



## FEATURED



## PEACHES



## NECTARINES



## RED & BLACK PLUMS



# Fresh From A.J.

MONDAY JULY 7, 2025



## Market News

Additions to our Locally fresh from AJ list this week include...  
Bok Choy, Nappa Cabbage, Corn, Garlic, Raspberries, Cauliflower,  
Wild Blueberries and more...



### Strawberries

Market price is climbing.  
Product of California U.S.A.  
Limited Ontario also Avail.



### Blueberries

Market price is steady.  
Jumbo size 12 x 6oz pint.



### Blackberries

Market price is firm.  
Excellent quality!  
Product of U.S.A.



### Raspberries

Market price is firm.  
Quality is excellent.  
Ontario available.



### Cantaloupe Melon

Shipping size #9, #12  
Market pricing is stable.  
Product of U.S.A.



### Honeydew

Shipping size #8 & #5.  
Price is stable.  
Product of U.S.A.



### Watermelons

Market pricing is dropping.  
Excellent flavour.  
Product of U.S.A.



### Mangos

Market price is stable.  
Large #8.  
Product of Mexico.



### Pineapples

Market price is stable.  
Quality is excellent!  
Extra Sweet!



### Avocado

Market price is falling.  
Shipping #40 & #12.



### Limes

Market price is dropping.  
Quality is great!  
Product of Mexico.



### Lemons

Market pricing is rising.  
Shipping #88 count.  
Product of U.S.A.



### Grapes Red Seedless

Market pricing is dropping.  
Quality is excellent.  
Product of South Africa.



### Grapes Green Seedless

Market price is dropping.  
Quality is Excellent!



### Florida Tomatoes

Market price is down.  
Product of U.S.A.



### Roma Tomatoes

Market price is stable.  
Excellent quality & flavour.  
Product of Ontario.



### Green House Tomatoes

Quality is excellent!  
Ontario Hot House.



### Asparagus

Market price is rising.  
Final week of Ontario.



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## CACTUS PEARS



## ONTARIO ASPARAGUS 28LB CASE



## ONTARIO KOHLRABI



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### Romaine

Excellent price and quality!  
Product of Ontario.



### Iceberg

Excellent market and quality!  
Product of Quebec.



### Green & Red Leaf

Market pricing is stable.  
Quality is excellent.  
U.S.A. & Canadian avail.



### Spring Mix / Lettuce Blends

Market price is stable.  
Product of Ontario now  
available & excellent!



### Cauliflower

Market is stable.  
Shipping #12.  
Product of Canada.



### Broccoli

Market price is high.  
Quality is excellent!  
Product of Ontario.



### Celery

Market price is stable.  
Quality is excellent!  
Product of U.S.A.



### Brussel Sprouts

Quality is excellent.  
Market price is high.  
Product of Mexico.



### Green Peppers

Market price is high.  
Quality is excellent!  
Product of U.S.A.



### Red Peppers

Market price is stable.  
Quality is excellent!  
Product of Ontario.



### Yellow Pepper

Market price is stable.  
Quality is great!  
Product of Ontario.



### Green Beans

Quality is excellent!  
Pricing is high.  
Ontario & Guatemalan.



### Carrots

Market price is high.  
Quality is very good.  
Product of Mexico.



### Onions Red & Spanish

Prices are stable.  
Quality is excellent.  
Mexican.



### Potatoes

Prices are steady.  
Product of P.E.I. Canada.  
Try our red skin potatoes.



### Potatoes Yukon Gold

Quality is excellent.  
Product of P.E.I. Canada.

