



**A.J.LANZAROTTA**  
Wholesale Fruit & Vegetables

# Fresh From A.J.

## MONDAY JULY 31<sup>st</sup>, 2023



### Market News

Check out our local list for product availability.  
Give us a follow on Instagram @a.j.lanzarottaproduce and stay up to date with everything AJL.

### FEATURED ITEMS



### ONTARIO CORN



### U.S.A. CHERRIES




### CHAMPAGNE GRAPES



**Strawberries**  

 Market price is high.  
Quality is good.

**Blueberries**  

 Market pricing is climbing.  
Quality is excellent and full pints.

**Blackberries**  

 Good price and quality this week. Ontario product.

**Raspberries**  

 Market pricing is high.  
Excellent quality.

**Cantaloupe Melon**  

 Shipping size 9 & 12's.  
Market pricing is down with good quality.

**Honeydew**  

 Shipping honeydew sizes 6 & 8. Market pricing is down & quality is good.

**Watermelons**  

 Pricing is stable.  
USA Melons with great flavour.

**Mangos**  


 Market pricing and quality are good. Size #7.

**Pineapples**  

 The market price is climbing and quality is excellent!  
Golden & Extra Sweet!


**Avocado**  

 Market pricing is stable this week.

**Limes**  

 Market price is stable.

**Lemons**  

 Market pricing is stable.  
Shipping size #113 and #75.  
Meyer lemons available.

**Grapes Red Seedless**  

 Market pricing is up.  
Quality is excellent.  
California product.

**Grapes Green Seedless**  

 Market pricing is up.  
California product.

**Florida Tomatoes**  

 Market pricing is stable.  
Local Ontario now available.

**Roma Tomatoes**  

 Market price is stable.  
Excellent quality & flavour.  
Local Ontario now available.

**Green House Tomatoes**  

 Quality & market price is excellent! Local Ontario now available.

**Asparagus**  

 Market pricing is high.  
Product is from Peru.

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**BABY CARROTS**



**ONTARIO CAULIFLOWER**



**ONTARIO ZUCCHINI FLOWERS**



**ASPIRATION/BROCCOLINI**



## Romaine

Market price is stable and supply is improving.



## Iceberg

Market pricing is climbing and quality is excellent. Supply is limited.



## Green & Red Leaf

Excellent quality, market price is climbing. Supply is limited.



## Spring Mix / Lettuce Blends

Market price is stable, with excellent quality.



## Cauliflower

Market pricing is steady. Local Ontario product.



## Broccoli

Quality is excellent! Market price is stable. Local Ontario product.



## Celery

Market price is very high. Local Ontario product.



## Brussel Sprouts

Quality is excellent. Market price is high. U.S.A product.



## Green Peppers

Market price is steady with good quality. Local Ontario product.



## Red Peppers

Market price is stable. Ontario product with excellent quality!



## Yellow Pepper

Local Ontario product. Market price is steady with good quality.



## Green Beans

Pricing is dropping. Quality is improving.



## Carrots

Pricing is high and quality is very good.



## Onions Red & Spanish

Prices are climbing for Red and Spanish Onions. Quality is excellent.



## Potatoes

Prices are steady. Quality is good. Ontario Potatoes.



## Potatoes Yukon Gold

Quality is excellent. Market price is climbing. Local Ontario product.

