

FRESH UPDATES

Week 14 - March 28



GAMBLES 

GOOD BUYS

- Kiwi
- Carrots
- Mangoes
- Lettuce
- Oranges
- Potatoes

Apples & Pears

Apples - We have a full range of local Ontario and Washington apples, all in excellent condition.

Pears - Fresh arrivals from Argentina, Chile, and South Africa have landed. Washington Anjou Pears are coming in regularly, while Bosc Pears are slowing down as their season ends.

Kiwi

A solid supply of Italian Green and Top Gold Kiwi is currently available.

Pineapples

All Pineapple supplies are still tight. However, we will not experience vessel delay next week. 7ct conventional is especially tight. And ORG are in very low supply, showing only 8ct available. GOLDEN SELECTION is now available in either size 7ct or 6ct!

Avocados

The Mexican avocado market remains firm due to strong local demand during Lent and the end of the Jalisco season. Growers are steadily increasing field prices, aiming for top dollar. This trend may persist for the next two months.

Papaya

Papaya is being sourced from Mexico as needed. Reach out to your sales rep for more info.

Bananas & Plantains

All banana SKUs and Plantain 50lb are in good supply. Organics are still suffering the most from recent quality issues as well as single quads (4X10lb).

Quality issues will continue on these SKUs.

Mangoes

Red Mangoes are back in normal supply. We finally see a better quality of MEX fruit (Haden), but the price is high. Ataulfo market is also finally settled, we are not seeing any cheap old fruit in the market.

Melons

Cantaloupe & Honeydew: Still offshore and will remain so into May before transitioning to Arizona. Availability and quality are holding strong, and pricing is currently good. However, prices may decline in April as shipments start to sit at ports longer than necessary, which is typical for this time of year



Grapes

Green Grapes - Green seedless volumes from Chile have peaked and will stay steady through April, with slightly higher FOB pricing. Peruvian premium varieties are winding down, especially Autumn Crisp. Expect Sweet Globes (Peru/Chile) and Autumn Crisp (Peru) next week. Supply remains strong, especially in large and XL sizes from Chile.

Black Grapes - Sweet Flavors and Enchantment varieties will be available next week with good quality and steady supply expected in the coming weeks.

Red Grapes - Peruvian red grapes are tapering off, and Chilean reds have not peaked yet. Supply is steady, but green grapes are still moving faster, so red pricing remains stable. Only top-quality fruit is selling in this market. Look for Sweet Celebrations and Red Globe grapes next week.

Strawberries

There are still a few farms in Florida producing, but most of the new inbound orders and shipments are now coming from California. Florida has a couple more weeks left before production fully transitions to California, followed by product from Mexico.

Raspberries

Raspberry prices are down and availability is up. We'll carry them consistently for the next few weeks, unless tariffs interfere.

Watermelon

Mexican supply is still tight but should improve next week with new regions. Prices remain high but may ease. Arizona starts next month, but Mexico remains key for now.

Clementines Easy Peelers

We're receiving weekly Maroc Nadorcotts with great quality. Sumo Mandarins are in stock, but due to new tariffs, more may not be coming—get them while you can. Orri Mandarins from Israel look and taste amazing. W. Murcotts from California under the "Sunkist" label are also available.



Grapefruit

Florida grapefruit has finished for the season. Israeli fruit is now in stock, with Moroccan grapefruit beginning to arrive. Sweeties are also available.

Stone Fruit

We're currently stocked with 10x2lb packs of Nectarines, Peaches, and Plums, along with bulk 9kg boxes from Chile. New arrivals continue weekly.

Blueberries

We've fully transitioned from offshore to Florida supply, with some product still coming from Mexico. Pricing remains high, so 6oz packs will be the preferred option through late April to support consumers.

Oranges

California Navels continue to arrive with solid quality and fair pricing despite tariffs. We're receiving fresh shipments almost daily. Blood Oranges, Cara Cara Oranges, and Minneola Tangelos are also well stocked.

Lemons & Limes

California lemons are in excellent condition and priced low — ask your rep about promotions. Limes stay expensive but arrive fresh weekly. We still have Sweet Limes available, including Mammoth, Colossal, Super Colossal, and 2lb bags by order.

Pomegranates

Turkish Pomegranates in sizes 5–10, delivering excellent taste and quality

Blackberries

Blackberries have flipped and are now very tight, and the availability is very sparse. Expect high pricing for the next couple of weeks.



ORGANIC ITEMS!

- Avocados
- Ginger
- Pineapples
- Mushrooms
- Bananas

Hot House Peppers

The market is rising in Mexico. Prices may stabilize once Canadian peppers hit the market in April.

Hot House Cucumbers

Crop expansion this year has prevented the usual shortages. Canadian supply remains steady with excellent quality.

Peppers

Green pepper supply is stable with good quality and no major changes in the market.

Cauliflower

The U.S. market is steady. New T&A 9s and 12s are expected to arrive this weekend.

Broccoli

Market conditions are stable. We're packing Andy Boy broccoli from Salinas, and shortcut crowns are available too.

Asparagus

The market remains steady. A fresh load of 11lb Dole asparagus is set to arrive this weekend.

Celery

The U.S. celery market is holding steady. Look for Dole and Snoboy brands this weekend.

Eggplant

No major changes. Supply is steady, quality is good — still a good item to promote.

Cucumbers

Prices had been low, so growers held product in Mexico. Now there's a shortage and prices are rising.

Zucchini

Cooler temps in Mexico are tightening the market slightly, but prices are still reasonable — still promotable.

Squash (Butternut, Spaghetti, and Acorn)

Cold weather is reducing yields and pushing prices up. Conditions may improve in two weeks.

Hard Squash: Cold in Mexico is slowing production. Supplies are light but prices are still fair — worth promoting.

Napa Cabbage

The U.S. market is gaining momentum with rising prices, though quality remains strong. Contact your Sales Rep for more info.

Mixed Greens

We're bringing in Little Bear products from Texas, including cilantro, dill, parsley, methi leaf, kale, radish, and more. Quality has been excellent.

Salads

Most salad prices have stabilized, except shredded cabbage. Romaine mixes still show some quality issues. All salad supply now comes from Arizona-grown sources.

Green Beans

The market remains strong as most supply comes from Mexico, driven by low U.S. production and a 25% tariff. Cold weather is reducing yields and causing prices to rise, but conditions may improve within two weeks.

Tomatoes

Low production in Florida and Mexico (about 50% of normal) due to weather. Supply will stay tight for two weeks.

Roma Tomatoes

Prices were low, but cold weather is pushing them up. Florida's supply is limited, though quality is still good.



Hot House Tomatoes

Canadian tomato volumes are set to rise heading into April. Quality is excellent—ideal timing for promos. Reach out to your Sales Rep for more info.

Florida Tomatoes

Cold and windy weather weeks ago caused bloom drop, cutting yields to about 50% of normal. Supply is very limited.



Okra

We're getting premium Indian Okra and Baby Okra as needed. Please place orders ahead of time.

Ginger

Chinese ginger is fresh and in great shape. Organic Peruvian ginger is limited, with high prices likely until the new season.

Loose Garlic

New Chinese garlic has landed, along with Argentina Purple garlic. Both are top quality. Contact your rep for more details.

Mushrooms

The market is stable with strong pricing and quality. Local options include White, Brown, Portabella, Oyster, and Shiitake. Specialty varieties are available by pre-order.

Carrots

Local carrots are in good supply and high quality. Prices are slightly up due to a strong U.S. market and a smaller crop.

Lettuce

The market is stable as the Yuma season wraps up. Look for Snoboy, Andy Boy, and Nature's Reward Cello lettuce arriving this weekend.

Beets

We're offering Mexican red beets and Canadian gold and striped varieties. Bulk 25lb red beets are well priced—ask your Sales Rep for details.

Onions

U.S. Spanish Onions remain consistent with strong size and quality. Local yellow onions from Ontario and Quebec are in stock. Red onions are still limited, and Mexican Sweet Onions are also available.

Potatoes

We carry local potatoes in all sizes and colors, plus PEI baking potatoes. Florida potatoes are in great shape. For a premium choice, we also stock Washington A-size yellow potatoes and high-quality U.S. orange and oriental sweet potatoes.

Corn

Steady shipments of yellow and bi-color corn are arriving from Florida. Contact your rep for details.

Fresh, flavourful salad kits you can't resist. Veggies made easy and delicious!

Fresh
every time!



A Salad for
any occasion!