



try something fresh

Market Update: October 8th, 2018

Local:

Local Tomatoes, rhubarb, zucchini, grape tomatoes, done for the season.

Good things grow in Ontario:

Beans	Eggplant	Radish
Bean Sprouts	Green onion	Roma Tomatoes
Broccoli	Herb	Rutabaga – waxed
Cucumber (English)	Kale	Strawberries
Cabbage	Lettuce – Iceberg, G&R leaf, Romaine	Squash
Carrots	Mushrooms	
Celery	Parsnips	
Potatoes White (New Crop)	Peppers – red, yellow, orange, Green	

Alert

New whites available, price will remain high for a few more weeks. Cucumber market tight, pricing expected to rise.

Fruit

Apples

Available Varieties:

Granny Smith, Macintosh, Royal Gala, Red Delicious, Golden Delicious.

Pears

Bartlett currently in stock.

Watermelon

Volume for watermelon has slowed down, market prices expected to go up by next week.

Melon

Cantaloupe pricing steady. Honeydew market is fluctuating, lots of fruit out of California but quality is very hit or miss.

Grapes

California in peak grape season, season expected to last through till December.

Kiwi

Good volume, price starting to drop.

Pomegranate

Available special order.

Citrus

Oranges

South African navels are in peak season; we have an abundance of fruit available..

Juice Oranges

Done for now, expecting new crop in the next few weeks.

Grapefruit

Quality is outstanding on South African fruit, some smaller fruit. Florida citrus expected late October.

Lemons

South African lemons currently in stock.

Limes

Limes have dropped in price, product of Mexico.

Pomegranate

Available special order.

Berries

Blackberries

Guatemala and Mexican, quality has been good.

Raspberries

California berries are great in quality and taste.

Strawberries

Strawberry market has weakened, quality is great.

Blueberries

Blueberries good quality, large Fruit. BC Blueberries finished for the season.

Vine and Tropical

Pineapples

Market is currently tight, due to strike in Costa Rica. Expect changes by mid-October (Thanksgiving).

Prices remain firm, may increase due to strike.

Mangoes

Mexican nearing the end of the season, product from Brazil is expected in a few weeks.

Stone Fruit

Stone fruit done for the season, fresh plums from Spain expected this week.

Bananas

Fruit is plentiful market steady.

Avocados

Markets are stable with steady volumes, price has decreased slightly due to abundance.

Vegetables

Broccoli

Broccoli currently local.

Cauliflower

Local Cauliflower has limited supply, watch pricing.

Zucchini

Zucchini from Mexico, volume steady, medium sizing.

Cabbage

Local Cabbage, market remains steady.

Eggplant

Ontario eggplant has started. Good quality and steady prices.

Asparagus

Market will remain high, and demand on product from Peru as Mexico finishes up, demand will exceed supply, price stay high.

Beans

Local green beans are in good supply with a steady market.

Peppers

Ontario hot house peppers remain tight. Green pepper US product, quality good, market steady.

Celery

Local Canadian Celery, has good supply, with reasonable pricing.

Seedless Cucumbers

The market remains high, but price is expected to start reducing in the next couple of weeks.

Lettuce

Lettuce & Greens

Hearts, green and red leaf experiencing a planting gap, pricing expected to rise, local lettuce product will remain steady for the next few weeks.

Tomatoes

Hot House & Cluster Tomatoes

Product is plentiful with great quality and colour.

Roma Tomatoes

Roma's now local.

Grape/Cherry Tomatoes

Local grape tomatoes done for the season, product now available from Mexico.

Tomatoes – 25 lbs.

Market stable.

Onions, Carrots, Potatoes

Onion

Local onions red onions available, Ontario cooking also available, great quality and supply on red.

Green Onions

Currently coming from Quebec.

Squash

Local Butternut is now available

Corn

Local corn finished for the season ask about 12x4ct wrapped, to fill the gap. Corn from Georgia should be available in the next few weeks.

Spanish & Red Onions

US Jumbo Spanish and red onions' prices are going down but US colossal are still tight.

Carrots

Carrots currently Canadian product.

Potatoes

New Crop large whites now in stock, price remains high.

Good Buys

Avocados

Bananas

Blackberries

Beans

Carrots

Celery

Eggplant

Grapefruit

Grapes

Oranges

Tomatoes