

FRESH Updates

Week 46 - November 7



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

All sizes are in good supply for next week. Quality is very nice!. Keep promoting through November.

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

Gambles offers the best quality pineapple in all sizes at best price!

All sizes are in stock! Talk to your sales rep ASAP to reserve your fruit!

Grapes

Green Grapes - California Autumn Kings and Autumn Crisp are the predominant varieties left to ship. Many growers have stated that they can take their customers through December, but the reality is that good quality late fruit will be left in the hands of only a few select shippers. Many will be done by Thanksgiving, setting up a good start for importers with early Peruvian fruit. Demand for imports will certainly pick up steam, if quality on California fruit starts faltering.

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

Red Grapes - We are seeing more inconsistent quality on California red seedless than on green. Certain varieties can take the rain better than others and many of the defects are not easily recognizable to packers in the field and tend to present themselves several days after packing. There are still very good supplies of quality fruit Scarlett Royals, Krissy, Allison.

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 for next week – supply is good. Spanish Persimmons size 16's 22's and 6ct packs are now available quality looks good!

California **Pomegranates** sizes 22 & 26 now available to order X-fancy grade additional volume arriving next week.

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

We will be switching to Florida due to cold weather in Georgia. Supply is steady. Prices and quality are great.

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 finishing up. We will have product from Florida and Mexico available. Prices are climbing up.

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

Florida season is finishing up. Mexico eggplant will be available soon. Supply is low. Quality is great and Prices are high.

Celery

Fresh arrivals from Snoboy will be available this coming week.

Salads

Lettuce/ Romaine/ based Salad (Food Service) pricing will increase more next week. Expecting larger shortage of supply. Some romaine-based retail salad kits (Caesar especially) are still showing quality issue. Transition starts next to Yuma and will be completed in two weeks.

Gambles is now offering MANNS label cut-veg products! Reach out to your sales to get more detail.

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

Local season is now done! We will be loading from New Jersey and Texas for next week. Littlebear kale, radish, cilantro, parsley, dill, methi and more!

Zucchini

Mexico market is coming down. Weather is good, Quality is great. Prices are reasonable good time to promote.

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. We will have some regional Florida next week. Quality is great. For more details, please contact your sales rep.

Roma Tomatoes

Market is slowly easing up. Mexican tomatoes are available. Prices are great. Contact your sales rep for more information.



Hot House Tomatoes

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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 tight. Prices are high.

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.



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San Joaquin Valley,**

Our pomegranates are handpicked
at peak ripeness to ensure
consistent flavour, vibrant colour,
and superior shelf life.

