



*try something fresh*

## Market Update: March 2nd, 2020

Good things grow in Ontario:

Honey Crisp Apples, Courtland Apples, Macintosh Apples, Beets, Bok Choy, Cabbage, Carrots, Celery Root, Cucumber, Mushrooms, Onions, Potatoes, Parsnips, Shallots and Sprouts.

### **ALERT**

Monthly Feature, see flyer attached at end of market update.

Roma Tomatoes will increase this week and supplies continue to be down. Product coming out of Mexico.

### *Fruit*

#### Apples

##### **Available Varieties:**

Granny Smith, Macintosh, Royal Gala, Red Delicious, Golden Delicious, Honeycrisp and Courtland apples are Special Order

#### Pears

Bartlett and Anjou are available.

#### Melon

Honeydew and Cantaloupe now off shore.

#### Grapes

Grapes from Chile and Peru are a great buy Green grapes are now available. Black grapes available SPO.

#### Kiwi

Now into Italian product. Golden Kiwi are now available.

### *Citrus*

#### Oranges

Product will be a full swing out of California and excellent quality.

#### Juice Oranges

Product is out of Florida.

#### Clementine

Have now switched to 4lb cases

## Grapefruit

Full swing from Florida fruit, and quality is good.

## Lemons

US lemons have been coming in with excellent quality and firm product. Product out of Spain.

## Limes

Pricing to come down and great availability on all sizes.

## Pomegranate

Turkish product available, quality good.

## *Berries*

### Blackberries

Product remains out of Mexico Quality is excellent with cheap pricing.

### Raspberries

Mexican Product now available. Quality is excellent. Continues to have an increase in volume.

### Strawberries

Product is strong and pricing to drop in the next few weeks. **\*\*\*Hot deals Florida Strawberries, Speak to your Sales Rep for More Details\*\***

### Blueberries

Quality is excellent. Expected increase in Volume in coming weeks.

## *Vine and Tropical*

### Pineapples

Decrease in Price expected. Product will see an improvement in supply.

### Mangoes

Currently in Peru Crop. Quality is great!

### Stone Fruit

Product from Chile remains available quality to be excellent. Plums, nectarines and Peaches available now

### Bananas

Quality and supply on bananas is on the rise due to fuel surcharges. This is normal for this time of year and will continue through till the end of March. Plantains available SPO

### Avocados

We have seen a further slowing in harvest from Mexico with the expectation for demand to dip after game day. That being said, the slowing in demand won't be long-term, and we do not expect to see an extended softening in the market.

## *Vegetables*

## Broccoli

Expect pricing to decrease, volume to increase out of Mexico.

## Cauliflower

Price expected to remain the same this week with no changes.

## Cabbage

Local Cabbage, Savoy Special Order

## Eggplant

Good quality on product coming from Mexico and Florida. Pricing expected to stay low for a while.

## Brussel Sprouts

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

## Asparagus

Last week for product coming from Peru. Mexican product with good pricing and quality is excellent.

## Beans

Ontario beans are done for the season and we have transitioned to Mexican product.

## Peppers

Peppers are out of US, Mexican and Spanish. Weather issues have ended, volume will increase.

## Celery

Continues with excellent quality. Better pricing out of California.

## Seedless Cucumbers

Strong product continues, Local product will begin early March with a heavy start. Mini Cucumber are special order.

## *Lettuce*

### Lettuce & Greens

Pricing and quality has improved this week, having iceberg, romaine, romaine hearts, green and red leaf now available in high volume and excellent quality. Great market on product due to great weather conditions in the growing areas, expected great volume and quality.

## *Tomatoes*

### Hot House & Cluster Tomatoes

Strong production out of Mexico and Canada has the market going slightly downward this week.

### Roma Tomatoes

Product will increase this week and supplies continue to be down. Product coming out of Mexico and some out of Florida

### Grape Tomatoes

Prices will increase with steady supply. Quality is good out of Mexico.

Tomatoes – 25 lbs.

Price due to stay high for the next few weeks.

## *Onions, Carrots, Potatoes*

### Onion

Local and US available also including red and Spanish onions will remain steady and quality is great!

### Green Onions

Pricing will continue to drop.

### Squash

Local Squash has now ended. Only carry the main 4 varieties now (butternut, Pepper, Spaghetti, Buttercup)

### Corn

Due to weather improving, corn will be available at a competitive price.

### Carrots

Market remains steady with excellent quality.

### Potatoes

Bud the Spud is now available. Large White and Yukon potatoes are also available. Expected higher pricing and tight supply for baker potatoes. Sweet potatoes going up significantly

## *Good Buys*

Apples  
Asparagus  
Avocados  
Blackberries  
Broccoli  
Carrots  
Cauliflower  
Celery  
Eggplant  
Grapefruit  
Grape Tomatoes  
Potatoes  
Peppers  
Strawberries  
Lettuce  
Yellow Peppers  
Pears

