



Market Update: January 16, 2023

“Good things Grow in Ontario”

Macintosh Apples, Gala Apples, Spy apples, Honeycrisp Apples, Courtland Apples, Paula Red Apples, Red Delicious Apples, Golden Delicious Apples, Spartan apples, Empire Apples, Beets, Cabbage, Celery Root, Cucumber English, Mushrooms, Onions (Cooking, Spanish), Parsnips, Micro Sprouts, Bean Sprouts, Potatoes (Yukon, White, Russet)

**** Alert ****

Taylor Farm Shredded Lettuce, Separate salad, Cost is coming down but not to regular cost yet

Banana Cost is on the Rise

Limes Cost is on the Rise

Broccoli/ Celery cost is coming down, limited quantities

Local Cucumbers Cost is on the Rise

Pineapples are very limited and cost on the Rise

Fruit

Apples

Good availability on Washington apples but cost is up.

Local Macintosh, Gala, Golden Delicious, Red Delicious, Courtland, Spartan, empire, Spy, Honeycrisp, Paula Red

Pears

Bartlett, Bosc and Anjou are available, Product from USA

Melons

Honeydew's from USA, Cantaloupes, and Watermelons are from Mexico

Watermelons are very limited this week

Grapes

We have great quality on South Africa Red and Green Grapes.

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 Spain. Great Quality, Florida Juice oranges are still not ready yet

Lemons

Quality is good, Product of Mexico/USA

Limes

Product of Mexico, both 48 and 230 count, Cost on the Rise

Pineapple

Product of Costa Rica, Product Limited Cost on the Rise

BERRIES

Blackberries/ Raspberries

Market steady and good availability from Mexico

Strawberries

Strawberries product of USA, Product of Florida

Blueberries

Blueberries are from Peru ½ pints this week

TROPICAL

Bananas

Product from Costa Rica and Ecuador, Cost is on the Rise

Stone fruit

Plums are now from Italy, Cherries are from Chile

Peaches and nectarines are now finished from Chile

Avocados

Product of Mexico

Pomegranates

Pomegranates from Israel are available with good volume.



VEGETABLES

Broccoli

Product of USA, Cost is coming down with limited availability
Broccoli Crowns Cost is coming down, product of Mexico

Cauliflower

Product of USA/Mexico, Cost is coming down

Cabbage

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

Eggplant

Eggplant is now from USA

Brussels Sprout

Product from Mexico

Asparagus

Product from Mexico, 11lb Cases. Cost is on the Rise

Beans

Green Beans are Mexican

Peppers

Red, Yellow and Orange Peppers are product of Spain/Mexico
Green Peppers are USA, Limited Quantities and price is on the Rise

Celery

Product of USA, Costing is coming down

Seedless Cucumbers

Ontario cucumbers. Price is on the Rise

Lettuce & Greens

Iceberg Lettuce, Romaine is Product of USA/Mexico
Price is coming down on all Lettuce
All Processed Lettuce very tight and on the rise in cost

Hot House & Cluster Tomatoes

Product of USA, Cluster Tomatoes are SPO

Tomatoes

Grape Tomatoes/ Mix Medley Tomatoes are product of Mexico
Roma Tomatoes are Product of USA/Mexico
All round tomatoes Cost is coming down

Onion

Red, Spanish, White, Sweet and cooking Onions

Squash

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

Carrots

Product of Canada



Corn

Corn is product of USA, limited Quantities currently

Zucchini

Product of Mexico

Potatoes

Yukon Gold Potatoes, and New crop Russet Potatoes

Good Buys

Strawberries

Navel Oranges

Blueberries

Local Radishes

Local Cabbage

Sweet Potatoes

Hot house tomatoes

Zucchini