

FRESH UPDATES

Week 30 - July 19



GOOD BUYS

- Cherries
- Melons
- Corn
- Mushrooms
- Carrots
- Plums

Apples & Pears

Apples - Ontario apples are winding down for the season- varieties are limited. Washington continues with good volumes of Envy™, Granny Smith and Gala.

Pears - We have good availability of offshore pears including Bartlett, Anjou from Argentina and Forelle from South Africa.

Pineapples

All supply continues to be very limited due to ongoing weather issues- there will be a gap next week. Both organic and conventional are very tight at the market.

Melons

Melons in California are large, juicy and great quality. Small sized Melons are limited as fruit is sizing up nicely. Pricing is good on Hami Melons right now- try out this specialty offer!

Avocados

Pricing is slowly coming down. Small sizes (14/6, 14/5, and 60s) are all promotable. Try our Ripe & Ready 16s, or ask us to custom ripen any size you need!

Bananas & Plantains

This market is slowly improving. Organic Bananas remain tight but are quickly getting better. Plantain is experiencing quality issues due to weather. Shortages on Organic Bananas and Plantain (both 20lb and 50lb) will continue for at least another 2-3 weeks.

Kiwi

We continue to carry Chilean green Kiwi and Zespri green & Sungold. Inquire with your Sales Rep about details.

Mangoes

We are currently carrying Haden and have a shipment of Keitts arriving next week! Ataulfo pricing is still slightly high and larger sizes remain difficult to source due to seasonal changes.

Watermelon

Larger sizes are available out of Delaware, Indiana and North Carolina as they are picking the crown crop. Cheaper melons with fair quality are available out of Georgia and South Carolina.



Grapes

Mexican Grapes will finish over the next week- there are limited quantities left. California Grapes will arrive early this week with Summer Royals, Flames, Ivory & Sugarones. Also available for the next week are Baby Doll Grapes from Nogalas.

Pomegranate

We have a new arrival of Pomegranate from India by air.

Blueberries

Oregon, BC and Michigan berries have started up. BC is already showing massive volumes for promotions.

Strawberries

This market has tightened up as Southern California regions are finished for the next month. Expect higher pricing and tighter availability for the rest of July.

Blackberries

This market is tight due to high temperatures in California. Quality is fair. Supply will be spotty for the next few weeks.

Raspberries

The raspberry market remains tight. Availability should get better as temperatures level off in California.

Clementines/ Easy Peelers

We have a good supply of RSA clementines available now! We can pack in any size bag you like, made to order. We regularly carry 2lb bags on hand that are packed fresh daily.

Stonefruit

Peaches - Local Ontario Yellow Peaches have arrived! They continue to increase in volume with availability in various sizes and pack styles. New varieties coming in August include Gaurnet Beauties and Red Havens.

Nectarines - We continue to have Nectarines from California. Yellow Nectarines are limited right now but availability should improve mid-week. 8x2lb local Nectarines will be in next week!

Plums - We have large size California Red & Black Plums, volume filled size 20/25. We also have local Yellow Plums in stock!

Apricots - New Crop California Apricots are available in 18x1lb bags and size 72 tray count.

Cherries - Washington Cherries are available in both pouch and clamshell. Quality is excellent!

Lychee

Tropical Lychee are in season and available for a limited time only. Reach out to your Sales Rep to order while it lasts!

Oranges

We have some California Valencias in stock for the juice guys! RSA navels are available- larger sizes will be tight this season. There is good supply of small fruit available and bagging promos are recommended. See your Sales Rep!



Lemons

We have good supplies of all sizes of RSA lemons- larger sizes will be tighter than smaller this season. We offer custom bagging to suit your specific needs!

Grapefruit

We have a reliable supply of South African Grapefruit with containers coming in weekly.



LOCALLY GROWN

- Mushrooms
- Corn
- Zucchini
- Plums
- Cucumbers
- Carrots

Limes

New full load is arriving tomorrow, and all sizes will be available. Quality is good despite weather issues. Price is coming down in the market.

Hot House Peppers

Due to ongoing issues with 100+ acres of greenhouse product, price will remain high with variable quality going forward.

Peppers

North Carolina is finishing up. We will switch to local Green Peppers next week, which will cool down the market. Local supply will be limited to start but will pick up with time.

Broccoli

The US market is steady. We have a fresh arrival of Andy Boy bunches and local Ontario crowns.

Cauliflower

The US market is steady. Fresh arrival of 12s Nature's Reward & Freshkist, and 9s T&A will arrive this weekend!

Cucumbers

Field - Local Cucumbers are in stock! Supply is steady and price is reasonable.

Hot House - This market is flushing as high wire crop finishes and new plants get put in.

Zucchini

We have fully switched over to local Zucchini. Supply is getting better and price is coming down- this is a good time to promote! Grey Zucchini is on the tighter side.

Eggplant

Georgia has finished for the season. We have started up with local Eggplant. Supply is steady.

Squash

Local Spaghetti, Pepper and Buttercup Squash have started up this week. Sizing is slightly small to start the season but will get better. Butternut Squash will start within the next week.

Asparagus

We currently have Dole 11lb LG Asparagus in stock!

Celery

This market remains steady. We will have a fresh load of 24s Snoboy and T&A Celery arriving this weekend.

Beans

Local Green and Wax Beans are in stock!

Hot House Tomatoes

Due to occurring issues with field production, this market has tightened up. The switching of crops in greenhouses to fall crop is also causing additional stress.



Tomatoes

We are bringing in product from California. Quality is good but supply is tightening up a bit due to a heat wave. Price is starting to come down.

Lettuce

The US market is steady. We will have a new arrival of Quebec Iceberg available.

Mixed Greens

We have local product available including cilantro, dill, parsley, methleaf, kale, radish and more. Talk to your Sales Rep!

Nappa

We've fully transitioned to local Nappa. Quality and pricing are great!

Okra

Weather in Nicaragua is currently creating supply and quality issues. This should improve as the season progresses and rainy season comes to an end.

Ginger

We are carrying both conventional from China and organic from Peru! Contact your Sales Rep to place an order.

Loose Garlic

We have transitioned to Garlic from Egypt. Pricing is competitive and quality is excellent.

Mushrooms

This market remains steady, with attractive pricing and great quality. Local varieties include traditional white, brown, Portabella, Oyster and Shiitake. Local Lionsmans, yellow Oyster, Pioppini and King Oyster are available for pre-order. Contact your Sales Rep!

Carrots

Local Carrots are in full swing! Quality is great and price is dropping as the season progresses. Price should continue to decrease as quality and volume continue to improve throughout the month.

Corn

Great for grilling! Local Corn season is in full swing- we have both bags and bins available.

Beets

We continue to have Mexican Red Beets available, and a small volume of Stripe Beets. Gold Beets are finished, and we will see new local crop towards the end of July/August.

Onions

New crop US Spanish Onions are moving well, and prices are coming down. Reds have softened up due to increased supply. New crop local yellow Onions are starting this week. We continue to have stock of Georgia Vidalia Sweet Onions and will transition to Peruvian Sweet Onions at the end of July/beginning of August.

Potatoes

We have transitioned to local White and Yellow Potatoes. Small size Red Potatoes will start in a couple of weeks. Bigger size Reds will start in about 3 weeks. The remaining local storage market should continue for the next few weeks.



Say hello to delicious summer salads! Little Junior's lettuce varieties make the perfect base for salad creations. Light, crisp and refreshing, there's something for everyone to enjoy. Take advantage of local produce season!

