

FRESH Updates

Week 50 - December 12



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 December.

Papaya

Gambles is offering Intenza variety from Mexico. We offer both RIPE/ GREEN papaya. For further details, please contact your sales representative.

Bananas & Plantains

All Banana SKUs are available at best condition.

Gambles offers both GREEN and RIPE Plantain. Gambles will custom fit your need and tailor exact color of banana you need!

Mangoes

Gambles is offering Tommy and Kent variety of red Mango from Brazil. We will soon be transitioning to Peruvian fruit. Price of PERU origin usually is more expensive but they have better taste profile. KENT AIR-FLOWN 5.5KG MANGO (PERU) is on great special price!! 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 offer best quality pineapple in all sizes at best price! Great supply in all sizes general. All sizes are in stock! Talk to your sales rep ASAP to reserve your fruit!

Grapes

Green Grapes - Demand for imported green seedless will stay strong this week, with spot prices outpacing contracted programs by a wide margin. Quality from Piura has been good overall, but we are seeing a wide range of Brix. Ica is still delayed, as growers wait for maturity, so the green seedless market will stay at these high prices for the 2-3 weeks. Autumn Crisp continue to outperform all other green seedless varieties, next week will feature Autumn Crisp and Sweet Globes.

Black Grapes - The Black Grape market is very tight due to vessel delays – there will be availability starting Sunday Dec 14th.

Red Grapes - California will be fully wrapped up on red grapes by the end of this week, which should further boost import demand moving forward. If exports on red grapes don't pick up over the next two to three weeks, we could be surprised to see the market hold firm through the middle of January. Next week will feature Timco, Allison and Jack Salute.

Stone Fruit

Angelino Plums have arrived 50/55 & 55/60 quality is good . It will be available for the next two weeks.

Strawberries

Market is transitioning to Mexican and Florida strawberries. Prices are declining in all growing regions. Volume is increasing in Florida and Mexico (into South Texas). Contact your sales representative for more information.

Raspberries

Prices are level. Supplies are ample. Mexican quality is very good. Fruit is firm with bold color.

Oranges

California navels have been excellent. You will see the small sizes get tight and there will be deals happening on 72's and larger. Juice oranges from Florida are in, color is light and prices are stable. Truck rates are pushing prices up. See your sales rep for deals on large fruit 48/56.

Grapefruit

We will continue with our "Rubies" program from Florida. Fruit is a little tight down there due to the fundraising they do at this time of year. Quality has been outstanding!!

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!

We will continue to carry Egyptian **Pomegranates** for the next two weeks sizes have arrived size 7,8,9 & 10 quality is #1.

Watermelon

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

Blackberries

Prices are stable. Mexican supplies are increasing week over week. Quality is very good. Occasional soft fruit is being culled before shipment.

Blueberries

The market is level. Supply is meeting demand out of both Mexico and Peru. Chile supplies will be starting in the next 10 days. Quality is very good.

Clementines Easy Peelers

We have been on full swing with Clementines from California. Quality has been typical for this piece of fruit. We have some stem and leaf fruit from Spain and we will start with Murcotts and or Nadorcotts just after Christmas. Autumn Honey Tangerines have been selling well. This is a short season, don't miss out. Next week we will be receiving Noble "King" fruit which is a Shiranhui from Florida.

Lemons & Limes

Lemons: Lemon market is still soft and we see decreases weekly. Quality has been excellent but keep your purchasing tight and stay FRESH. Trucks are pushing prices up.

Limes: The lime market is strong, prices will be higher, stay ahead with your sales rep Sweet Limes have been moving well. We have Mammoth, Jumbo , and Large sizes

Cranberries

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.



ORGANIC ITEMS

- Avocados
- Ginger
- Pineapples
- Mushrooms
- Bananas

Hot House Peppers

Limited local production due to less sunlight in daytime. Limited supplies from Mexican and Spanish import causing an extreme demand-exceeds-supply market over the next couple of weeks. Expect tight supplies and elevated prices in the next 2 weeks.

Peppers

We have switched to Florida Peppers. Supply is steady. Prices might go up due to the holiday season and quality is great.

Cauliflower

Availability is increasing and Prices are coming down. Fresh arrivals of 9s Andy Boy and 12s Oak Canyon expected this weekend. Quality is looking good!

Broccoli

The US market is steady, there is more availability. Mexican crowns are available as well.

Green Beans

We have product from Florida and Mexico available. Quality is great, pricing is reasonable. Good time to promote!

Corn

Fresh load from Florida 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

Oversupply. Mexico eggplant is available. Quality is great and prices are great.

Celery

Fresh arrivals from Snoboy will be available this coming week. Market is tight and prices are increasing.

Salads

Lettuce/ Romaine/ based Salad (Food Service) supply is slowly going back to normal, price is gradually coming down. Tender Leaf Food Service products such as Spring Mix, Baby Spinach, Arugula, are not back to flat regular pricing. However, we are expecting Spinach shortage due to raw material availability. Make sure to ask your sales to get most recent updated price.

Gambles is now offering MANN'S 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

We have Mexico Squash available. Prices are reasonable. We have Acorn, Spaghetti, Butternut and Buttercup. Contact your sales rep for details.

Napa Cabbage

Local season is done for the year, transitioning to USA within the next 10 days, for more detail, contact your sales rep.

Mixed Greens

We will be loading from 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

Limited local production with less supplies, pricing expecting to be elevated in next couple weeks, forecasting transition to Mexican import into next month.

Tomatoes

We have Florida tomatoes currently. Market is steady. Quality is great. For more details, please contact your sales rep.

Roma Tomatoes

Mexican tomatoes are available. Quality is great! Prices are going down. 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

Availability is increasing and Prices are coming down. Fresh loaf of Natures Reward Cellos expected in over the weekend. Contact your sales rep for more information.

Cucumbers

We have Mexico Cucumbers coming in. Prices are 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

Large spec beets seem to be very tight. Smaller sizes and Jumbo sizing should be available. We should have Mexican Beets mid-January. We have 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

Carrot pricing is increasing as demand increases and supplies tighten up, 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 good but pricing might increase as we get into storage crop season.

Potatoes

Washington coloured potatoes continue to look fantastic! Restaurant grade chef potatoes are available. Due to drought conditions this year, larger potatoes will be harder to source this season.



**Perfect
for a
Holiday
Dessert!**



**For over 100 years, Washington Fruit
has been a family-owned operation
built on strong values and generations
of experience.**

Pears are a powerhouse fruit, packing fiber, vitamins, and beneficial nutrients. Handpicked at peak ripeness, each piece carries a melt-in-your-mouth texture and a fragrance that turns everyday moments into something a little more magical.