



Market Update: March 13, 2023

“Good things Grow in Ontario”

Macintosh Apples, Red Prince 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), Parsnips, Micro Sprouts, Bean Sprouts, Potatoes (Yukon, White, Russet), Rhubarb

**** Alert ****

Banana Cost is on the Rise

Limes Cost is on the Rise

Broccolini/ Fennel very limited and cost is high

Raspberries are tight on the Market cost is high

Corn USA price remains high

Cauliflower Price remains high

Fruit

Apples

Good availability on Washington apples

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

Pears

Bartlett, Bosc are available, Product from South Africa

Melons

Honeydew's from USA, Cantaloupes from Guatemala, and Watermelons are from Mexico **all Melon cost is on the rise**

Grapes

We have great quality on Chilean Red and Green Grapes.

Kiwi

Product of Greece. Golden Kiwi is now available Special Order only.

Mangoes

Mangoes from Mexico/Brazil are available with good volume.

CITRUS

Oranges

Product of USA. Great Quality, Florida Juice oranges

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

BERRIES

Blackberries/ Raspberries

Market steady on Blackberries and good availability from Mexico
Raspberries Great Price this week!

Strawberries

Strawberries product of USA

Local Rhubarb is available SPO!

Blueberries

Blueberries are from Peru Full pints this week!!

TROPICAL

Bananas

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

Stone fruit

Mexican Stone fruit is right around the corner ... couple more weeks

Avocados

Product of Mexico, Cost is on the Rise

Pomegranates

Pomegranates from Israel are available with good volume.



VEGETABLES

Broccoli

Product of USA

Broccoli Crowns product of Mexico

Cauliflower

Product of USA/Mexico, Cost is on the Rise

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 Mexican

Peppers

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

Green Peppers are USA

Celery

Product of USA

Seedless Cucumbers

Local Greenhouse Ontario cucumbers, Cost is on the Rise.

Lettuce & Greens

Iceberg Lettuce, Romaine is Product of USA/Mexico

Hot House & Cluster Tomatoes

Product of USA/Mexico, Cluster Tomatoes are SPO

Tomatoes

Grape Tomatoes/ Mix Medley Tomatoes are product of Mexico

Roma Tomatoes are Product of USA/Mexico

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, Great Deal this week!!



Potatoes

Yukon Gold Potatoes, Bud the Spud russets are in!

Good Buys

Strawberries

Raspberries

Navel Oranges

Blueberries

Cucumbers

Local Radishes

Local Cabbage

Sweet Potatoes

Hot house tomatoes

Zucchini