

# FRESH Updates

Week 42 - October 10

**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

All sizes are in good supply for next week. Great time to promote after Thanksgiving!

## Papaya

Gambles is offering Intenza variety from Mexico. 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 Tommy 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

We have all sizes available. ITACU is another brand that Gambles is carrying along with DOLE. 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 and the damage to many northern ranches is significant. Autumn Kings and Autumn Crisp were impacted the most. 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, but the issue remains that the coolers are filled with fruit from a wide range of pack- dates.

**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 out aggressive spot pricing to keep red seedless moving. Green seedless continues to outpace red. Next week will feature Allisons, Jack Salutes and Scarlet Reds

## Strawberries

Price remains elevated due to limited supplies. Markets remain high. Weather issues have caused quality problems at the field level. Growers are culling damaged fruit. Slowing production and lowering yields. Mexico region expecting to be available in next few weeks if weather permits.

## Blackberries

Prices are steady. Mexican supplies have begun to rebound after recent rain. Quality remains fair. The fall season has started in Watsonville, California. Quality is excellent.

## Clementines Easy Peelers

We have beautiful fruit from Chile/ RSA and a few left from Peru. Still have time to promote in bags or bulk. Contact your sales representative for more information.

## Grapefruit

We will be starting with Florida very soon as RSA winds down. Mex fruit is currently available as well.

## 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.

## Raspberries

Prices are same. California's Santa Maria and Watsonville regions are shipping high-quality fruit. Mexican supplies have begun to rebound after recent rain. Quality has begun to improve.

## Soft Tree

**Persimmons** size 56VF will be available starting Monday October 13<sup>th</sup> very clean good size fruit. Spanish Persimmons size 22's will be available Monday.

Egyptian **Pomegranates** size 5-8 now available.

## Blueberries

The market has stabilized. The Pacific Northwest season has officially ended. Product availability is limited during this transition period. Most current offerings are offshore from Peru/Argentina. Limited production has started in Mexico this week.

## Oranges

Seedless oranges (Delta/Midknights) from RSA are still in good supply. Smaller sizes are a little short but big sizes are promotable (see your sales rep for specials). Juice oranges will be arriving this week from Argentina.



## Lemons & Limes

**Lemons:** We still have RSA rolling in as well as Chile. We will also start next week with our first US fruit. See your sales rep for details.

**Limes:** The Lime market is soft but rains are causing some issues with timing of loads.

## Watermelon

Local watermelons done for the season. Carton and Mini watermelons from Mexico are available in limited quantity. Quality is great! Contact your sales rep for more information.



## Hot House Peppers

Price remains stable. Supply will slowly transition to Mexican products as local season is winding down with limited production. For more details, please contact your sales rep.

## Peppers

Mix of local and Georgia peppers as local season is coming to an end. Supply is steady. Prices are reasonable and quality is great.

## Cauliflower

US market is up in prices because of low availability. Quality is looking good!

## Broccoli

The US market is coming up in prices due to availability. Local Ontario crowns are available. 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 steady and pricing will be reasonable. We expect new arrivals of 11lbs LG from Mexico this weekend. Quality remains great!

## Eggplant

Local season is slowly ending, we will have a mix of Local and Georgia Eggplant next week. Quality is great and Prices are steady.

## Celery

Fresh arrivals from Snoboy will be available this coming week.

## Salads

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

Some romaine-based retail salad kits (Caesar especially) are still 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 going strong! Bins 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 will have supply for Mexico coming in. Local season is finished. Quality is excellent.

## Hot House Cucumbers

Price remains stable. Supply will slowly transition to Mexican products as local season is winding down with limited production. For more details, please contact your sales rep.

## Tomatoes

Local season is ending. Tomatoes from Mexico will be available from next week. For more details, please contact your sales rep.

## Roma Tomatoes

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



## Hot House Tomatoes

Price remains stable. Supply will slowly transition to Mexican products as local season is winding down with limited production. For more details, please 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

Local season is finished. We have Mexico Cucumbers coming in. Market supply is steady.

## 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 has officially ended. 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.



## Bursting with Pure, Vibrant Flavour

Hand-picked at peak ripeness, Dole Red Raspberries deliver the perfect balance of bright sweetness and subtle tartness in every bite.



**Great for  
baking and  
drinks!**