

FRESH Updates

Week 31 - July 25



GAMBLES 



GOOD BUYS

- Lettuce
- Oranges
- Potatoes
- Kiwi (Gold)
- Carrots

Apples & Pears

Apples - 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 are currently in stock! 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

We are keeping Banana's fresh! Greener fruit for your shelf to keep longer shelf life at your stores. We are offering special pricing on 4x10lb conventional single banana SKU and 13x13lb bagged banana. 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 increase for all SKUs. All sizes in general for both conventional / organic are harder to find, so reach out to your sales rep ASAP to reserve yours!

Grapes

Green Grapes - California has started on Varieties Such as Ivory, Pearls, Superiors and Sugarones. Sizing is optimal, XL or larger. Expecting Great Greens and Sweet Globes in the next two weeks. Market prices have lowered as more varieties are now available in the Market.

Black Grapes - New Crop California Summer Royals are now available on the market following up with Sweet Sapphire Variety in a couple of weeks.

Red Grapes - Quality on California Flames had been very good but sizing is an issue. Look for California Flames and Candy snaps next week. Sweet Scarlets and Celebrations should be available in the next few weeks.

Strawberries

The market is down currently as fields are running oversupply on product. Expect good pricing for the following week or so. Contact your sales rep for more updates.

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 and red Plums, Yellow Nectarines and Yellow Peaches. Local Ontario season has now started. Volumes on Yellow Peaches have ramped up this weekend. Quality is great! Volumes for Nectarines will be down mid next week due to weather conditions.

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

We have good supplies of all sizes of RSA Navels available. See your sales rep for promo pricing. We have Cara Cara in from Sunkist South Africa. Supplies are moving fast so plan to book ahead. Juice oranges are minimal right now until we get started with South American fruit.



Lemons & Limes

Lemons: It looks like this market will be tight all summer, especially on smaller sizes. We have fruit from RSA, Chile, and Argentina. Stay ahead with your sales rep .

Limes: Limes will start moving up in price until we get into new crop in a few weeks. 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

We are now in the local season. Market is tight. Prices are dropping slowly. Quality remains great.

Cauliflower

US market is steady. Fresh arrivals of 9s Andy Boy and 12s Oak Cayon is expected over the weekend. Quality is looking good!

Broccoli

The US market is steady. 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

We are now in the local season. Supply is tight but will get better next week. Prices are reasonable.

Zucchini

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

Salads

We are now back to normal supply and pricing for all Romaine/ Green Leaf/ Lettuce based salads! Quality is now improved as well from better quality raw material.

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



Hard Squash

Buttercup and Butternut Squash supply will be tight next week. We have Spaghetti and Acorn in regular supply. For more information, 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 Snoboy 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 will fully transition into the local season next week. Currently there is a mix of California and local. For more details, please contact your sales rep.

Roma Tomatoes

Quality is good. We're switching to local season this week. It's a good time to promote.



Hot House Tomatoes

Production is tight due to rotation on crops from greenhouses. Limited supply in the coming weeks. Pricing will be affected overall.

Lettuce

The US market is steady. Quality is good. Local market remains steady with fresh arrivals daily.

Cucumbers

We have fully transitioned to the local season. Market supply is steady. Good time to promote.

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 and Stripe Beets are available this week. 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 and quality is top notch! The US Georgia Vidalia Onions are moving well. Local onions are transitioning to a new crop this week. Local Onions are also high priced to start which will come down once more volume is available.

Potatoes

Local new crop potatoes have started this week and they're looking great! Restaurant grade chef potatoes are available in small quantities, but will get better as supply increases.

**Fresh
Greens!**



**Local
Produce!**

Over 100 years of expertise in producing high-quality vegetables on our rich organic land located on Montreal's South Shore.

Top quality items such as Iceberg lettuce, Romaine Hearts, Napa cabbage and green onions are grown in rich black soil on this family farm.

