



try something fresh

Market Update: July 8th, 2019

Local: Local green onions to start next week, fiddleheads now finished for the season, sweet local strawberries still available. Blueberries now full pint from BC.

Good things grow in Ontario:

Asparagus	Collard	
Bean Sprouts	Mini eggplant SPO	Romaine
Chard		Radish
Cucumber (English)	Mushrooms	Rutabaga – waxed
Cabbage	Parsnips	Strawberries
Carrots	Sprouts	Tomato – Hot house
Celery Root	Peppers (3 colours)	Turnip
Lettuce: Kale, green and red leaf		

Alert

On the rise – Chopped romaine, Separate Salad, Shredded lettuce and Green Leaf fillet up this week due to extreme heat in California. Red, Spanish, Sweet and white onions, watch pricing. Red peppers up in price this week. Avocado's up in price, due to growing region. Also up this week, watermelon and corn, due to rains in Florida, will have challenges at the beginning of the week.

Fruit

Apples

Available Varieties:

New count, now carrying 100ct, Granny Smith, Macintosh, Royal Gala, Red Delicious, Golden Delicious.

Pears

Bartlett currently in stock.

Watermelon

Product of US. Product will be tight at the beginning of the week, due to heavy rains in Florida.

Melon

Melons loading from Honduras and Mexico. Honeydew market stable. Cantaloupe on the rise.

Grapes

Volume out of Mexico picking up, quality has been very good on all varieties.

Kiwi

Green Kiwi from Chile, Gold available Special Order next week, from New Zealand.

Citrus

Oranges

Currently from Morocco, South African starting in a week.

Juice Oranges

Some Florida product still available.

Clementine

Clementines winding down, only 15x2lbs available, quality fair.

Grapefruit

US product this week.

Lemons

Product of South Africa

Limes

Supplies are improving and pricing is dropping.

Pomegranate

Now off shore – Spain done, Peruvian product - available special order.

Berries

Blackberries

New Jersey product to start next week.

Raspberries

California product has hit the market.

Strawberries

Extreme heat in Salinas has stunted growth, pricing on the rise.

Blueberries

Product from BC, full pints available for the rest of the summer.

Vine and Tropical

Pineapples

Market on the rise, not expected to level off for a couple of weeks.

Mangoes

Mexican product, supply exceeding demand, price will remain firm.

Stone Fruit

Peaches and Nectarines in stock, plums pricing high. Cherries have started out of Washington, expected next week.

Bananas

Banana's are abundant, pricing stable.

Avocados

Transitioning growing regions, pricing high, market is beginning to stabilize.

Vegetables

Broccoli

Bunch broccoli from California, market becoming more stable.

Cauliflower

Market has come down, pricing dropped.

Zucchini

Yellow zucchini short supply/gap this week.

Cabbage

Local Cabbage, pricing on the move, watch for higher pricing.

Eggplant

Steady market at the moment. Local mini eggplant available special order.

Brussel Sprouts

Great supply from Mexico and US. Pricing through the roof, due to availability.

Fiddleheads

Now finished for the season.

Asparagus

Last week of local.

Beans

Limited due to quality issue, caused by rain...driving pricing.

Peppers

Peppers up in price this week.

Celery

Product now seeing consistency in pricing.

Seedless Cucumbers

Ontario product abundant.

Ramps

SPO – starting to wind down, expected to finish in one or two weeks.

Lettuce

Lettuce & Greens

Romaine now local Ontario, excellent quality. Lettuces in middle of planting gap, watch pricing, expected to rise.

Tomatoes

Hot House & Cluster Tomatoes

Tomato market stable.

Roma Tomatoes

Supplies have improved, pricing lower.

Grape Tomatoes

Pricing down this week.

Tomatoes – 25 lbs.

Supplies tight this week, watch pricing to rise a bit.

Onions, Carrots, Potatoes

Onion

Cooking and sweet onions, on the rise due to transition.

Green Onions

Market stable, abundance of product.

Squash

Butternut Squash product of Mexico.

Corn

Product pricing on the rise this week due to heavy rain in Florida effecting harvesting and crop.

Spanish & Red Onions

US Jumbo Spanish, red onion, watch pricing on the rise.

Carrots

Now product of US/Canada

Potatoes

Red B size potatoe now US, size up, large Russet available. Farmer change with mini red B size potatoes, watch for more consistent sizing and price.

Good Buys

Blueberries
Local Strawberries
Oranges
Bananas
Limes
Cucumbers
Cauliflower
Local romaine
Local green leaf