

Market Update: March 3, 2025



“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)

Apples

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

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

Pears

Alert Bartlett are product of USA, Bosc and Anjou are special order, Cost high currently South African Pears will be available Next week

Melons

Cantaloupes and honeydews are product of the Tropics.

Watermelons are from Mexico

Grapes

Red and Green Grapes are product of Chile/Peru/South Africa

Kiwi

Green Kiwi product of New Zealand.

Mangoes

Mangoes Product of Mexico, ataulfo Mangoes are SPO

Oranges

88 and 113 oranges are product of USA, Great Quality. Last weeks of USA product

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

Alert Product of Costa Rica, Cost on the Rise and very Limited

Blackberries/ Raspberries/Blueberries/Strawberries

Alert Blackberries, Raspberries are product of USA/Mexico

Blueberries are product of Peru, we are now into Full Pints

Strawberries are product of Florida/Mexico

Bananas

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

Stone fruit

Nectarines, and plums are available SPO Product of Chile

Avocados

Alert Product of Mexico, Both 12's and 48's are available, Very Limited Cost on the Rise

Good Buys for the Week!

Honeycrisp Apples

Gala Apples

Navel Oranges

4lb Clementines

Pineapple

Strawberries

English Cucumbers

Cauliflower

Green Zucchini

Broccoli

Broccoli 18s, Broccoli Crowns are product of USA / Mexico

Cauliflower

Product of USA

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

Product of Mexico 11lb case

Beans

Green Beans are product of Mexico

Peppers

Red, Yellow and Orange Peppers are product of Spain/Mexico, Green Peppers are Product of Mexico.

Bunches

Kale, Chards, Bunched Radishes, Collard, Dandelion are now Product of USA

Celery

Product of USA

Seedless Cucumbers

Local Greenhouse Ontario English cucumbers

Lettuce & Greens

Romaine, Romaine Hearts, Iceberg and Green Leaf lettuce product of USA

Processed Lettuce

Product of Yuma, Costing is Normal Currently

Hot House & Vine tomatoes

Product of Mexico, Red Tomatoes on the Vine, and heirloom tomatoes are currently SPO

Tomatoes

Grape Tomatoes/ Mix Medley/Cherry on the vine Tomatoes are product of Mexico

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

Corn is product of USA

Zucchini

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!!