

FRESH UPDATES

Week 44- October 25

GAMBLES 

GOOD BUYS

Grapes
Carrots
Clementines
Squash
Apples
Lettuce

Apples & Pears

Apples - All varieties of local Ontario and Washington Apples are available and look great!

Pears - We are receiving a steady supply of Bartlett, Anjou & Bosc Pears out of Washington.

Mangoes

This market is starting to see normal supply return. We are currently carrying Tommy's from Brazil, size 9s and 12s. We also have Ataulfo back in stock from Peru- size 12s and 16s available!

Papaya

We have excellent quality Papaya coming in from Brazil as needed!

Avocados

Large sizes will remain short for next week. Size 48s, 60s, 14/15, and 14/6 are all promotable. Ask your Sales Rep about our Ripe & Ready program!



Bananas & Plantains

Supply is steady, no major changes happening. We have all products available, and quality is excellent this time of year! We now offer ripening services for 50lb Plantain!

Kiwi

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

Pineapples

Supply continues to improve! Conventional size 7s are still short, but availability of all other sizes is good. Organic quality is great, and supply is good for 5/6/8 sizes.

Watermelon

We are currently bringing in Mexican product with cartons available. Quality and pricing are good.

Melons

We have transitioned down into Arizona. There is limited availability and high pricing until our offshore season begins.

Grapes

Green Grapes- Autumn Kings will be available for the next few weeks, both XL and Jumbo sizes.

Black Grapes- We are currently carrying Adora variety and Autumn Royals. Very nice quality and size!



Red Grapes- Lucky Dragon Label Globes are sizing up with excellent flavour and colour. These will continue for another 1-2 weeks. Scarlet Royals, Sparkle and Holiday's are available to ship and quality looks amazing!

Blueberries

We will continue to see limited supply through October due to late planting in Peru and Mexico. Expect very little availability outside of Argentina until November.

Blackberries

This market is in the same position as Raspberries- supply is improving but quality is fair. We could see excess availability coming out as we move into November- may be a good time to promote.

Clementines/ Easy Peelers

We are into the last couple weeks of the Southern Hemisphere fruit, Chile & South Africa. California fruit will be starting soon with their early Clementine varieties. We will drag out the RSA/Chilean fruit as long as possible as this fruit will be much better.

Grapefruit

We are onto our last of Mexican fruit and are hoping to start with our Florida shippers in the next couple of weeks. Storm damage is hard to estimate right now as it appears to differ all over the state.

Stonefruit

Autumn Ripe Peaches (2lyr tray) will be finishing up this week. Red Fall Fiesta Plums from California are available. New crop Angelino Plums from Italy are in stock, size 60/65.

Raspberries

Supply has improved, and quality is currently fair. We are getting berries out of Mexico.

Strawberries

Availability of Strawberries has drastically decreased due to heat waves in mid-October, followed by a cold front. Price and volumes will not be favourable for the next week or two.

Oranges

Large sizes from RSA seem to be more readily available than small. This will be the opposite of the US deal that is starting up now. We should have fruit from both places available for the next few weeks before RSA finishes. US fruit could be here as early as next week. Juice Oranges are still very tight- Florida should be ready soon, depending on the grower.

Lemons

We have transitioned to US fruit but there is still a few RSA loads to come in. We will have both available!

Sweet Limes

Our first shipment of Sweet Limes have arrived! Sizing has been compromised due to weather conditions; mostly smaller sizes will be available.

Pomegranate

We are currently bringing in fruit from the USA.





LOCALLY GROWN

- **Mushrooms**
- **Squash**
- **Apples**
- **Pumpkins**
- **Potatoes**
- **Carrots**

Limes

Mexican fruit quality has improved with our latest arrival! We have size 54s, 150s, 175s, 200s and 230s available.

Hot House Peppers

Due to the issues with field production, hot house commodities are tightening up and prices have significantly increased.

Peppers

We've fully transitioned to US product. Price will continue to increase significantly as a result of severe weather in the southern US. Quality will be fair at best.

Cauliflower

The US market is extremely active. Fresh loads of 12s Freshkist & Dole expected in over the weekend.

Broccoli

The US market is getting active. We have a fresh arrival of Andy Boy bunches as well as local Ontario & US crowns.

Cucumbers

Field - We have fully switched to Mexican product. Market is currently stable.

Hot House - Availability has now increased as Ontario & Mexican product has started producing at a high rate. Good time to promote.

Zucchini

We have transitioned to Mexican product. Price has settled down due to the market getting slow. Good time to promote.

Eggplant

We will be transitioning from US to Mexican product next week. Quality will be much better but price will be slightly higher.

Squash

Local Squash is stable! Buttercup and Butternut will continue for another couple of weeks but Pepper & Spaghetti will finish in 10 days. We are currently bringing in cartons.



Pumpkin

As Halloween approaches, local Pumpkin season comes to an end. Limited supply remains.

Hot House Tomatoes

This market is being impacted by issues with field Tomatoes. Market is very tight and prices are high.

Tomatoes

We will fully transition to Quincy product next week. Price will be slightly higher due to weather in Florida, and quality is fair. Look out for further price increases over the next couple of weeks.

Lettuce

US market is on the rise. We have fresh arrivals of Andy Boy and Freshkist product.

Mixed Greens

Local product is starting to wind down but is still available. This includes cilantro, dill, parsley, methleaf, kale, radish and more. We have also started to bring in US product. Talk to your Sales Rep!

Celery

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

Nappa

Local Nappa season ends soon! Quality and pricing are great. This is a good time to push.

Asparagus

This market is steady. We continue to carry 11lb LG Altar from Mexico.

Beans

We have transitioned to product from Mexico. Market is very active due to US Thanksgiving coming up. Price is currently higher than normal.

Ginger

Supply has improved. Fresh load of Chinese Ginger is available as well as great quality Organic product from Peru!

Loose Garlic

Fresh load of Chinese Garlic is available. Spanish purple Garlic will arrive soon- stay tuned!

Mushrooms

This market is steady, with favourable pricing and great quality. Local varieties include traditional white, brown, Portabella, Oyster & Shiitake. Local Lionsmans, Yellow Oyster, Pioppini and King Oyster are available for pre-order.

Carrots

We have plenty of supply of local Carrots. Quality is great and price is steady.

Okra

Excellent quality of Indian Okra arrives as needed. Please book in advance!

Corn

We continue to carry a steady supply of US corn.

Beets

We have local Beets in all colours available- red, gold and stripe! Good price currently on 25lb bulk red Beets, inquire with your Sales Rep.

Onions

US Spanish Onions are moving well, and prices are holding steady. Size and quality is good. Local yellow and red Onions are available from both Ontario and Quebec. We are also carrying Peruvian Sweet Onions.

Potatoes

Local Potatoes in all colours and sizes are available- white, yellow & red. Washington Potatoes have started up- pricing is high but quality is excellent. PEI new crop baking Potatoes have started and quality is great! Sweet Potatoes from the USA are also available- skin is appearing lighter than usual due to the freshness of the crop.



Foodland
ONTARIO

Nothing compliments this cozy Fall season more than Pumpkins! Choose from different varieties, whether you're looking for Halloween decorations or inspiration for some seasonal baking. Take advantage of this short season before it ends soon!

GAMBLES

**For more information or to place an order, please contact your Gambles Sales Rep.
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