

# Market Update: November 20th, 2023



## *“Canadian Grown”*

Gala Apples, Honeycrisp apples, Paula Red Apples, Mac Apples, Ginger gold Apples, Beets, Cabbage, Celery Root, Cucumber English, Mushrooms, Parsnips, Micro Sprouts, Bean Sprouts, Potatoes (Yukon, White, Russet), Hot house tomatoes, Tomatoes on the vine, Kale (Green, Red, Tuscan)

### **Apples**

Washington Gala, Red Delicious, Granny smith are available

**\*Local\*** apples available: Paula red, Ginger gold, Mac, Gala, Honeycrisp, Empire, Courtland, Spy, Crispin

### **Pears**

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

### **Melons**

Cantaloupes and honeydews are product of USA, Watermelons are product Mexico

### **Grapes**

Red and Green Grapes are product of USA, Black Grapes SPO

### **Kiwi**

Green Kiwi product of Italy, Golden Kiwi is now available Special Order.

### **Mangoes**

Mangoes Product of Mexico, ataulfo Mangoes are available

### **Oranges**

88 and 105 oranges are South African, Florida Juice oranges starting this week, currently no 113 size navel oranges

### **Lemons**

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

### **Limes**

Product of Mexico, both 48 and 230 count

### **Pineapple**

Product of Costa Rica

### **Blackberries/ Raspberries/Blueberries**

Product of USA/Mexico/Peru

Blackberries Cost is remains high

### **Strawberries**

Product of California, Cost on the Rise Currently

### **Bananas**

Product from Costa Rica and Ecuador

### **Stone fruit**

USA plums are currently available, Peaches are now finished for the year

### **Avocados**

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

## *Good Buys for the Week!*

Mangoes

Pineapples

Local English Cucumber

Local Radishes

Green Peppers

Canadian Mini “B” Red and White Potatoes

Broccoli crowns

Local Hot House Tomatoes

Zucchini(yellow, green)

### **Broccoli**

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

### **Cauliflower**

Product of USA

### **Cabbage**

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

### **Eggplant**

Eggplant product of USA/Mexico

### **Brussels Sprout**

Product from USA/Mexico

### **Asparagus**

**\*Alert\*** 11lb Asparagus is now available Product of Mexico

### **Beans**

Green Beans are product of Mexico

### **Peppers**

Red, Yellow and Orange, Rainbow and Mini Peppers are product of Ontario, Green Peppers are product of USA

### **Bunches**

**\*Local\*** Kale, Chards, Radishes

### **Celery**

Product of USA

### **Seedless Cucumbers**

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

### **Lettuce & Greens**

Lettuce Product of USA

### **Processed Lettuce**

**\*Alert\*** Product is now from Yuma, we will not be carrying Heritage blend For the time being

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

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

### **Tomatoes**

Grape Tomatoes/ Mix Medley/Heirloom Tomatoes are product of Mexico

Roma are Product of Mexico

### **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**

**\*Local\*** Butternut, Acorn/Pepper, Spaghetti, Buttercup are product of Canada

### **Corn**

Corn is product of USA, very limited

### **Zucchini**

Green and yellow product of Mexico, zucchini flowers SPO

### **Potatoes**

**\*Canadian\*** Bud the Spud Russets are back!, Yukon gold potatoes and white potatoes are now new Crop Potatoes

**\*Local\*** Mini "B" white and red Potatoes also available