

FRESH Updates

Week 35 - August 22



GAMBLES 



GOOD BUYS

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

Apples & Pears

Apples - Apples are coming from Washington and the quality is still strong. Local apples are just starting with the first of Jersey Mac available.

Pears - Good quality on Bartlett and Bosc pears from California. Pears from Washington are just getting started next week. Contact your sales representative for more information.

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 their last week. Don't miss it!



Avocados

It's the best time to promote avocados. Sizing is big! Ideal for fresh, summer salads. Ask about our Ripe & Ready program. Gambles is also introducing a new 14/3ct bag program. Contact your sales representative for more information.

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. Supply is tight for the next week. For more 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.

Plantain supply is back to normal!

Mangoes

Gambles is offering both Haden and Keitt variety of Red Mango. Ataulfo will be in very limited supply. Contact your sales representative 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. Also, there is now the local Musk Cantaloupe available

Pineapples

Pineapple supply will be extremely tight and will stay the same until later August. Prices will increase for all SKUs. Mexican Pineapple can be offered as an alternative to Costa Rican Fruit. 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 - The green seedless crop has come on heavy, with strong volumes of Ivory, Sugraone, and Valley Pearl still available. While we've had a few hot days, growing conditions have been ideal, leading to excellent overall size and quality. Many growers will start packing Sweet Globes and Great Greens over the next two week.

Black Grapes - New Crop California Summer Royals are now available on the market following up with Sweet Sapphire Variety. Quality is very good!

Red Grapes - The market is moving away from Flames into newer varieties with better size and quality. Retailers still prefer these. Scarlet Royals are now being packed, with Krissy and early Allisons following. Red Globes have also started. More arrivals expected early next week.

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

Blackberries haven't bounced back correctly from the issues in the US, leaving a large gap in the market as Mexico rotates crops. Expect this to continue for a few weeks.

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 stone is in full swing. Yellow Peaches will be ramping up this weekend and we are now into Free stone peaches variety "Red Havens" Local Blue Plums 8x2L will be starting this weekend followed up by coronation grapes.

Raspberries

Steady supplies now from Mex and low volumes from Cali have the market fairly priced with some good quality fruit!

Pomegranates

Egyptian Pomegranates are now in stock! Quality is great. Sizes 6/7/8's are now available. Contact your sales representative for more updates.

Blueberries

BC will be winding down now over the next few weeks, as we transition into some US crops. There also seems to be Peru fruit already being flown in, predominantly the JMB varieties, that are high in price but are amazing!

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 dropped. All colours of hot house peppers are available in limited supply. Overall pricing will be affected.

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 steady. 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 is steady. 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 details, 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 coming week. Contact your sales rep for more details.

Hot House Cucumbers

Local hot house cucumbers production has started to resume back slowly. More supply in the coming weeks. Pricing will be forecasting to slowly come down.

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. San Marzano is also available for source.



Hot House Tomatoes

Local hot house tomato production has started to resume. More supply in the coming weeks. Pricing will be much more stable than before.

Lettuce

The US and local market is extremely active. Expect prices to increase. Quality is great!

Cucumbers

We are in 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! Retail packs are available in all sizes. Jumbo Carrot sizing will be improving this week for food service use. With improvement on availability pricing is coming down quick.

Okra

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



Beets

We have all local Red, Gold and Stripe Beets 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! We will be transitioning to north west US Onions. The US Georgia Vidalia Onions are finished, we have Peruvian sweet onions in stock. Local onion supply is dropping in price due to good availability.

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.



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in
Canada!

Generations of Freshness and Quality!

We focus on delivering produce that stays fresher longer, making it easy for families to enjoy healthy meals.

