



FRESH UPDATES

Week 38- September 13



GOOD BUYS

- Grapes
- Carrots
- Clementines
- Zucchini
- Apples
- Lettuce

Apples & Pears

Apples - New crop of Ontario Apples are available, including Paula Reds, Jersey, McIntosh and Sunrise. Washington Galas are roughly 7 days away from starting.

Pears - New crop Bartlett Pears out of Washington have arrived!

Mangoes

We will transition to BRA fruit next week! We currently have Keitts in stock. Ataulfo will continue to be very scarce for another week.

Pineapples

All Pineapples are very limited due to weather issues. Both organic and conventional are very tight in the market- expect price to increase for the next arrival coming in Wednesday next week.

Avocados

Size 32s and 36s are still short for next week. Quality is excellent. Size 48s, 60s, 14/5 and 14/6 bags are all promotable. Ask your Sales Rep about our Ripe & Ready program!

Bananas & Plantains

This market is now in better shape with all Banana supply in general. No major changes happening. We have all products in stock and available.

Kiwi

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



Watermelon

Weather down in the US is causing a lot of quality issues with Melons that have short legs. We will see lots of cheap pricing- be aware of quality.

Melons

Melons in California are large, juicy and great quality. Small sized Melons remain limited as fruit is sizing up nicely. Try out specialty Hami Melons!

Grapes

Green Grapes- Grape Greens & Stella Bella varieties will be available next week. Quality is excellent.

Black Grapes- Transitioning to Autumn Royal starting this weekend.

Red Grapes- Lucky Dragon Label Globes are sizing up with excellent flavour and colour. Scarlot Royals, Sparkle, Holiday Variety & Jack's Salute from California will be available next week. Look out for XL Allisons end of next week.

Sweet Baby Sweets/Dolls- New crop California available now and quality looks good!

Raspberries

Supply has started to improve- fresh arrival is available! Pricing is slightly higher than normal.



Strawberries

This market remains tight as Southern California regions are finished for the time being. Price has increased.

Clementines/ Easy Peelers

We currently have a very good selection of fruit with both large and small sizes of Tango, Nadorcotts, Orri's, Queen, and W. Murcotts. Fruit is coming from RSA, Chile, Uruguay, Argentina & Peru. Some promo prices are available...book early with your Sales Rep as fruit continues to move fast!

Stonefruit

Local- 8x2lb Blue Grapes are pretty much finished- we will see a small late crop end of next week. Blue Plums are available, and supply is good. They will continue for a few more weeks.

California- Yellow/White Peaches, Nectarines and Black Plums are available for next week. This crop should continue into October. Quality looks good and various sizes are available.

Blueberries

Quality is fair out of BC and Michigan. Draper variety is showing better quality than the now finished Dukes. Pricing will increase and quality is currently fair at best.

Blackberries

Availability has loosened with new arrivals in stock. Pricing and quality are both fair.

Oranges

There is a widely known global shortage on Oranges right now- this will likely last through October and into November when California gets started. Book early, and stay ahead with your Sales Rep. We have fruit coming in, but it hasn't been lasting long. Juice Oranges are very tight and expensive right now...more of the same to continue.

Lemons

Demand for Lemons seems to be exceeding the supply for the last few weeks...stay ahead on your needs for the time being!

Grapefruit

We are starting to wind down now on RSA fruit- there may be some deals coming along prior to the start of the Florida deal.

Pomegranate

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





LOCALLY GROWN

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

Limes

Rain & heat have been affecting Lime quality and supply. New arrival is expected over the weekend with all sizes available.

Hot House Peppers

Market is starting to come off. Price is reasonable but still higher than field Peppers. Good time to push.

Peppers

No major changes in supply, this market is stable. Price is aggressive- next two weeks is a good time to push before price starts to increase.

Cauliflower

The US market is very active, prices are on the rise. Fresh loads of 12s Freshkist and 9s T&A expected in over the weekend.

Broccoli

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

Cucumbers

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

Hot House - As farms are between crops, availability has become scarce and price has increased significantly. This will continue for the next few weeks.

Zucchini

We continue to carry local Zucchini. Supply has improved and price has levelled out.

Eggplant

We are currently carrying local Eggplant. Pricing and quality are very good and will remain like this for the next few weeks.

Squash

Local Squash is in full swing! Both carton and bins are available.

Pumpkin

Local Pumpkin season has started! Please inquire with your Sales Rep for further details.



Okra

Supply and quality should continue to improve over the next few weeks.

Hot House Tomatoes

Due to higher priced field commodities, the hot house Tomatoes have gone up in price. Quality is fair.

Tomatoes

The California market is very tight due to a heat wave- this will continue for about another month. We have local Tomatoes available in various sizes as another option.

Lettuce

Fresh arrivals of Quebec & Andy Boy Iceberg will arrive over the weekend.

Mixed Greens

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

Nappa

Local Nappa is in stock! Quality and pricing are great. This is a good time to promote.

Asparagus

This market is getting active. We continue to carry 11lb LG Progressive available out of Mexico.

Celery

This market remains steady. We will have a fresh load of 24s Snoboy arriving this weekend.

Beans

Local Green and Wax Beans are in stock!
Availability is spotty due to heavy rain.

Ginger

Brazilian conventional Ginger is available!
We are also carrying conventional from
China and organic from Peru.

Loose Garlic

Local Garlic season continues! Spanish
purple Garlic will be available soon. Inquire
with your Sales Rep for more info.

Mushrooms

Supply is currently tight due to higher
demand than normal, especially with Brown
Mushrooms. Inquire with your Sales Rep for
more information.

Carrots

We have plenty of supply of local Carrots.
Quality is great and price has come down.
Ask your Sales Rep about Quebec Carrot
deals!

Corn

Local Corn has finished up for the season.
We are now carrying US product.

Beets

We'll continue to have Mexican Red Beets
for this week- we will transition to local Red
Beets afterwards. Local Gold and Stripe
Beets are available.

Onions

New crop US Spanish Onions are moving
well, and prices are holding steady. New
crop local yellow and red Onions are
available from both Ontario and Quebec. We
have transitioned to Peruvian Sweet Onions,
and they are moving well.

Potatoes

Local Potatoes in all colours and sizes are
available- white, yellow & red. Washington
new crop baking Potatoes have started and
quality is great! Local russet Potatoes should
be starting up in the next couple of weeks.



Sauce
season!



Take advantage of local Roma
Tomato season! These vibrant,
juicy, fresh Tomatoes will
bring your homemade sauce
to the next level. Perfect for
cooking or enjoying fresh!



Juicy
&
fresh!