

# Fresh DIGEST



## Good Buys

- Apples
- Broccoli
- Carrots
- Cauliflower
- Clementines
- Corn
- Grapefruit
- Limes
- Nectarines
- Oranges
- Peppers
- Potatoes
- Roma
- Tomatoes
- Strawberries
- Zucchini



### APPLES & PEARS

Ontario and Washington apple crop are now in the second half of the season, volume continues to be good but we will start to see local items wind down.

#### Available Varieties - Canada:

- Macintosh (NS / ON)
- Royal Gala (ON)
- Honeycrisp (NS / ON)
- Golden Delicious (ON)
- Empire (ON)
- Red Delicious (ON)

#### Available Varieties - Others:

- Granny Smith (USA / ITA)
- Honeycrisp (USA)
- Fuji (USA)
- Pink Lady (USA)
- Jazz (USA)
- Royal Gala (USA)
- Red Delicious (USA)
- Golden Delicious (USA)

#### Available Varieties - Pears:

- Anjou (USA)
- Asian (CHI)
- Bartlett (ARG)
- Bosc (USA / SAF)
- Forelle (SAF)



### STONE FRUIT

Plums available from Chile. Available in bulk and clamshell packs under our Go Fresh label.



### MANGOS

Mexican volume is picking up this week. We have sizes 6-10 available; good quality fruit.



### BANANAS

Product is very abundant; prices are expected to drop this week. We are back into bags and have a great deal on plantains.



### PINEAPPLES

Supplies remain tight. We have new product in from Mexico that looks great.



### AVOCADOS

Market remains high but conditions are beginning to stabilize. Prices are expected to stay up leading into Cinco de Mayo.



### GRAPES

Chilean red grapes are very tight right now. Fresh arrivals from India on green grapes..



 **ORANGES**

California orange quality remains excellent. All sizes are promotable. See your sales rep for hot deals. Offshore fruit is still creating a drag on the market. We suggest to stick with quality fruit from California. Blood oranges and Cara Caras are available; outstanding quality. Deals on 88 Sunkist Cara Cara for the next couple weeks, buy in bulk or 3 lb bag. Freight will have an impact on pricing this week.

 **JUICE ORANGES**

Valencias are in full swing now and supply exceeds demand. This looks like it is going to be a long and healthy season. Juice bars should be flying. Overall very promotable with competitive pricing.

 **CLEMENTINES**

We expect to have Sunkist "Delites" through to June. Please see your sales rep for pricing on bulk or bags. These are the best option on the market right now. Stem & leaf from Spain are done. Finally, Orris from Israel are available; pick up yours today.

 **LEMONS**

The global lemon market is down; it will be a buyer's market for a while. Argentina is starting to ship. USA lemons are the best option right now. Prices are rising now due to freight and light increase in freight on board. The US lemons should be top choice through until May. Meyer lemons also available in 18 x 1 lb presentation.

 **TANGERINES**

Minneolas from California are still available; excellent quality.

 **GRAPEFRUIT**

We have Florida grapefruit; some of the best fruit we've seen all season. Once done we will transition to California product until South African fruit starts to arrive.

 **LIMES**

Supplies are improving and prices are dropping. Product is great and Brazil has dried up from our market.

 **KIWI**

Italian kiwis continue this week with good supply and quality.

 **POMEGRANATE**

Peruvian pomegranates are available now; good volume and pricing.

 **RASPBERRIES**

California season is starting.

 **STRAWBERRIES**

Great quality from California, Gambles is featuring the Ocean Spray label.

 **BLACKBERRIES**

We have just transitioned to blackberries from Mexico. No market change.

 **BLUEBERRIES**

Florida product is now available.





## Locally Grown

- Apples
- Beets
- Cabbage
- Carrots
- Celery Root
- Cucumbers
- Kale
- Mushrooms
- Onions
- Parsnip
- Potatoes
- Radish
- Rutabaga
- Shallots
- Sprouts
- Squash
- Tomatoes
- Turnip

## Organics

### KEY FOCUS ITEMS

Fair Trade Bananas	
Pineapple	6 ct
English Cucumbers	
Strawberries	1 lb
Sweet Potatoes	2 lb



### BROCCOLI

Bunch broccoli is available from California; steady pricing and promotable.



### CAULIFLOWER

Good supplies from California; Holiday demand has firmed the market.



### CELERY

Supply is extremely limited.



### ZUCCHINI

Steady supplies; promotable.



### BEANS

Steady supply from Florida and Mexico.



### CORN

Good supply out of Florida.



### EGGPLANT

Market has become steady.



### ASPARAGUS

Mexican product is in good supply.



### CUCUMBER

Demand picked up slightly over the weekend. Overall, demand seems to be strong but there is a lot of product available.



### PEPPERS

Spanish hot house is in good supply. Market for green peppers is steady with good supply out of Florida and Mexico. Jalapeños are very limited, with supplies coming out of Florida and Mexico.



 **LETTUCE**

Market firmed back up as we transition growing regions.

 **TOMATOES**

We are seeing 5/6 and 6/6 prices rise slightly. Supplies are tightening.

 **HOT HOUSE TOMATOES**

Demand is still strong. Market doesn't seem to be letting loose this week. Canadian product is coming but not in full swing for another 3-4 weeks.

 **ROMA TOMATOES**

Supplies have stabilized; expect prices to hold.

 **GRAPE TOMATOES**

We are excited to get rolling with our Canadian season this year with Tomberry. Cherry tomatoes out of Canada also are hitting very strong levels for flavour. The rest of our snacking tomatoes are coming from the USA until late June when our new lit culture tomato crop will start.

 **ONIONS**

Ontario cooking onion pricing will remain high. We carry US 8x3 lb and 10 lb red onions; market is fluctuating. Washington yellow Spanish (jumbo and colossal) and red (jumbo) are available. Market is steady; prices remain high. Mexican new crop red and yellow sweet onions have started; good quality and promotable.

 **CARROTS**

Ontario carrots are still available in 2, 3 and 5 lb bags. Market pricing in cello will remain high. Ontario product is starting to end. Mexican jumbo carrots have started.

 **POTATOES**

Florida potatoes are available, great quality but market is very active, prices for white are expected to go up dramatically. Washington purple c potatoes are still available. PEI baking potatoes are in stock, showing good quality. Washington baking potato prices are steady. Ontario 10 lb potatoes in red and white will remain high due to the high demand. Ontario 10 lb Yukon gold are done for the season, we do have 10 lb yellow flesh from PEI.