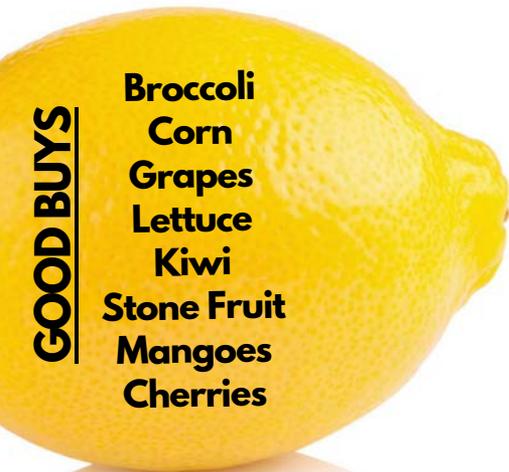


FRESH UPDATES

Week 30 - July 25

GAMBLES



GOOD BUYS

**Broccoli
Corn
Grapes
Lettuce
Kiwi
Stone Fruit
Mangoes
Cherries**

Apples & Pears

Highlighting our Jazz and Envy Apples. Both with a balance of sweetness and crunch that is perfect for the season. Good supply from Washington and Ontario crops. Freshly arrived Argentinian pears are back in stock! Good look, size and taste!

Mangoes & Papayas

We will have fresh Mexican Tommy's and Ataulfo's again next week! **Come and see the quality!**

Starting the week a little bit tight on Papayas, but may open up by Thursday or Friday.

Avocados

Larger sizes of avocados are more available for next week. We are starting to see an increase in retail orders for ripe avocados. **We can condition any size, to whatever level of ripeness you need.**

Bananas & Plantains

Please reach out to your sales rep to allow our team to stage and condition based on your requirements. We have Dole as well as both Fair Trade and Organic available all the time. Plantains are also available in stock.

Limes

Good supply. Recent and unexpected rains in Mexico have caused delays but there is availability. Price is expected to go up.

Pineapples

Good supplies. We have both 6s and 7s in good stock. Price has gone down and market is bit loose. Organic 7s are available!



Blueberries

Mexican Blueberries 12X6oz are available and the quality is eye-catching! Taste even better than its look!

Promote!

Kiwi

We have good volume and quality on Green and Golden Kiwi. Come and see by yourself!

***Contact your sales rep!**

Melons

This time of the season we will be carrying Cantaloupes and Honeydews from Guatemala. Quality and taste has been as good as it has ever been...and they only get better!

Oranges

We have Navels from South Africa as well as a few Midnights from Marocco. We have Valencia's from both USA and Marocco. All of very nice quality

Lemons

We have US, Argentinian, and South African available. All of which are very nice.

Raspberries

Rasp from MEX is tight on supply. Price is expected to remain high. Steady supply.

Blackberries

Good supply, quality and taste. Mexican Blackberries looking great!



Strawberries

Driscoll's load arriving early in the week. Strawberry supply has improved and no shortages expected. Price is stable from MEX and CA products. Quality is great!

Watermelons

Currently loading out Mexico and product is peaking on volume. We have good availability on all sizes on Mini and carton Watermelons. With flavour at its best.

Grapefruit

We have all RSA fruit available now in large and small sizes as well as bags be packed fresh multiple times per week.

Clementines

We will have more South African fruit arriving this week as well as more Peruvian W.Murcotts. **Please book ahead with your sales rep as these have all been moving out fast!!**

Grapes

Freshly arrived Mexican grapes are available. Small sized as it is the first shot of the season but tasting and looking great. **Give them a try!**

Stone Fruit

Good volume and supply on yellow plum, peaches and apricots. This week we have started with nectarines 8x2L. Volumes on all stone fruit are expected to increase with the recent hot weather.





LOCALLY GROWN

- Peppers
- Cucumbers
- Onions
- Tomatoes
- Carrots
- Asparagus
- Potatoes

Hot House Tomatoes

Tomato Market will continue to be stable as of now. could see the price slope down but shouldn't be volatile. Good items to have on special as quality looks great!

Corn

Moderate supplies. Expecting a small gap until the mid-week due to product shortages. 5 dozen bags and 600ct bins are available from Miles. **A great item to promote!**

Eggplants

Mexico is now coming to a normal supply as they are coming into the second week since the first harvest. Price is expected to drop slowly.

Broccoli

Good supplies. Lots of deals from California. Expecting a better price from the weekend. Plenty of AndyBoy bunches will be available at a competitive price. Excellent quality of Ontario crowns will arrive daily. **Promote!**

Asparagus

Moderate supplies. Mexican market will remain high for another week. A fresh load of large size 11lbbers will arrive this weekend from Dole.

Peppers

Quality has held and price is fair, so talk to your sales rep for good opportunity buys. For the specialty market, Chili's, Yellow Hot, Jalapeno's and Cubanelle are in good shape while Green Long hot are still fairly tight.

Lettuce

Good supplies. US FOB market has gone up slightly, but no major change is expected. Great volume of Quebec leafy items will be available. **Promotional prices are available!**

Cauliflower

Good supplies. US market will remain soft for upcoming week. Decent volume of T&A, and Oak Canyon 12s will be in stock. Ontario Cauliflower is also available in 12ct boxes and 72ct bins.

Zucchini

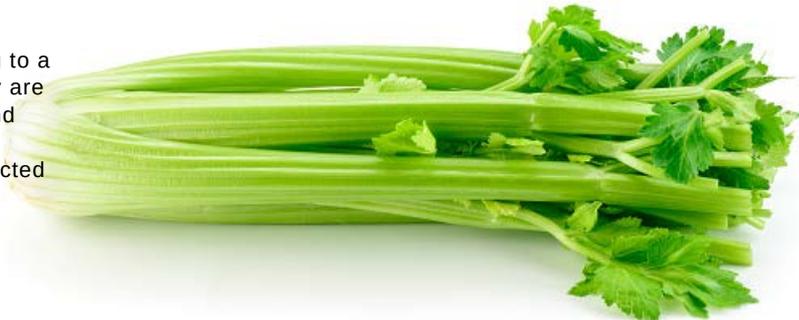
Steady supplies. The market has started to loosen up. Product is showing great quality! **Promote!**

Hot House Peppers

Market may get sloppy over the next week. Local Peppers have started popping up and should push pricing across the board down. Quality looks great!

Celery

Good supplies. No major change is expected from US market. SnoBoy celery will be back in stock from the weekend. Ontario Chips Celery is continuously available!



Potatoes

Local consumer packed products are steady and with good quality. USA Potatoes still high. We are expecting to see carton White Potatoes price increase since Washington supplies have rapidly tighten. White A Pioneer Potatoes will see a price hike due to availability tightening up,

Beefsteak Tomatoes

No change for the upcoming week as we continue to see strong daily demands on Beefsteak. We may see that the 5x6 will tighten up and price drop off for the 6x6 market so watch prices daily.

Onions

Expect small increase on prices for local onions. US onions continue to be high due to high freight costs. BC still backed up and no updates yet on when things will get back to normal.

Mushrooms

As we hit our first real heat of the year, be cautious as mushrooms will be sprouting very fast. Quality will be hard to maintain as temperatures will heavily strain Mushrooms also, after picking.

Mixed Greens

Supply is abundant for items like Kale and Flat/Curly Parsley. We may find some farms pushing out product for cheap so monitor price lists. The biggest issue right now is the heat taking its toll on the longevity of the product, so try and keep product moving.

Carrots

We will continue to see high prices over the next weeks for local and US carrots due to freight cost and exchange rate.



Stone Fruit Season

Peaches, plums, nectarines, apricots and cherries are commonly called "stone fruits" because the flesh surrounds a large, stone-like pit which contains the seed.

Stone fruits have a relatively short growing season so enjoy them fresh while you can. If you have an abundant supply of these fruits, and the time and energy, they are great options for canning, preserving, or freezing.