

FRESH Updates

Week 30 - July 18



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 - Offshore Pears from Argentina and South Africa are winding down. We will have the arrivals of California Bartlett Pears during this week. For further details, please contact your sales representative.

Kiwi

New Zealand Gold and Chilean green Kiwi have 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 good 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

Intenza Papayas, a variety grown in Mexico, are currently being sourced. We are now offering a ripening program for Papaya to tailor to fit 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're offering special pricing on 4x10lb conventional single banana SKU. Plantains are also in great condition and supply.

Mangoes

We are currently carrying KENT. Ataulfo and Red Mangoes will tighten up for the next few weeks until we see the options available from Brazil. Contact your sales rep to reserve your mangoes today.

Melons

Cantaloupe & Honeydew: We are now fully into California crops, with very large sizing. Most availability this season will be Jumbo 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. Price will differ for all SKUs. 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

East Coast USA season has moved up and has left a gap from the Georgia and Carolina region. Most melons will be coming from the west coast and MEX.

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 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 Lanes 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 started to resume back slowly after the heat wave. All colours hot house peppers are still available in limited quantities.

Peppers

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

Cauliflower

US market is in decline. Fresh arrivals of 9s and 12s T&A expected over the weekend. Quality is looking good!

Broccoli

The US market is in decline. 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

Local season is going strong, fresh arrivals of Ontario bags and bins are in daily. Quality is good! Contact your sales rep.

Asparagus

We expect 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 this week.

Zucchini

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

Salads

Due to limited raw material supply (Lettuce/Green Leaf/Romaine), 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 one week. 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 market remains stable. Fresh arrivals from Dole will be available this weekend. 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 one week. 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 in decline. 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 have transitioned to local carrots! Only retail packs are available, Jumbo sized carrots for food service will progressively be more available. Quality is good. Pricing will come down as availability gets better.

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 are available this 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

Local new crop potatoes have started this week and they're looking great! 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.

Sourcing the best for you!

GO fresh

Flying in from around the world!