

Market Update: September 18th, 2023



“Canadian Grown”

Gala Apples, Honeycrisp apples, Paula Red Apples, Early Mac Apples, Ginger gold Apples, Field Ontario Strawberries, Beets, Cabbage, Celery Root, Cucumber English, Mushrooms, Parsnips, Micro Sprouts, Bean Sprouts, Potatoes (Yukon, White, Russet), Hot house tomatoes, Tomatoes on the vine, Peppers (Red, Yellow, Oranges), Asparagus, Zucchini (green, yellow, grey), Zucchini Flowers, Kale (Green, Red, Tuscan), Chard (green, Red), Dandelion, Collards, Cilantro, Dill, Parsley (Curly, Italian) Lettuce (Iceberg, Romaine, Romaine Hearts, Green Leaf, Red leaf) Broccoli, Cauliflower, Nectarines, Peaches (loose, Basket), Plums(golden, Blue)

Apples

Alert Limited availability on Canadian/Washington apples, waiting on New Crop to be available

Local apples available: Paula red, Ginger gold, Early Mac, Gala, Honeycrisp

Pears

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

Melons

Watermelons are product USA, Cantaloupes are Product of USA, Honeydew's product of USA,

Grapes

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

Kiwi

Alert Product of New Zealand. Golden Kiwi is now available Special Order only.

Mangoes

Mangoes are from Mexico, ataulfo Mangoes are available

Oranges

88 and 105 Navel Oranges are now South African, 113 oranges finished for the season

Lemons

Product of Argentina 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, on Blackberries and raspberries

Alert Blueberry are very Limited this week

Strawberries

Product of California

Local Field Handpicked Strawberries are available SPO

Bananas

Product from Costa Rica and Ecuador

Stone fruit

Local Local Stone Fruit is now finished for the year.

Avocados

Alert Product of Mexico, Both 12's and 48's are available, cost on the Rise.

Good Buys for the Week!

Local Field Strawberries
Mangoes
Local English Cucumber
Local Radishes
Local Green Peppers
Local Red, Yellow, Orange, Rainbow Peppers
Canadian Mini "B" Red and White Potatoes
Local Grape Tomatoes
Local Broccoli
Local Corn
Local Heirloom Tomatoes
Local Hot House Tomatoes
Local Zucchini(yellow, green)

Broccoli

Local Broccoli 18s, Broccoli Crowns are from Quebec/Ontario

Cauliflower

Product of USA

Cabbage

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

Eggplant

Local Eggplant is now Local

Brussels Sprout

Alert Product from USA/Mexico, Cost Coming down

Asparagus

11lb Asparagus is now available Product of Mexico

Beans

Local Green Beans, Yellow beans are product of Ontario, all hand picked

Peppers

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

Bunches

Local Kale, Chards, Kohirabi, Collards, Dandelion, Radishes, Spinach, Cilantro, Parsley all varieties are now all available

Celery

Local Product of Canada

Seedless Cucumbers

Alert ***Local*** Greenhouse Ontario English cucumbers, Cost on the Rise

Lettuce & Greens

Local Lettuce Pricing are on the rise, problems with Local lettuce, we will be flipping between USA and local for the better quality

Processed Lettuce

Processed Lettuce from the Salinas Valley, the Changeover to Yuma will begin in November

Hot House & Vine tomatoes

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

Tomatoes

Local Grape Tomatoes/ Mix Medley/Heirloom Tomatoes are product of Canada

Local Roma and Field Tomatoes (basket and 20lb) are Product of Canada, last weeks for local field tomatoes

Onion/ Carrots

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

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

Squash

Local Butternut, Acorn/Pepper, Spaghetti, Buttercup plus all different mixed varieties are product of Canada

Corn

Local Corn is product of Ontario, very sweet, last weeks on local corn

Zucchini

Local Green and yellow now available, Local zucchini flowers SPO

Potatoes

Canadian Bud the Spud Russets is now finished, Yukon gold potatoes and white potatoes are now new Crop Potatoes

Local Mini "B" white and red Potatoes also available