

# FRESH Updates

Week 33 - August 8



**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

Now's the perfect time to promote avocados. Ideal for fresh, summer salads! Ask about our Ripe & Ready program. Contact your sales representative for more details.

## Papaya

The Formosa variety of Papaya is currently being sourced from Guatemala. Gambles is now offering a ripening program with papaya to tailor fit to the customer's preference. For further details, please contact your sales representative.

## Bananas & Plantains

We are keeping Bananas fresh; greener fruit for your shelf to keep longer shelf life at your stores. Gambles is offering special 13X3lb bagged banana Dole premium.

Plantain supply is back to normal!

## Mangoes

We are currently carrying KENT and KEITT variety of red mango. Ataulfo supply is in very limited quantities. 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 extremely tight and will be limited until later August. Price will increase for all SKUs. Mexican Pineapple can be offered as an alternative to Cota Rican Fruit due to difficulty. All sizes in general for both conventional / organic are harder to find, so reach out to your sales rep ASAP to reserve your Mexican fruit!

## Grapes

**Green Grapes** - California has started on Varieties Such as Ivory, Pearls, Superiors and Sugarones. Sizing is optimal, XL or larger in Styro boxes. In 10-14 days there will be 1<sup>st</sup> of the season Great Greens and Sweet Globes on the market. Weather will be cool over the next 7 to 10 days, so that may slow down the sugar content. The market has also moved down slightly in price as more varieties are now available on 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** - California is still good on Flames with Krissy, Bebob and Scarlet Royals are coming online next week. Quality remains amazing. Next week will feature much of the same Flames, Krissy and Scarlet Royals.

## Strawberries

Higher temperatures are causing to tiers of product. This will continue throughout august as the higher temperatures will fluctuate the market. Contact your sales rep for more updates.

## Watermelon

Local Melons are in full swing, with availability in larger 45ct & 36ct sizing. The season will not be too long so enjoy them now including the sweetest local Melon, the Sugar Baby! Ask your sales rep for more info.

## 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. Next week will feature Black and red Plums, Yellow Nectarines and Yellow Peaches. Local Ontario season has now begun. Volumes on Yellow Peaches will be ramping up this weekend. Quality is great! Nectarines are now available 8x2L format, volumes look to be down from last year given the cooler spring season. Local Blue Plums 8x2L will be starting up next week followed up by coronation grapes.

## Raspberries

Season is slow as not much availability is coming out of Mex or Cali. Price is higher with fair quality.

## Pomegranates

Peruvian Pomegranates are winding down next week will have limited size on size 5's. Contact your sales rep for more updates.

## Blueberries

Blueberries have arrived from BC! Pricing and quality is excellent! Sizing on even the smaller varieties are averaging 15-20mm+. Pricing will only be coming down so stay prepared for some deal pricing.

## Oranges

Small sizes are tight right now. Promo is available on larger sizes. We have good supplies of RSA Navels available. 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 of hot house peppers are available in limited quantities.

## Peppers

We are in the local season. Supply is steady, we are in the peak season. Prices are reasonable and Quality is great. Good time to promote.

## Cauliflower

US market is steady. Fresh arrivals of 9s and 12s T&A's are 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 are in the peak season for local produce. We have wax beans available as well. 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

Market is getting tight, look for prices to increase. We expect new arrivals of 11lbs LG from Mexico this weekend. Quality remains great!

## Eggplant

We are currently in peak local season. Quality is great and Prices are reasonable. Good time to promote.

## Zucchini

We are in the local season right now. Supply is great and Quality is excellent.

## Salads

Lettuce based Salad (Food Service) pricing is staying the same as the previous week which is on the higher end.

This trend may continue again. Make sure to ask your sales to get most recent updated pricing.

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

Butternut Squash supply will be tight this week due to field gap. We have Buttercup, 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 and T&A will be available this coming 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 are fully transitioned into the local season this week. Currently there is a mix of California and local. For more details, please contact your sales rep. We also have the 4x3 field tomato basket available.

## Roma Tomatoes

Quality is good. We're in peak local season. 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 to the local season. Market supply is steady. It's a 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, sizing is on the smaller side but it will improve in the next couple of months. 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 will be transitioning to local red beets this week. Gold Beets and Stripe Beets are available. 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 winding down, we look forward to transitioning into Peruvian sweet onions. Local onions have transitioned to a new crop this week. Local Onions are also priced high to start which has started to come down.

## 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.



Check out  
what's in  
season!



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farmers and  
businesses,  
since 1977.**

Foodland Ontario has been promoting Ontario grown and produced food to help you choose fresh food from close to home.

