



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

# Fresh From A.J.

MONDAY SEPTEMBER 25<sup>TH</sup>, 2023



## Market News

We have assorted pumpkins, in various shapes and sizes.  
Fall & Thanksgiving décor items are also available.  
Cucumber, Iceberg and Green Onion market is up as supply is limited.

### FEATURED ITEMS




### PUMPKINS




### WHEAT SHEAVES



### STRAW BALE

**Strawberries**  

 Market price is climbing.

**Blueberries**  

 Market pricing is up. Quality is excellent and ½ pints.

**Blackberries**  

 Good price & quality. Driscoll brand & organic.

**Raspberries**  

 Driscoll brand. Market pricing is steady.

**Cantaloupe Melon**  

 Shipping size #9 & #12's. Market pricing is climbing.

**Honeydew**  

 Shipping honeydew sizes #5 & #8. Market pricing is climbing.

**Watermelons**  

 Pricing is stable, with great flavour. U.S.A. product.

**Mangos**  

 Market pricing and quality are good. Size #7.

**Pineapples**  

 The market price is dropping. Golden & Extra Sweet!

**Avocado**  


 Market pricing is high. New crop from Mexico.

**Limes**  

 Market price is climbing.

**Lemons**  

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

**Grapes Red Seedless**  

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

**Grapes Green Seedless**  

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

**Florida Tomatoes**  

 Market pricing is climbing. Local Ontario still available.

**Roma Tomatoes**  

 Excellent quality & flavour. Local Ontario

**Green House Tomatoes**  

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

**Asparagus**  

 Market pricing is steady. Product is from Peru.





**UGLY PUMPKINS**



**CINDERELLA PUMPKINS**



**GOURDS & MINI PUMPKINS**



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## Romaine

Market price is climbing and supply is improving.



## Iceberg

Market price saw a big jump this week. Quality is excellent.

## Green & Red Leaf



Supply is limited. U.S.A. product.



## Spring Mix / Lettuce Blends

Market price is stable, with excellent quality.



## Cauliflower

Local Ontario product. Purple, Golden & Romanesco available



## Broccoli

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



## Celery

Market price is dropping. U.S.A. product.



## Brussel Sprouts

Quality is excellent. Market price is dropping. Ontario product.



## Green Peppers

Market price is Local Ontario product.



## Red Peppers

Market price is dropping. Ontario product with both 25lb & 5kg available.



## Yellow Pepper

Market price is dropping. Ontario product with both 25lb & 5kg available.



## Green Beans

Pricing is steady. Ontario Green & Yellow beans available.



## Carrots

Pricing is stable 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 steady. Local Ontario product.

