

# FRESH Updates

Week 37 - September 5



**GAMBLES** 



## GOOD BUYS

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

## Apples & Pears

**Apples** - New local crop is here! McIntosh, Paula Reds and Gala apples from Washington are available as well.

**Pears** - Good quality on Bartlett and Bosc pears. Pears from California and Washington are now available. 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.



## Avocados

Quality and pricing is ideal to promote any size for September. Ask about our ripe and ready to eat avocados. Contact your sales representative for more information.

## Papaya

Papaya (Formosa Variety) is currently being sourced from Guatemala. Supply is tight for the next week due to MEX source having some quality issues. 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. Best item for Back-to-school week!

Plantain supply is great! Available with Green and Ripe conditions.

## Mangoes

Gambles is offering Keitt variety of Red Mango from Brazil. Ataulfo will be in very limited supply. All fruit will be more readily available by mid next week. Contact your sales representative to reserve your mangoes today!

## Melons

**Cantaloupe & Honeydew:** Volume and quality continues to be good coming out of California region, but sizing is down. Very limited on Jumbo fruit for the next few weeks.

## Pineapples

Pineapple supply will be extremely tight and will stay in limited supply for the next few weeks. Prices are high for all sizes. All sizes in general for both conventional /organic are harder to find, so reach out to your sales rep ASAP to reserve your fruit!

## Grapes

**Green Grapes** - Ivory, Great Green, and Sweet Globe are the main green varieties available, with only a few growers controlling the supplies of Autumn Crisp. Both Great Green and Sweet Globe have been delivering an excellent quality and great size. Autumn King's are right around the corner, with volumes close to two weeks ahead of schedule.

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

**Red Grapes** - Scarlett Royals, Krissy, and Allison are the main varieties available with Sweet Celebration harvests now getting underway. There will be a new item available next week variety "Thomcords" will be packed in 20x1 clamshell product of California.

## Strawberries

We are now into September with steadier temperature. Pricing is coming down as supply begins to get steadier. Quality is great! Contact your sales rep for more information.

## 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 grapes. Expect this to continue for a few weeks.

## Clementines Easy Peelers

We continue to have excellent quality and promo pricing with your choice of varieties and sizes. See your sales rep for a customizable program both bulk and bags. Queen Mandarins from South Africa are available!

## Grapefruit

Inventories are running low on RSA fruit. Stay ahead with your sales rep.

## 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 are still in good supply. The variety is "Red Havens" Local Blue Plums 8x2L are done for this season. Coronation grapes will be available in the next two weeks.

## Raspberries

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

## Pomegranates

Egyptian Pomegranates are now in stock – quality looks good sizes 6/7/8's are now available. The next shipment will feature a variety called "Wonderful."

## Blueberries

BC crops are done for the season as we transition into some Peru crops that are high in price but are amazing! Contact your sales rep for more updates.

## Oranges

We have good volumes and promo pricing on large fruit. (56 & larger). Smaller fruit (72 and smaller) seem to be fewer around. Contact your sales rep for more information.



## Lemons & Limes

**Lemons:** This market remains tight. Stay ahead with your sales rep.

**Limes:** This market has eased up and we should see excellent quality coming with new crops. 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 getting tighter because of cooler weather. Prices are reasonable and quality is great. Good time to promote.

## Cauliflower

US market is steady. Fresh 9s Nature's Reward and 12s T&A's are available. Quality is looking good!

## Broccoli

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

## Green Beans

We are in season for local produce. Prices will go up because of cooler weather slowing down production. We have wax beans available as well.

## Corn

Local season is going strong, fresh arrivals of bags 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 tight due to cooler weather. 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.

## Pumpkin

Pumpkin Season is here! Bins and Cartons are available. Contact your sales rep for more information.

## Napa Cabbage

Local Napa cabbage season has started. Great quality and affordable pricing! For more details, 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 coming week. Pricing will surge. Contact your sales rep for more details.

## Hot House Cucumbers

Half of the local greenhouse is in rotation crop, Production is limited while high demand, price will remain high in the next few weeks.

## 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.



## 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 steady, prices are starting to decrease. 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. Good time to promote with freshness and value!

## 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.



**Great for  
Snacking  
and Baking!**



**Family of  
Growers!**

**Mountainview Summertime and Fall  
Fiesta plums are unmatched!**

**Their passion is and always will be, to  
deliver the ultimate eating experience to  
fruit lovers all over the world.**

