



try something fresh

Market Update: May 13th, 2019

Local: Local Rhubarb started, Asparagus now available, price will be up to start. Local Ramps have started. Strawberries (June berries) expected end of month.

Good things grow in Ontario:

Bean Sprouts	Mini eggplant SPO	Radish
Cucumber (English)	Mushrooms	Rutabaga – waxed
Cabbage	Parsnips	Turnip
Carrots	Sprouts	
Celery Root	Peppers (3 colours)	

Alert

Brussel Sprouts, high due to demand, green grapes up due to region, cauliflower, green beans and avocado's up in price, due to growing region. Red onion pricing on the rise, spiked this week. Asparagus has transitioned out of Mexico, supplies tight driving prices way up. Lettuces still, seeing blister/peel. **Celery still on a pricing roller coaster, cost up again this week. due to a tight market and limited supply.**

Fruit

Apples

Available Varieties:

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

Pears

Bartlett currently in stock.

Watermelon

Market levelled off, pricing down.

Melon

Melons loading from Honduras and Mexico. Honeydew market stable.

Grapes

Red grapes are tight at the moment, price up slightly. Green grapes offshore.

Kiwi

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

Citrus

Oranges

US product, California fruit, excellent quality, and you will pay the price for quality.

Juice Oranges

Valencias, juice oranges now available.

Clementine

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

Grapefruit

US product this week.

Lemons

Product of USA., market down, pricing stable.

Limes

Supplies are improving and pricing is dropping.

Pomegranate

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

Berries

Blackberries

Mexican, quality has been good.

Raspberries

California product has hit the market.

Strawberries

Great quality from California.

Blueberries

Florida product available.

Vine and Tropical

Pineapples

Good supply, pricing slowly going down.

Mangoes

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

Stone Fruit

Nectarines and apricot product of USA, special order. Peaches starting next week.

Bananas

Banana's are abundant, pricing expected to drop.

Avocados

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

Vegetables

Broccoli

Bunch broccoli from California, market becoming more stable.

Cauliflower

Experiencing planting gaps, causing limited supply and higher pricing.

Zucchini

Market stable.

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 available, special order, while supplies last.

Asparagus

Washington and New Jersey starting with limited supply, driving pricing.

Beans

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

Peppers

Pepper market now stable. Price on the rise Jalapeno short out of Florida. Local, Red, yellow, orange, available

Celery

Pricing roller coaster, pricing up again, supply is very limited, with pricing remaining high.

Seedless Cucumbers

Strong market, pricing dropping.

Ramps

Expecting to start next week - SPO

Lettuce

Lettuce & Greens

Changed regions, good supply and quality.

Tomatoes

Hot House & Cluster Tomatoes

Rumor of virus, Ontario crop, stability not expected for another couple weeks, pricing remains stable.

Roma Tomatoes

Supplies have improved, pricing lower.

Grape Tomatoes

Pricing down this week.

Tomatoes – 25 lbs.

Great pricing on Mexican product.

Onions, Carrots, Potatoes

Onion

Ontario cooking onions pricing will increase slightly as they come to an end, red onions are limited.

Green Onions

Market stable, abundance of product.

Squash

Butternut Squash product of Brazil.

Corn

Good supply out of Florida, advanced noticed needed (48hrs)

Spanish & Red Onions

US Jumbo Spanish, red onion pricing spiking this week, watch pricing.

Carrots

Carrots currently Canadian product. Will see increase in Cello, due to shortage of quality product.

Potatoes

Bud the Spud now done for the season, large Russet available. Farmer change with mini red B size potatoes, watch for more consistent sizing and price.

Good Buys

Apples
Bananas
Broccoli
Carrots
Cauliflower
Cucumber
Grapefruit
Grapes
Limes
Oranges
Strawberries
Zucchini