



FRESH UPDATES

Week 45- November 1

GAMBLES 



GOOD BUYS

- Grapes
- Carrots
- Mangoes
- Celery
- Apples
- Potatoes

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) and Ataulfo from Peru (size 12s and 16s). Our first Peruvian Kent of the season have also arrived!

GO fresh.



Avocados

14/15ct bags are promotable for the next 2 weeks. All sizes are showing minor skin issues due to rain.

Bananas & Plantains

Supply is steady. 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.

Papaya

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

Grapes

Green Grapes- Autumn Kings will be available for the next few weeks, both XL and Jumbo sizes. 10x1lb Sweet Carnival Grapes will finish up in about a week.

Black Grapes- We are currently carrying Autumn Royals. Quality and size are great!

Red Grapes- Lucky Dragon Label Globes will be available for another 1-2 weeks. Scarlet Royals, Holiday Variety and Allisons are available to ship and quality looks amazing!

The Peruvian season is around the corner and will start roughly the 3rd week of November with Sugarcrisp and Allisons (XL-Jumbo).

Blueberries

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

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 through November- may be a good time to promote.

Pomegranate

We are currently bringing in fruit from the USA.

Clementines/ Easy Peelers

For the most part, we are done with Southern Hemisphere fruit. Our first California Clementines will arrive November 2nd. We have Moroccan fruit on the water that will arrive around the 3rd week of November.

Grapefruit

We are at the tail end of the Mexican fruit. We likely won't get any Florida fruit until the 2nd week of November. Prices will be high and quality most likely just fair. We are also loading fruit from Israel to be here the 1st week of December (Grapefruit & Sweeties).

Stonefruit

Autumn Ripe Peaches (2lyr tray) and red Fall Fiesta Plums from California will be finishing up this week. 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.



Oranges

We still have decent supply of RSA fruit with a few more containers arriving this week- large fruit is booking up fast. We have some bag deals on South African fruit as well. California has started and we will start loading shortly. Sizing is very small and large fruit is limited- focus on small sizes and bag sales. Juice Oranges from Florida are still expensive and very short.

Lemons

We have one last container of RSA fruit to arrive this week. We have very nice US fruit in now and are priced aggressively on some small choice. See your Sales Rep for details.

Sweet Limes

Sweet Limes are in, and we have new bags for them! Please see your Sales Rep to have a look at them.

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.





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 active. We have a fresh arrival of Andy Boy bunches.

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 come down due to the market getting slow. Good time to promote.

Eggplant

We have transitioned to Mexican product. 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 this week. We are currently bringing in cartons.

Celery

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

Asparagus

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

Hot House Tomatoes

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

Tomatoes

We have fully transitioned to Quincy product. 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

The US market is currently extremely active, expect pricing to rise daily.

Mixed Greens

Local season has wrapped up. We have fully transitioned to US product from New Jersey. This includes cilantro, dill, parsley, methleaf, kale, radish and more. Talk to your Sales Rep!

Nappa

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

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

Fresh load of yellow and bi-colour Corn from Georgia is expected in over the weekend!

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.



Tasty
Fall
snack!



Bartlett pears are a Fall favourite! Their signature sweet, smooth pear flavour and abundant juice are some of the reasons they are widely loved. This tasty fruit is pear-fect for enjoying fresh, cooking or canning! Experience the quality fruit that Washington Growers has to offer.



Seasonal
produce!