



## Market Update: January 10, 2022

### **“Good things grow in Ontario”:**

Macintosh Apples, Honeycrisp Apples, Gala Apples, Courtland Apples, Empire Apples, Northern Spy Apples, Gold Delicious Apples, Red Delicious Apples, Beets, Bok Choy, Napa, Cabbage, Celery Root, Cucumber English, Mushrooms, Onions (Cooking, Red, Spanish) , Hot house Tomatoes, Cluster Tomatoes, Parsnips, Micro Sprouts, Bean Sprouts, Red/Yellow/Orange Peppers, Potatoes (White, Yukon, Russet), Squash

**Alert: Asparagus, Peeled Garlic, Red and Green Grapes, Cauliflower, Broccoli, Brussel Sprouts, Blueberries, Strawberries, English Cucumbers**

### **Fruit**

#### **Apples**

Good availability on both Ontario and Washington apples as more new crop varieties become available.

Macintosh, Gala, Honeycrisp, Courtland, Empire, Northern Spy, Red and Golden Apples are available

#### **Pears**

Bartlett, Bosc and Anjou are available, Product from USA new Crop

#### **Melons**

We have good availability on honeydews and Cantaloupes from USA. Watermelons from USA are available with good volume.

#### **Grapes**

We have great quality on Peru Red and Green Grapes. Cotton Candy Grapes (very Limited) are SPO

#### **Kiwi**

Product of New Zealand. Golden Kiwi is now available Special Order only.

## Citrus

### **Clementines**

Product from Morocco, First of season, 15x2lb, 22lb, and 5lb Cases now available

### **Oranges**

Product of USA.

### **Juice Oranges**

Product from South Africa, Florida Juice oranges a weeks away (not enough color/ Sugar Content)

### **Grapefruit**

Product from South Africa/USA

### **Lemons**

Quality is good, Product of Mexico

### **Limes**

Great Quality we have Switched to 48 count and 230 count only.

### **Pineapple**

Excellent Quality, Product of Costa Rica, Price Has come down.

## Berries

### **Blackberries**

Market steady and good availability from Mexico.

### **Raspberries**

Raspberries product of Mexico.

### **Strawberries**

Strawberries product of Florida/Mexico, **Limited Product**

### **Blueberries**

Product of Mexico, **Limited Product**

## Vine and Tropical

### **Bananas**

Product from Costa Rica and Ecuador, Price has come down but not to normal

### **Stone fruit**

Chilean Season has started. Peaches, Nectarines, and plums (SPO only)

### **Avocados**

We have seen a further slowing in harvest from Mexico. Product is coming in green and hard.

### **Pomegranates**

Pomegranates from Israel are available with good volume. And good sizing (Jumbo).

### **Mangoes**

Mangoes from Mexico are available with good volume.

# Vegetables

## Broccoli

Moderate supplies as the US bunch market is getting active. Expecting strong market for a while.

Broccoli Crowns are available with limited quantities.

## Cauliflower

Product of USA, **Very Limited Quantities currently at the market**

## Cabbage

New Crop Local Red and Green Cabbage is now available, Savoy Special Order

## Eggplant

Eggplant is now from USA/Mexico

## Brussels Sprout

Product from Mexico, near the end of the season, waiting for new crop USA

## Asparagus

Product from Mexico, back to 11lb Cases

## Beans

Green Beans are Mexican now

## Peppers

Yellow, Red and Orange Peppers Are Green House Grown, Green Peppers are product of USA/Mexico

## Celery

Product of USA

## Seedless Cucumbers

We are now into Ontario cucumbers. Looks like there will be good Ontario product from here on. **Very Limited Quantities currently at the market**

## Lettuce & Greens

Iceberg Lettuce, Romaine is Product of Arizona

## Hot House & Cluster Tomatoes

Product of Canada, Cluster Tomatoes are SPO

## Tomatoes

Grape Tomatoes, Roma Tomatoes are Product of Mexico.

All round tomatoes cost has come down Product of East Coast USA

## Onion

Red, Spanish, White, Sweet and cooking Onions Now available

## Squash

Product of Mexico

## Carrots

Market remains steady with good quality, Product of USA

## Corn

USA corn cost is still very high and very Limited this week

## **Zucchini**

Product of Mexico, Yellow Zucchini is available

## **Potatoes**

Yukon Gold Potatoes, and Russet Potatoes. [Bud the Spud has Started!!](#)

## **Good Buys**

Local Radishes  
Local Hot House Tomatoes  
Local Cabbage  
Red Onions  
Sweet Potatoes  
Jumbo Carrots  
Bud The Spud Potatoes

