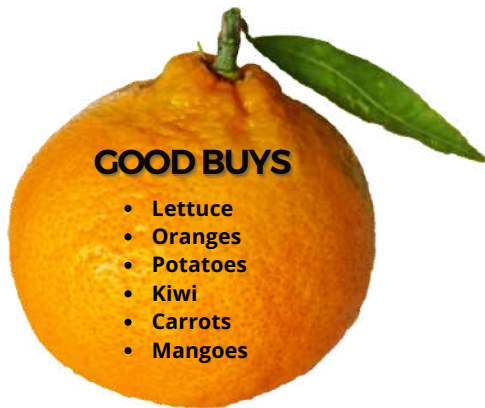


# FRESH Updates

Week 29 - July 11



**GAMBLES** 



## GOOD BUYS

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

## Apples & Pears

**Apples** - Most Apples are coming from Washington and the quality is strong. Catch the Canadian 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

It's a great time to promote Avocados, particularly large sizes. Great for summer salads! Ask about our Ripe & Ready program. Contact your sales representative for more details.

## Papaya

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

## Bananas & Plantains

Bananas are in great supply! All SKUs are offered at the best quality. We offering special pricing on 13X3lb conventional bag SKU. Plantains are also in great condition and supply.

## Mangoes

Mexican Tommy season is over. We are currently carrying KENT. We now have air-flown ready to eat fancy KENT 12ct (5.5kg) from Mexico which is a fast selling item. Contact your sales rep to reserve your mangoes today.

## Melons

**Cantaloupe & Honeydew:** We are now fully in California crops, with very large sizing. Most availability this season will be JMB 9ct as the heat this year has rapidly grown the crops. Large, sweet and ready to eat!

## Pineapples

Pineapple supply is tight and will be limited until later July. All sizes in general for both conventional / organic are harder to find, so reach out to your sales rep to reserve yours!

## Grapes

**Green Grapes** - New Crop California will be available early next week! We will be starting with the Sugarone variety. Expect sizing to be XL to Jumbo. There will be some Pearl and Ivory variety in the market as well. Mexico is still pushing out some Arra 15's and Early Sweets - look for that to continue into next week.

**Black Grapes** - Summer Royal from Mexico is still available. California summer royals will be available early next week.

**Red Grapes** - New Crop California will be available early next week! We will be starting with the Flames. Sizing will be 14-16. There are still decent volumes of Mexican Flames and Sweet Celebrations, but supplies will start declining over the next 10 days. Pricing remains the same.

## Strawberries

Strawberry pricing is high due to lower yield for the time being. This might change next week due to good weather. Sizing and quality is great!

## Watermelon

Watermelons are available in smaller sizing as crown pickings are through. Local season is not far away. Expect pricing to be on par with US product.

## Blackberries

US berries are now coming in but could see a supply issue as rains are hitting Georgia. Quality remains great! Contact your sales rep for more details.

## Clementines Easy Peelers

Great supplies right now. Quality is excellent! We are doing customizable bag programs to suit your needs. Contact your sales rep for more details.

## Grapefruit

We have good supplies from South Africa right now. Bags are available. See your sales rep for promo pricing.

## Stone Fruit

California is in full swing, quality is good, and fruit is sizing up. Next week will feature 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! Local season starting late next week. Don't miss out on this sweet season!

## Raspberries

Raspberry season is slower due to low yields coming out of Mexico and California. Pricing is favourable, quality is great!

## 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 have finally arrived from BC! Pricing is great and quality is excellent! Contact your sales rep for deal pricing soon.

## Oranges

US Late Lanes and Maroc Lates are now done. We now have RSA Navels. We can do bags in any size you want. We also have display boxes from Sunkist in larger sizes 45/50 and 55. Cara Cara from Sunkist should be available by the weekend. See your sales rep for more details.



## Lemons & Limes

**Lemons:** Great supplies coming in from South Africa. See your sales rep for promo pricing. Bags are available to suit your needs.

**Limes:** The market is steady. We have great supplies from Honduras and Mexico. See your sales rep for promo pricing. Bags are available.



### ORGANIC ITEMS

- Avocados
- Ginger
- Pineapples
- Mushrooms
- Bananas

## Hot House Peppers

The Local Canadian pepper production has dropped significantly due to weather conditions. Imported hot house pepper will be available in limited quantities.

## Peppers

Weather in North Carolina is affecting supply. Market is tight. We're switching to local season in the next 10 days. Prices are reasonable.

## Cauliflower

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

## Broccoli

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

## Green Beans

We have fully transitioned to Local supply. Quality is great! Good time to buy and promote.

## Corn

Fresh Bi colour and Yellow corn is now arriving regularly from Georgia. Quality is good! Contact your sales rep.

## Asparagus

Local season has finished up. We will have new arrivals of 11lbs LG from Mexico this weekend. Quality remains great!

## Eggplant

Weather is affecting supply. We're expecting to fully transition to local season in the next 7 days.

## Zucchini

Local season is in full swing. Quality is looking good. Prices are competitive.

## Salads

Due to limited raw material supply (Lettuce), we have a price increase on Lettuce base foodservice salads. Supply continues to be 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)

We are nearing the end of the Mexican season. Local Season is set to start within the next 2 weeks. For more details, contact your sales rep.

## 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! Don't miss out!

## Celery

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

## Hot House Cucumbers

Production is tight due to rotation on crops from greenhouses. Supply might be affected in the coming weeks. For more information, contact your sales rep.

## Tomatoes

We're sourcing from California. Supply is tight but quality is great. For more details, please contact your sales rep.

## Roma Tomatoes

The Roma Tomato market is steady from Texas. Quality is good. We're switching to local season in 2 weeks. 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. Quality is good. Local market remains steady with fresh arrivals daily.

## Cucumbers

We are in between Field Cucumbers from North Carolina and local markets. Next week we'll transition fully to local.

## 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

We will be transitioning back to local carrots this week. Pricing to be in line with import carrots, but will come down with more availability.

## Okra

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



## Beets

We're offering Mexican Red Beets. Gold Beets will be available this coming week, Stripe Beets will follow shortly. 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 and availability is improving. The US Georgia Vidalia Onions are moving well. Local onions will be transitioning to a new crop with no gaps, please remember to keep inventory tight until we are fully transitioned to new crop.

## Potatoes

The California new crop potatoes are moving well. Local new crop potatoes will be starting this week. Restaurant grade chef potatoes will be tough to source as we are nearing the end of last year's storage crop and the new crop size is small to start

## Family owned and operated.

With a great team behind us, all of our customers have the personal reassurance that we stand behind everything we grow.

We celebrate the best of every season with delicious fresh picked fruit including peaches, nectarines and plums!



Local  
Canadian  
Produce!

