

FRESH Updates

Week 41 - October 3



GAMBLES 



GOOD BUYS

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

Apples & Pears

Apples - New local crop is here! MacIntosh, Gala and Honeycrisp apples from Washington are available as well.

Pears - Good quality on Bartlett, Anjou, and Bosc pears. Pears from 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

Smaller sizes are becoming increasingly available, and bags will continue to be promotable as we move into the second week of October.

Papaya

Gambles is offering Intenza and Formosa both. 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 is back to normal, Gambles still offers both GREEN and RIPE conditions.

Mangoes

Gambles is offering Palmer and Keitt variety of red Mango from Brazil. Ataulfo is back to normal but larger fruit is still hard to find. 16ct and 18ct are available. 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 slowly coming back to where it should be except 7ct. Pricing is stable compared to previous week. Quantity is still limited on all sizes. Talk to your sales rep ASAP to reserve your fruit!

Grapes

Green Grapes - Growers north of Bakersfield seem to have taken the brunt of the storm that passed through 10 days ago and the damage to many northern ranches is significant. Autumn Kings and Autumn Crisp were impacted the most, but Allison were also hit. Sweet Globe/Autumn Kings/Great Greens are the main green varieties available in the market. Both varieties have been consistently delivering an excellent eating experience and great size.

Black Grapes - California Summer Royals are finishing up moving into Autumn Royals quality looks good.

Red Grapes - Scarlett Royals, Krissy, and Allison are the main varieties available with Sweet Celebration harvests now getting underway. Shippers are still pushing spot pricing to keep red seedless moving, Green seedless continues to outpace red. Next week will feature Allisons, Jack Salutes and Scarlett Reds.

Strawberries

Expect elevated prices and tight supplies over the next week or so as fields recover from recent rainstorms. Growers continue culling rain-damaged fruit, slowing production and lowering yields.

Watermelon

Local watermelons done for the season, Carton and Mini watermelons from US are available. Quality is great! Contact your sales rep for more information.

Blackberries

The market is stable. Mexican volume is climbing, quality is improving. California's Watsonville fall season is underway, quality is excellent. 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 in the latter part of the stone fruit season – Red, Black plums and Peaches will be available for the next few weeks. Local Ontario Nectarines and Coronation Grapes finished for the year.

Raspberries

The market is level. California's Santa Maria and Watsonville growing regions are shipping high-quality berries. Mexico's Baja season is underway. quality is outstanding.

Pomegranates

New Crop U.S Pomegranates are now available size 22's – very clean good size fruit Persimmons and Quince will be loading next week.

Blueberries

Prices are elevated. The Pacific Northwest blueberry season has passed its peak. Product availability is limited during this transition period. Most current offerings are offshore from Peru. Mexico season has been delayed due to rain and cool weather.

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

Cranberry season has started. 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

Mexico products are available in competitive pricing than local products, but demand on local products drive up the pricing. Supply will slowly transition to Mexican products in the next month.

Peppers

We are in the local season. Supply is steady. Prices are reasonable and quality is great. Good time to promote.

Cauliflower

US market is up in prices because of low availability. Local 9s and 12s are available. Quality is looking good!

Broccoli

The US market is coming up in prices due to availability. Local Ontario crowns are now available daily. Pricing will surge.

Green Beans

We are in season for local produce. Prices are steady. 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 low on supply and prices are going up. 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 steady. Good time to promote.

Celery

Fresh arrivals from Dole will be available this coming week.

Salads

Lettuce based Salad (Food Service) pricing will be increasing again due to raw material shortage.

Romaine / Broccoli/ Cilantro based food service items are staying higher than flat pricing as well. Some romaine based salad kits (Caesar especially) are showing quality issue from the raw material. 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!

Zucchini

We are in the local season right now. Supply is tight due to cooler weather. Quality is excellent.

Hot House Cucumbers

More supplies are available with more growers having more production. Pricing will be more stable. For more details, contact your sales rep.

Tomatoes

Local season will be coming to a close next week. Tomatoes from Mexico and US will be available from next week. For more details, please contact your sales rep.

Roma Tomatoes

Quality is good. Mexican tomatoes will be available end of next week. Local season is starting to close. It's a good time to promote.



Hot House Tomatoes

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

Lettuce

The local market is steady, The availability in the US Market is decreasing which is increasing pricing. Contact your sales rep for more information.

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 has started, quality is excellent! For more information, please reach out to your sales reps.

Beets

We have all local Red, Gold and Stripe Beets available. Quality is good. Contact your Sales Representative for more information.

Okra

We are sourcing premium Indian Okra and Baby Okra as required. 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 is great! Local carrot pricing is low, good time to promote with freshness and value!

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

First of Washington coloured potatoes have arrived and they look fantastic! Restaurant grade chef potatoes are available in small quantities, but will get better as supply increases. Due to drought conditions this year, larger potatoes will be harder to source this season.



Just in time for Thanksgiving!

Enjoy the crisp and tangy taste of fresh Ocean Spray cranberries straight from the bog.

Stock up during the fall harvest so you'll have plenty for your favourite cranberry recipes.



Great for
sauces and
desserts!