

FRESH Updates

Week 45 - October 31



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 green Kiwi are currently in stock! The quality is excellent! First arrival of Italian Kiwi is next week . Contact your sales representative for details.



Avocados

Smaller size Avocados are starting to tighten up for November. Larger sizes are in good supply.

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 is available.

Contact your sales to reserve your mangoes today.

Melons

Cantaloupe & Honeydew: Melons will be very tight as we transition from California back to Arizona. Sizing will be favorable regular, Limited on jumbo.

Pineapples

Smaller pineapple sizes are very limited but will have more incoming by Wednesday fresh arrival with all sizes.

Quantity is still limited on all sizes. Talk to your sales rep ASAP to reserve your fruit!

Grapes

Green Grapes - There were plenty of Autumn Kings still hanging, but only percentages of them were covered, so we will continue to see a decline in volumes through November. There are reasonable volumes in cold storage, but demand for green grapes remains strong, so we will see the spot market tick higher. Peru has set a good crop, and we will start to see volumes arriving from Piura in mid-November and then steady volumes from Ica in December. Arriving next week Sweet globes and Autumn kings.

Black Grapes - Autumn Royals quality looks good and volume is steady.

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 (Large size primarily) to keep red seedless moving. Green seedless continues to outpace red. Next week will feature Allisons, Jack Salutes and Scarlet Reds.

Strawberries

The market is in a demand-exceeds-supply situation. Recent rain impacted yields, causing a price spike. Mexican product with limited supplies with unfavorable weather condition. Florida expected to start by mid-end November with light volume.

Blueberries

The market is moving steadily. Stocks are abundant out of all regions, Peru, Argentina, Mexico. Quality is very good. Berries are plump and sweet.

Clementines Easy Peelers

We have some Chilean fruit left now that we can sell in bulk or in bags as you wish. We also have the Royal Queen Mandarin with good sizing. We also have Peruvian Honey Murcotts available.

Grapefruit

We have finished with all of our offshore programs and we now have Florida fruit in. The grapefruit are the Rubies which are very nice. These are from the CUPS program and they are almost blemish free prices are higher than regular Florida grapefruit.

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 high. Limited Mexican raspberries are available. Contact your sales rep for more information.

Soft Tree

California **Persimmons** size 40-44 & 48/50VF will be available starting Monday Nov 03- very clean good size fruit. Spanish Persimmons size 16's and 6ct packs are now available quality looks good!

California **Pomegranates** sizes 22 & 26 now available to order X-fancy grade.

Blackberries

Prices are steady. Mexican supply is limited. Quality is improving after last week's rain. Fall harvests have begun in Watsonville, California. Quality is excellent.

Oranges

Deltas and MidKnights are still coming in from South Africa as well as some Valencias for Juice. Smaller fruit is moving very well and seem a little short on the market. Larger fruit however have been slow and we have promo prices on them. Bags are available for your programs. We have Valencias from Argentina as well Florida has started but they are peaking very small and prices are not competitive to what South America or South Africa is.

Lemons & Limes

Lemons: We still have fresh arrivals coming in from South Africa and Chile, as well as weekly arrivals from the US. The market is easing up now. See your sales rep for promo pricing.

Limes: Persian limes from Mexico are coming in very nice and they too can be promoted. Sweet Limes have started. Our first arrival was this past week. Size is still a struggle peaking on Large with only a few Jumbo. Our next arrival will be this weekend.

Watermelon

Carton and Mini watermelons from Mexico are available quality is good.



ORGANIC ITEMS

- Avocados
- Ginger
- Pineapples
- Mushrooms
- Bananas

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

Georgia peppers are in peak season. Supply is steady. Prices are reasonable and quality is great. Good time to promote.

Cauliflower

US market is slowly getting better. Pricing is down with more availability. Quality is looking good!

Broccoli

The US market is easing up, there is more availability. Local Ontario crowns are still available.

Green Beans

Georgia green beans are now available. Prices are steady, but might change around US Thanksgiving. Local wax beans are now finished.

Corn

Fresh load from Georgia is expected over the weekend, yellow and bi colour. 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

We will have US product available. Its peak season. Quality is great and Prices are great.

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. Expecting larger shortage of supply.

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

Local squash available for one more week. Limited supply and higher prices expected. Mexico spaghetti squash starts next week. Contact your sales rep for details.

Napa Cabbage

Good time to promote! Take advantage of local napa affordable pricing with great quality as local season winding down! For more detail, 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

Market is very tight due to weather conditions. We might see relief in the market after two weeks. We will have supply from Mexico coming in.

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

Tomatoes from Mexico are now available. Florida season will slowly kick in from next week. For more details, please contact your sales rep.

Roma Tomatoes

Market is tight. Mexican tomatoes will be available next week. Contact your sales rep for more information.



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 US Market is still unstable for romaine. The Market is improving for Iceberg Contact your sales rep for more information.

Cucumbers

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. 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 is steady with favourable pricing and great quality. Local varieties include traditional white, brown, portabella, oyster & shiitake. Local lion's mane, pioppini and king oyster are available for pre-order.

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

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.



Crisp, juicy, and field-fresh,

Honeycrisp apples bring premium quality and vibrant flavour to your fall produce lineup. Perfect for retail displays or seasonal promotions.

Happy Halloween!

