Greens

Mixed Greens are in full swing now! Including local kale, radish, cilantro, parsley, dill, methi and more!

Celery

The US Celery market remains stable. Snoboy will be available next week. Contact your sales rep for more details.

Hot House Cucumbers

This year's increase in crop production has reduced the usual shortages. Canada's supply continues to be stable, with very good quality.

Tomatoes

We're sourcing from California and South Carolina. Supply is very good. Quality is good, as is price. Good time to promote!

Roma Tomatoes

The Roma Tomato market is steady from Texas. Quality is good. Prices are increasing. It's a good time to promote.



Hot House Tomatoes

Canadian Tomato production is increasing and is highlighting very good quality. It's a good time to promote.

Lettuce

The US market is active with prices increasing. Quality is good. A full assortment of local lettuce is just in!

Zucchini

Local season has begun. Quality is looking good. Prices are competitive.

Ginger

Fresh Chinese Ginger is in stock, along with organic Peruvian Ginger and Turmeric. For further information, contact your sales representative.

Loose Garlic

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

Carrots

Good quality Mexican and USA carrots are moving steadily. We will be transitioning back to local carrots sometime in mid July.

Okra

We are sourcing premium Indian Okra and Baby Okra as required. For information, please reach out to your sales representative.

Rhubarb

Canadian Rhubarb season is about to come to an end! A great addition to any store shelf. For more information, reach out to your Sales Representative.

Beets

We're offering Mexican red Beets. Gold and stripped Beets are finished for the season. Contact your Sales Representative for more information.

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. Contact your sales rep for details.

Onions

California Onions are looking great, just inconsistent on availability. The US Georgia Vidalia Onions are moving well. Local onions will be transitioning to a new crop with no gaps. Contact your sales rep for more information.

Potatoes

The California new crop potatoes are moving well. Local new crop potatoes will come in mid July. Restaurant grade chef potatoes will be tough to source as we are nearing the end of last year's storage crop.

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under 3 simple beliefs:**

- Nutrition and flavour go hand-in-hand
- There's always an opportunity to innovate
- Customer service is everyone's job



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