

FRESH Updates

Week 51 & Week 52 -

December 19 & December 26



GAMBLES 



GOOD BUYS

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

Apples & Pears

Apples - Good supply in Local 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

We have good supply on Italian Green Kiwi. Contact your sales representation for more information.



Avocados

As we end the year watch for price increases due to freight and availability. Avocado supply is tightening up and demand usually increases in the new year.

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 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. Contact your sales to reserve your mangoes today.

Melons

Cantaloupe & Honeydew: Good supply and quality on offshore melons from Guatemala. Size is favourable to Jumbo.

Pineapples

Gambles offer best quality pineapple in all sizes at best price! Supply is limited for this week and next. Talk to your sales rep ASAP to reserve your fruit!

Grapes

Green Grapes - The spot market has been very strong since the beginning of December, once retailers made the switch out of California's supplies. We should continue to see a demand exceed supply market through Christmas and then more volumes from Peru will finally tilt the market the other way in early January. Ica is hanging a very good crop, so we should expect to see promotable volumes of all varieties by January 15th. Autumn Crisp from Ica have been delayed as well, but once we start seeing decent arrivals after the New Year, there will be a steady supply of this preferred green variety.

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

Red Grapes - Peru will really jump next week, and we should see that fruit impact the spot market by the second week in January. Demand for Peruvian red grapes has been better than expected a testament to the quality coming from Peru. Retailers should look for promotional opportunities on varieties like Sweet Celebration by the 15th of January and then should see consistent supplies from both Peru and Chile for the balance of the season.

Strawberries

The market is weak. Demand has fallen. Ideal weather has aided growth in Florida, and Mexico (into South Texas). Quality is improving.

Raspberries

Prices are up a bit. Over-ripening has reduced volume. Mexican quality is very good. Fruit is firm with red bold color.

Oranges

New this week - Blood Oranges are in. 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. Rains in California are affecting crops.

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.

Stone Fruit

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

Blackberries

Prices are level. Mexican supplies are abundant. Quality is very good. Softness and bruising are minor problems.

Blueberries

The market is stable. Stocks are plentiful in both Mexico, Peru and Chile. Quality is very good. Berries are plump and subtly sweet.

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 stronger mostly due to trucks. Quality has been excellent but keep your purchasing tight and stay FRESH.

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

Watermelon

Carton and Mini watermelons are a little bit snug heading into the holiday season.



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. Expect tight supplies and elevated prices in the next couple of weeks.

Peppers

We have switched to Florida Peppers. Supply is steady. Prices will start coming off after the Holidays. Good time to promote.

Cauliflower

Availability and pricing is steady. Fresh arrivals of 9s Ovation 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, prices are high. Should go back to normal after the holiday season.

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 is steady. We expect new arrivals of 11lbs LG from Mexico this weekend. Quality remains great!

Eggplant

Mexico eggplant is available. Good quality is limited but supply is steady and prices are great.

Celery

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

Salads

Lettuce/ Romaine/ based Salad (Food Service) supply is slowly going back to normal, price is gradually coming down.

There is some quality and supply issue with spinach affecting all SKUs with (baby) spinach in its ingredients.

Make sure to ask your sales to get most recent updated price.

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

Fully transitioning to USA and Mexico product, 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

Oversupply. Mexico market is coming down. Quality is great. Prices are great. Good time to promote!

Hot House Cucumbers

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

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 but extremely tight. Quality is reasonable! Prices are high. Contact your sales rep for more information.



Hot House Tomatoes

Limited local production due to less sunlight in daytime. Mexican and USA import to supply the market demand. Price remains stable.

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.



Happy Holidays

from our family to yours!

