

FRESH UPDATES

Week 2- January 3



GAMBLES 



GOOD BUYS

Kiwi
Carrots
Mangoes
Lettuce
Oranges
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.

Watermelon

Poor weather in Mexico has caused supplies to be non-existent and the usual offshore supply is not enough to compensate. We hope to see some improvement soon.

Melons

Due to cold weather in Guatemala and Honduras, offshore yields are very low, especially on Honeydews. There are lots of cheap specialty melons from Brazil but quality is not the best.

Avocados

Pricing continues to stay high on larger sizes. Promotional pricing on size 70s and 84s is available!

Bananas & Plantains

All premium 40lb Bananas are tight due to high demand. Organic bags are in better supply than last week and we have a good number of conventional 13x3lb bags. We offer great pricing on both green and ripe Plantain- reach out to your Sales Rep!

Kiwi

We have good supply of green and Top Gold Kiwi from Italy!



ZEUS 

Papaya

We are bringing in Papaya from Mexico as needed!

Mangoes

All Mangoes are available! Ataulfo from Mexico are experiencing strong pricing due to a transition period, but this is expected to slowly come down.

Pineapples

Supply remains tight, especially on larger fruit (size 5/6), with 7s also tightening up. This situation will continue for the next few weeks. We have good supply on organic 7s!

Grapes

Green Grapes- The Peruvian market is very active. Volumes out of Peru & Brazil are not enough to meet current demand. Supply and brix levels should improve as we move through January. Next week will feature Jumbo Sweet Globes and Arra 15's.

Black Grapes- We are carrying California Autumn Royals until Peruvian Midnight Beauties are available to ship.

Red Grapes- We are receiving new crop Allison's and Jack Salute's from Peru- quality and size are great!

Strawberries

Limited supplies have started from Mexico. Florida is expecting to have large flushes starting mid-January, this should be a good time to promote.

Blackberries

This market is fluctuating a lot between steady and tight supply as forecasting has not been accurate throughout the year. We are bringing in fruit from Mexico.

Blueberries

We are seeing fruit from Peru, Chile and Argentina. Product from Florida is expected to hit soon.

Clementines/ Easy Peelers

Moroccan clementines are almost finished. We are expecting new arrivals of Moroccan Nadorcotts and Israeli Orris by air. California Tango/W.Murcotts are just around the corner. We also have fresh Sumo's arriving in various pack sizes!

Grapefruit

We have beautiful Florida Rubies in stock now- larger than a size 36 continues to be a challenge out of Florida. We should have Israeli Grapefruit and Sweeties arriving this week.

Pomegranates

We have new arrivals of size 8s and 10s Pomegranates from Turkey. Great quality and taste!

Raspberries

This market is experiencing the same issues as Blackberries. It is currently very unpredictable.

Hot House Peppers

Due to the issues with field production, hot house commodities remain tight and prices have increased. We have a steady supply of Spanish peppers by air, quality is fair.

Oranges

Cara Caras are in great supply and this is a good time to promote! We have bulk and bags available. Navels are a fantastic item to promote this time of year as well. We can also do bags in any size you would like (mostly 3lbs).



Lemons

We are receiving beautiful US fruit almost daily- prices are all very promotable. Cheaper Egyptian fruit is around the corner but there is much better value in the fruit grown closest to home. We are carrying Meyer and Seedless Lemons as well!

Limes

This market is strong & unstable and will likely continue this way through to March. Quality is good but not great. We will likely start to see some offshore fruit hit the markets.





LOCALLY GROWN

- **Mushrooms**
- **Onions**
- **Apples**
- **Beets**
- **Potatoes**
- **Carrots**

Peppers

Supply is starting to get better from both Mexico & Florida- we are on the other side of the holidays so as demand comes down price will also follow.

Cauliflower

The US market is steady. Fresh arrival of 12s and 9s T&A are available.

Broccoli

The US market is steady. Andy Boy product from Mexico is being packed. Mexican Shortcut Broccoli crowns are also available.

Asparagus

This market is active due to short supply from Mexico. Fresh load of 11lb large size will arrive over the weekend.

Celery

The US market is coming off. Fresh loads of Snoboy are arriving consistently with great quality.

Cucumbers

Field - Supply out of Mexico is ok, price is very cheap at the moment because of recent recalls.

Hot House - We are now approaching the annual tightening of the cucumber market. We expect supplies to be very limited until the end of January.

Zucchini

Due to oversupply from Mexican regions, this market is coming down hard. Prices are very low.

Eggplant

We are currently bringing in Mexican product. Supply is good, price is extremely cheap and quality is nice. This is a good time to promote!

Squash

Mexico season has started and supply is starting to pick up. Great prices on small sizes, good time to promote.

Napa Cabbage

We are currently bringing in Napa Cabbage from the US! Ask your Sales Rep for details.

Mixed Greens

We are bringing in Little Bear product out of Texas. This includes cilantro, dill, parsley, methleaf, kale, radish and more. Quality is excellent!

Hot House Tomatoes

This market is tightening up, with prices on cluster tomatoes themselves doubling- we will hopefully see some relief soon depending on hot house and field production.

Tomatoes

We are bringing in product from both Mexico and Florida. Quality is fair at the moment. Supply from Florida is expected to increase this month!



Lettuce

The US market is steady. Andy Boy, T&A and Natures Reward will be available at a good price.

Salads

Prices are now all back to normal, with the exception of shredded cabbage. Romaine-based products are still showing some signs of quality concerns. We have fully transitioned to Arizona product.

Beans

We have transitioned to product from Mexico. Market has started to come down, price should continue to decrease.

Ginger

We have fresh Chinese Ginger, as well as great quality Organic product from Peru available!

Loose Garlic

Fresh load of Chinese Garlic is in stock. We also have Spanish purple Garlic available with excellent quality!

Mushrooms

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

Carrots

We currently have good supply of local Carrots with great quality! Price has increased due to an active US market and a relatively small crop this year.

Corn

Fresh loads of yellow and bi colour Corn are arriving regularly from Florida!

Okra

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

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 are good. Local yellow and red Onions are available from both Ontario and Quebec, however we continue to feel pressure on red Onion availability. We are also carrying Peruvian Sweet Onions.

Potatoes

Local Potatoes in all colours and sizes are available, as well as PEI new crop baking Potatoes. Washington Potato prices are high but quality is excellent. We also have USA orange and oriental Sweet Potatoes in stock with great quality.



The Heart of Andy Boy! With their smaller, more yellow-toned leaves, Romaine Hearts have a delicious fresh taste and crisp texture that is perfect for salad lovers. They are a tasty, easy option to get your greens in!

