



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

# Fresh From A.J.

MONDAY OCTOBER 16<sup>th</sup>, 2023



## Market News

The political unrest in Guatemala may affect bananas, plantains, French beans, peeled baby carrots/tricolor, broccoli florets, snow peas, sugar snap peas, baby squash and specialty tomatoes.

### FEATURED ITEMS



### SQUASH



### SWEET POTATO (YAMS)



### CHESTNUTS

#### Strawberries



Market price is slightly up this week.

#### Blueberries



Market pricing is high. Quality is excellent.

#### Blackberries



Good pricing & quality.

#### Raspberries



Market pricing is steady.

#### Cantaloupe Melon



Shipping size #9 & #12's. Market pricing continues to climb.

#### Honeydew



Shipping honeydew sizes #5 & #8. Market pricing continues to climb.

#### Watermelons



Pricing is stable, with great flavour.

#### Mangos



Market price & quality are good. Supply is limited.

#### Pineapples



The market price is steady.

#### Avocado



Market price is high. Quality is excellent.

#### Limes



Market price is high due to supply.

#### Lemons



Market pricing is high.

#### Grapes Red Seedless



Market pricing is steady, but high. Quality is excellent.

#### Grapes Green Seedless



Market pricing is steady, but high. Quality is excellent.

#### Florida Tomatoes



Market pricing is climbing.

#### Roma Tomatoes



Excellent quality & flavour. Pricing is up.

#### Green House Tomatoes



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

#### Asparagus



Market pricing is up. Product is from Mexico.





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**UGLY PUMPKINS**




**CINDERELLA PUMPKINS**



**GOURDS & MINI PUMPKINS**

**Romaine**  
  
 Market price is steady.


**Iceberg**  
  
 Market price is stable.  
 Quality is excellent.

**Green & Red Leaf**  
  
 Supply & price are good.

**Spring Mix / Lettuce Blends**  
  
 Market price is stable.

**Cauliflower**  
  
 Market pricing is up.  
 Purple, Golden & Romanesco available

**Broccoli**  
  
 Quality is excellent!  
 Market price is stable.


**Celery**  
  
 Market price is stable.

**Brussel Sprouts**  
  
 Quality is excellent.  
 Market price is good.  
 Ontario product still available.

**Green Peppers**  
  
 Market price is climbing.  
 Ontario product.

**Red Peppers**  
  
 Market price is steady.  
 Ontario product with both 25lb & 5kg available.

**Yellow Pepper**  
  
 Market price is steady.  
 Ontario product with both 25lb & 5kg available.

**Green Beans**  
  
 Pricing is steady.  
 Ontario Green & Yellow beans have fair quality.

**Carrots**  
  
 Pricing is steady.  
 Quality is very good.  
 Ontario product.

**Onions Red & Spanish**  
  
 Prices are steady for Red and Spanish Onions.  
 Quality is excellent.

**Potatoes**  
  
 Prices are steady.  
 Ontario & U.S.A. potatoes.

**Potatoes Yukon Gold**  
  
 Quality is excellent. Market price is steady.  
 Local Ontario product.

