



Market Update: December 23rd, 2019

Good things grow in Ontario:

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

~ALERT~

Green Grapes tight market at the moment, with supply gaps. Roma Tomatoes are now from Mexico. Rolled field tomatoes are also on high alert till Florida crop is ready. Corn is tight and expected to remain tight, Due to colder weather. Green bean price is very high. Green onions, asparagus Iceberg Lettuce and hot house tomatoes Price increase and product is very tight

Fruit

Apples

Available Varieties:

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

Pears

Bartlett currently in stock.

Melon

Honeydew and Cantaloupe now off shore.

Grapes

Grapes from South Africa are now available and this item is a great buy. Green grapes and product from Peru remain tight, Black grapes available SPO.

Kiwi

Now into Italian product. Golden Kiwi are now available.

Citrus

Oranges

Currently full swing from California, Excellent in quality.

Juice Oranges

Product of Florida, light in color but great taste.

Clementine

Spain/Morocco Product has arrived and is in excellent quality for early fruit. 5lbs pack size now available again.

Grapefruit

Full swing from Florida fruit, and quality is good.

Lemons

US Lemons, Excellent Quality and Firm

Limes

Limes out of Mexico and has good availability.

Pomegranate

California and Spain product now available.

Berries

Blackberries

Product remains strong out of Mexico. Great Quality.

Raspberries

Mexican Product now available. Quality is excellent.

Strawberries

Increase in quantity and quality for this week.

Blueberries

Quality is very good with good volume from either Mexico or Peru.

Vine and Tropical

Pineapples

The market is back to normal. Quality it great.

Mangoes

Currently in a tight supply transitioning out of Brazil into Ecuador and Peru Crop.

Persimmons

Product out of Spain. Quality is Excellent, next couple of weeks looking good.

Stone Fruit

Italian plums are done. Chilean Product to be available soon.

Bananas

Quality and supply on bananas remains very good with no market changes expected. Plantains available SPO

Avocados

Market now steady and available.

Vegetables

Cranberries

Oceanspray Cranberries are now available.

Broccoli

Both Broccoli and Crowns are from Mexico.

Cauliflower

Product coming from Yuma, Arizona in the coming weeks. Price is decreasing with lots of volume.

Cabbage

Local Cabbage, Savoy Special Order

Eggplant

USA eggplant. Product looking great also out of Florida

Brussel Sprouts

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

Asparagus

Prices will remain the same, transitioning to Mexican product in a couple of weeks.

Beans

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

Peppers

Peppers from Spain now available and will last until February. Strong demand after the holiday season, expected for prices to rise. Quality is good.

Celery

Continues to remain steady. No changes in the next few weeks.

Seedless Cucumbers

Slowly transitioning to local product, Mexican and Local available this week.

Lettuce

Lettuce & Greens

Most lettuce has seen a decrease in pricing with better quality and increased volume out of Yuma, Arizona. Iceberg Lettuce has seen a rise in pricing due to frost damage. Rapini and anise will be tight next week. Endive and Escarole now available.

Tomatoes

Hot House & Cluster Tomatoes

Prices are up from last week. Quality is excellent in both regions and we are expecting to see a very strong market in the weeks ahead.

Roma Tomatoes

Roma pricing is up this week and supplies are lower than last week. Product is transitioning through Mexico and Florida.

Grape Tomatoes

Grape tomato has great quality and quantity. Coming from Mexico and US will be coming with strong volume and flavor.

Tomatoes – 25 lbs.

Pricing is up this week and supplies are lower than last week.

Onions, Carrots, Potatoes

Onion

Local market will remain steady into next week availability, pricing has started incline US Spanish Onions are steady, as well as red onions are steady quality remains very good.

Green Onions

Product is very tight out of Mexico, price is increasing.

Squash

Local Squash is coming close to the end, only carry the main 4 varieties now (butternut, Pepper, Spaghetti, Buttercup)

Corn

Corn remains tight, continuing into the New Year. There is an increase in supply and price has improved.

Carrots

Market remains steady with excellent quality. Price is expected to go up over the next couple of months.

Potatoes

Bud the Spud is now available. Large White and Yukon potatoes are also available.

Good Buys

Apples
Avocados
Carrots
Cauliflower
Clementine's
Eggplant
Grapefruit
Grape Tomatoes
Lemons

Oranges
Raspberries
Potatoes
Persimmons
Romaine & Romaine Hearts