

# FRESH Updates

Week 38 - September 12



**GAMBLES** 



## GOOD BUYS

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

## Apples & Pears

**Apples** - New local crop is here! MacIntosh, 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 is currently being sourced from Mexico (Intenza Variety). Supply is back to normal and we will see some Guatemalan fruit again soon (Formosa Variety). 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.

Plantain supply starting to tighten up, Gambles still offers both GREEN and RIPE conditions.

## Mangoes

Gambles is offering Keitt and Tommy variety of Red Mango from Brazil. Ataulfo supply is back to normal. Price will still stay high. Expect gradual decrease in the next few weeks. Contact your sales to reserve your mangoes today.

## Melons

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

## Pineapples

Pineapple supply is still 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 supply 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. Next week will feature Jumbo Autumn Kings, Sweet Globes and Great Greens

**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. New arrivals "Thomcords" are now available. Next week will feature Krissy's, Sweet Celebrations, Allisons and Scarlet Royals (end of the week).

## Strawberries

Prices are elevated. Production continues to wind down in the Salinas/Watsonville region. New crop fall harvesting has begun in Santa Maria/Baja region. Supplies will increase as the month proceeds.

## 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!

## Blackberries

Prices are stable. Stocks are sufficient in California and Mexico while supplies in the Pacific Northwest are plentiful. Quality is improving, berries are plump and sweet.

## 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 now shipping their later variety Large Red and Black Plums both sizing 20/25. Peaches and Nectarines will be winding down over the next few weeks. Local Ontario nectarines and peaches will be available for the next 7-10days. Local Blue Plums 8x2L finished for the season, Coronation grapes will be available for the next two weeks.

## Raspberries

Good supplies are coming out of both Mexico and California, with steady volume and consistent quality. Supplies expecting to increase for Mid-October.

## 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

High markets persist. Production is winding down in the Pacific Northwest. The Peruvian season is just getting started, supplies will increase later in the month.

## 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.



## Cranberries

Fresh cranberries are about to come into season, and supplies are looking a bit lighter than last year. Weather and higher growing costs have put some pressure on certain regions, but quality is reported to be good.



## Hot House Peppers

Cooler weather helps increase in production on hot house pepper. All colours of hot house peppers are available in amazing quality.

## 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 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

Taylor Farms Food Service  
Salads are mostly going back to flat base pricing except broccoli base SKUs.

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 is in full swing. 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

Fresh arrivals from Dole and Natures Reward will be available this coming week. Pricing is high as supply is decreasing.

## Hot House Cucumbers

Supplies remain limited with rotation crops. Pricing will be more stable as more supplies are available. For more details, 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. San Marzano is also available.



## Hot House Tomatoes

Local hot house tomato production has increased with cooler weather in effect. All varieties are available in excellent quality. For more details, contact your sales rep.

## 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 garlic have arrived. Egyptian Purple Garlic season is about to end. Spanish Garlic season starting soon, around mid of September. For information, please reach out to your sales reps.

## 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. Quality is good. 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

Washington Onions are looking great and availability and quality is top notch! We have good supply of Peruvian sweet onions. 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!**



### The freshest and juiciest apples!

With over 40 years rooted in Arkona, Ontario, Sunrise Orchards brings care, quality, and community together in every crisp, juicy apple, such a wonderful embodiment of family-run passion.



Honeycrisp



McIntosh