



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

**FEATURED ITEMS**



**SQUASH**



**SWEET POTATO (YAMS)**



**FRESH CUT FALL ROOT  
VEGETABLES**



**Fresh From A.J.**



















**MONDAY NOVEMBER 13<sup>th</sup>, 2023**



**Market News**

Market remains stable this week.

The upcoming American Thanksgiving could apply pressure to supply. Harvest Fresh Chopped & Super Blend Kale now available @ AJL!

 <p><b>Strawberries</b> Market price is high. Quality is good.</p>	 <p><b>Blueberries</b> Market pricing is dropping. Quality is excellent.</p>
 <p><b>Blackberries</b> Good pricing &amp; quality.</p>	 <p><b>Raspberries</b> Market pricing is stable.</p>
 <p><b>Cantaloupe Melon</b> Shipping size #9 &amp; #12's. Market pricing is dropping.</p>	 <p><b>Honeydew</b> Shipping honeydew sizes #5 &amp; #8. Market pricing is dropping.</p>
 <p><b>Watermelons</b> Pricing is stable, with great flavour.</p>	 <p><b>Mangos</b> Market price is stable. Supply is limited.</p>
 <p><b>Pineapples</b> The market price is steady. Quality is excellent!</p>	 <p><b>Avocado</b> Market price is stable. Quality is excellent.</p>
 <p><b>Limes</b> Market price is stable and still in short supply.</p>	 <p><b>Lemons</b> Market pricing is high. Shipping #88 &amp; #75.</p>
 <p><b>Grapes Red Seedless</b> Market pricing is steady, but high. Quality is excellent.</p>	 <p><b>Grapes Green Seedless</b> Market pricing is steady, but high. Quality is excellent.</p>
 <p><b>Florida Tomatoes</b> Market pricing is stable.</p>	 <p><b>Roma Tomatoes</b> Excellent quality &amp; flavour. Pricing is stable.</p>
 <p><b>Green House Tomatoes</b> Quality &amp; market price is excellent! Local Ontario now available.</p>	 <p><b>Asparagus</b> Market pricing is stable. Product is from Mexico.</p>



**LUCY ROSE APPLES**



**HYACHIA PERSIMMONS**



**HARVEST FRESH SALADS**



















**BABY BUTTER CAKES**



# Fresh From A.J.



MONDAY NOVEMBER 13<sup>th</sup>, 2023

<p><b>Romaine</b></p>  <p>Market price is slowly climbing.</p>	<p><b>Iceberg</b></p>  <p>Market price is climbing. Quality is excellent.</p>
<p><b>Green &amp; Red Leaf</b></p>  <p>Supply &amp; price are good.</p>	<p><b>Spring Mix / Lettuce Blends</b></p>  <p>Market price is stable.</p>
<p><b>Cauliflower</b></p>  <p>Market pricing is steady. Purple, Golden &amp; Romanesco available</p>	<p><b>Broccoli</b></p>  <p>Quality is excellent! Market price is steady.</p>
<p><b>Celery</b></p>  <p>Market price is climbing and quality is excellent.</p>	<p><b>Brussel Sprouts</b></p>  <p>Quality is excellent. Market price is good. This week's good buy!</p>
<p><b>Green Peppers</b></p>  <p>Market price is climbing. Product of U.S.A.</p>	<p><b>Red Peppers</b></p>  <p>Market price is steady. Ontario product with both 25lb &amp; 5kg available.</p>
<p><b>Yellow Pepper</b></p>  <p>Market price is steady. Ontario product with both 25lb &amp; 5kg available.</p>	<p><b>Green Beans</b></p>  <p>Pricing is high. U.S.A. product. Quality is excellent.</p>
<p><b>Carrots</b></p>  <p>Pricing is high. Quality is very good. Ontario product.</p>	<p><b>Onions Red &amp; Spanish</b></p>  <p>Prices are steady for Red and Spanish Onions. Quality is excellent.</p>
<p><b>Potatoes</b></p>  <p>Prices are steady. Ontario &amp; U.S.A. potatoes.</p>	<p><b>Potatoes Yukon Gold</b></p>  <p>Quality is excellent. Market price is down. Local Ontario product.</p>

