

# Market Update: December 9, 2024



## “Canadian Crown”

Gala Apples, Paula Red Apples, Mac Apples, Crispin Apples, Ginger Gold Apples, Beets, Cabbage, Celery Root, Cucumber English, Mushrooms, Parsnips, Micro Sprouts, Bean Sprouts, Potatoes (Yukon, White, Russet), Hot house tomatoes

## ALERT ON VEGETABLES VERY LIMITED PRODUCT AND HIGH COSTS

### Apples

USA Honeycrisp, Cosmic Crisp, Gala, Red Delicious, Granny smith are available

**\*Local\*** apples available: Gala, Crispin, ginger gold, and Empire are all SPO

### Pears

Bartlett are product of USA, Bosc and Anjou are special order,

### Melons

**\*Alert\*** Cantaloupes, honeydews, and Watermelons are product of USA. Very limited

### Grapes

**\*Alert\*** Red and Green Grapes are product of USA, last week of USA Grapes

### Kiwi

Green Kiwi product of New Zealand, Golden Kiwi is SPO.

### Mangoes

Mangoes Product of Mexico, ataulfo Mangoes are SPO

### Oranges

88 and 113 oranges are product of USA, Great Quality

### Lemons

Product of USA Quality is excellent on both 115 and 30 count Lemons

### Limes

Product of Mexico, both 48 and 230 count

### Clementines

Product of Morocco, 30lb, 15x2lb, and 4lb cases are now available

### Pineapple

Product of Costa Rica

### Blackberries/ Raspberries/Blueberries/Strawberries

Blackberries, Raspberries are product of USA/Mexico

Blueberries are product of Peru, we are now into Pints

**\*Alert\*** Strawberries are product of California, local Field Strawberries are available SPO only

### Bananas

Product from Guatemala, Plantain (Green and yellow) are SPO

### Stone fruit

Stone fruit is now finished for the season, we are now waiting on the Chilean Season

### Avocados

**\*Alert\*** Product of Mexico, Both 12's and 48's are available

## Good Buys for the Week!

Honeycrisp Apples

Gala Apples

Navel Oranges

4lb clementines

Pineapple

Blueberries

English Cucumbers

### **Broccoli**

**\*Alert\*** Broccoli 18s, Broccoli Crowns are product of USA, very limited stock

### **Cauliflower**

**\*Alert\*** Product of USA, very limited stock

### **Cabbage**

**\*Local\*** Red and Green Cabbage are now available Product of Canada, Savoy Cabbage is SPO

### **Eggplant**

Eggplant product of USA/Mexico

### **Brussels Sprout**

**\*Alert\*** Product from USA/Mexico

### **Asparagus**

**\*Alert\*** Product of Peru/Mexico 11lb case

### **Beans**

**\*Alert\*** Green Beans are product of USA/Mexico

### **Peppers**

**\*Alert\*** **\*Local\*** Red, Yellow and Green are product of Ontario, Orange Peppers are product of Mexico, last week for local peppers

### **Bunches**

**\*Local\*** Kale, Chards, Bunched Radishes, Collard, Dandelion are now Product of Canada

### **Celery**

Product of USA

### **Seedless Cucumbers**

**\*Local\*** Greenhouse Ontario English cucumbers

### **Lettuce & Greens**

Romaine, Romaine Hearts, Iceberg and Green Leaf lettuce product of USA, Cost coming down

### **Processed Lettuce**

Product of Yuma Now, Cost coming down

### **Hot House & Vine tomatoes**

**\*Local\*** Product of Canada, Red Tomatoes on the Vine, and heirloom tomatoes are currently SPO

### **Tomatoes**

**\*Local\*** Grape Tomatoes/ Mix Medley/Cherry on the vine Tomatoes are product of Canada

**\*Alert\*** Round Tomatoes are Product of USA, Roma Tomatoes Product of Mexico, Very limited stock

### **Onion/ Carrots**

Red, Spanish, White, Sweet and cooking Onions are Product of USA, Green onions are Mexican

Carrots are product of Mexico, we also have available 2lb and 5lb carrots

### **Squash**

Butternut, Acorn/Pepper, Spaghetti, Buttercup are product of Mexico

### **Corn**

**\*Alert\*** Corn is product of USA, 281397, Small Cobs

### **Zucchini**

**\*Alert\*** Green and yellow product of Mexico

### **Potatoes**

**\*Canadian\*** currently carrying Russets and New crop Yukon Gold Potatoes, Mini "B" white and red Potatoes also available

Bud the Spud is back!!