



Market Update: July 25, 2022

“Good things grow in Ontario”:

Macintosh Apples, Honeycrisp Apples, Beets, Bok Choy, Napa, Cabbage, Celery Root, Cucumber English, Mushrooms, Onions (Cooking), Hot house Tomatoes, Cluster Tomatoes, Grape Tomatoes, Parsnips, Micro Sprouts, Bean Sprouts, Potatoes (Yukon, Russet), Peppers (Red, Yellow, Orange), Strawberries, Lettuce (Green Leaf, Romaine, Iceberg), Zucchini (Green, Yellow), Kale (Red, Green, Rainbow), Collards, Swiss Chard (Red, Green, Rainbow), Parsley (Curly, Italian), Dill, Cilantro, Corn, Broccoli, Cauliflower, Field Tomatoes, Basket Tomatoes, Apricots, Peaches, Golden Plums, Sugar baby watermelons

Fruit

Apples

Good availability on both Ontario and Washington apples as more new crop varieties become available.

Macintosh, Honeycrisp, are available

Pears

Bartlett, Bosc and Anjou are available, Product from USA

Melons

We have good availability on Cantaloupes from Honduras, Honeydew size 8's from Costa Rica, Local Cantaloupes and Watermelons are available

Grapes

We have great quality on USA Red and Green Grapes. Sweet Black, are SPO

Kiwi

Product of New Zealand. Golden Kiwi is now available Special Order only.

Mangoes

Mangoes from Mexico are available with good volume.



CITRUS

Oranges

Product of South Africa. Great Quality

Juice Oranges

Product from USA, next week we will be into South Africa

Grapefruit

Product from South Africa

Lemons

Quality is good, Product of USA/South Africa

Limes

Product of Mexico

Pineapple

Product of Costa Rica, Tight Supply Currently, waiting on containers to arrive into country

BERRIES

Blackberries

Market steady and good availability from Mexico.

Raspberries

Raspberries product of Mexico. Tight on supply. Price is expected to remain high.

Strawberries

Strawberries product of USA Good Volumes

Local Strawberries are now available, Super Sweet!

Blueberries

Blueberries are currently very limited. Waiting for BC crop to be ready



VINE AND TROPICAL

Bananas

Product from Costa Rica and Ecuador, Prices has come down slowly but not to normal

Stone fruit

Peaches, Nectarines, Apricots, Plums, and Cherries Product of USA

Local Peaches and Golden Plums are in!!!

Avocados

We have seen a further slowing in harvest from Mexico. Price is continuing to Rise.

Pomegranates

Pomegranates from Peru are available with good volume.



VEGETABLES

Broccoli

Product of Canada
Broccoli Crowns are available.

Cauliflower

Product of Canada

Cabbage

Local Red and Green Cabbage is now available, Savoy Special Order

Eggplant

Eggplant is now from USA/Mexico

Brussels Sprout

Product from Mexico

Asparagus

Product from Mexico, 11lb Cases.

Beans

Green Beans are California now, Local is available SPO

Peppers

Yellow, Red and Orange 11lb Peppers Great Quality Product of Ontario, Green Peppers are now local

Celery

Product of Canada

Seedless Cucumbers

We are now into Ontario cucumbers. Looks like there will be good Ontario product from here on.

Lettuce & Greens

Iceberg Lettuce, Romaine is Product of Canada

Hot House & Cluster Tomatoes

Product of Canada, Cluster Tomatoes are SPO

Tomatoes

Grape Tomatoes/ Cherry Tomatoes/ Mix Medley Tomatoes are all local

Field Tomatoes and Basket Tomatoes are now available

Roma Tomatoes are Product of USA/Mexico.

All round tomatoes cost has come down Product of East Coast USA

Onion

Red, Spanish, White, Sweet and cooking Onions

Squash

Product of Mexico, Price is up.

Carrots

Market is currently Tight and Price is on the Rise, Product of Mexico

Corn

Local Corn now available (5 dozen sacks / 1 dozen sacks)



Zucchini

Product of Canada, Price has gone back down to normal

Potatoes

Yukon Gold Potatoes, and Russet Potatoes (Bud the Spud), **Last week of Russet Potatoes** ... we will start Local White Potatoes new crop next week

Good Buys

Local Strawberries
Local Yellow Peppers
Local Orange Peppers
Local Zucchini
Local Radishes
Local English Cucumbers
Local Hot House Tomatoes
Local Cabbage
Sweet Potatoes
Local Cauliflower
Local Broccoli
Local Asparagus
Local Peaches
Local Golden Plums

