

FRESH Updates

Week 2 - January 9

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 start the year, we will have promotional pricing on 40s, 36s and 32s. We are expecting growers to try to get pricing up on most sizes by mid-January.

Papaya

Gambles is offering Formosa variety from Guatemala. 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 Kent variety of red Mango from Peru.

We will soon be transitioning to Mexican fruit. Ataulfo is very difficult to find, expecting about 5-6 days of gap.

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!

Talk to your sales rep ASAP to reserve your fruit!

Grapes

Green Grapes - Peru has exported more than 13 million boxes of green seedless to the U.S. since week 40, topping last year's numbers by more than 1.5 million boxes. Delayed volumes from Ica have kept the market firm. Volumes of premium Autumn Crisp from Ica are still weeks away, but good supplies of Ivory and Sweet Globes are on water, and we should see increased exports now that the holidays are behind us. Next week will feature – Autumn Crisp, Ivory and Sugar Crisp

Black Grapes - The Black Grape supply will be steady next week, Melody variety will be available -jumbo size.

Red Grapes - Contrary to green seedless, total exports of red grapes from South America are down by close to 10% compared to this same time last year. With most new plantings over the past three years focused on new green varieties. Flame seedless have been trading significantly lower, as retailers prefer the other varieties. Volumes from Chile are now going on water and Ica will start ramping up exports of Ruby Rush Allison, Timco and Sweet Celebration.

Strawberries

California growers are stripping fields and assessing damage from recent storms. Production is scheduled to begin later in the week. Expect extremely high prices and low yields due to recurring rain on California fruit. Fruit from Florida and Mexico will help fill orders. Strong demand will push up those markets.

Watermelon

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

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

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

New Crop Chilean **Stone Fruit** will be available starting this weekend Bulk Nectarines, Peaches and Plums 9kg format.

Pomegranates

We will continue to carry Turkish Pomegranates for the month the next container will be here for Jan 12th size range from 5,6,7,8,9 & 10 quality will be #1.

Blackberries

The market is steady. Supplies are ample. Mexican quality is very good. Softness is a minor problem.

Blueberries

Prices are stable. Mexican stocks are abundant. The Peruvian season has ended. Production has moved to 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 Shiranhu 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

Raspberries

The market is level. Mexican supplies are ample in the Baja region. Quality is very good. Fruit is sweet and deep red.

ORGANIC ITEMS

- Avocados
- Ginger
- Pineapples
- Mushrooms
- Bananas



Hot House Peppers

Market is transitioning to Mexican and Spanish import. Steady supplies on Mexican import. Spanish import remains tight due to limited production with weather issues, pricing on Spanish remain elevated. Market shifting towards Mexican import due to more competitive pricing.

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 Peru 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 will be finally coming down flat for most items by next week.

There is some raw material issue with Brussels Sprouts affecting Manns Retail product.

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

The market is level. Local production with moderate volumes keeping prices fairly steady. Mini cucumbers pricing is starting to ease back with more supplies on the market. Mexican import helps fill the market demand.

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

With limited local production, market transition to Mexico and USA import to supply the demand. Price starting to climb for local tomatoes. With more competitive pricing, market shifting toward Mexican and USA imports.

Lettuce

Availability is increasing and Prices are coming down. Fresh loaf of Andy Boy 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 to late 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 quality!

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! Market is becoming a little active so expect price increases. 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.



Great Lakes Greenhouses is one of the largest cucumber growers in North America while remaining a family-run business firmly rooted in its commitment to never-ending improvement.

