



FEATURED



PURPLE ARTICHOKES



ROMANESCO, PURPLE & GOLDEN
CAULIFLOWER



MEDLEY CHERRY TOMATOES
ON THE VINE



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Fresh From A.J.

MONDAY FEBRUARY 2nd, 2026



Romaine

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



Iceberg

Market price is up.
Quality is excellent.
Product of U.S.A.



Green & Red Leaf

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



Spring Mix / Lettuce Blends

Market Price has spiked.
Local spring mix supply has improved this week.



Cauliflower

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



Broccoli

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



Celery

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



Brussel Sprouts

Market price is stable.
Product of Mexico



Green Peppers

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



Red Peppers

Market price is stable.
Quality is excellent!



Yellow Pepper

Market price is stable.
Quality is great!



Green Beans

Market price is climbing.
Product of U.S.A.
Quality is improving.



Carrots

Market price is climbing.
Product of Ontario.



Onions Red & Spanish

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



Potatoes

Market price is stable.
Shipping #1 grade
product out of P.E.I.



Potatoes Yukon Gold

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





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Market News

Extreme cold temperatures and limited transportation availability are beginning to impact the market. Long stem strawberries arriving this week. Reserve yours now. Checkout our Valentine's Day Promo.

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STRAWBERRIES



STAR FRUIT (CARAMBOLAS)



FRESH RED CURRANTS



Scan to Access our Website

Strawberries



Market price saw a big jump.
New crop in from Florida.
Long Stem arriving soon!

Blueberries



Market price is stable.
Super Blues available
upon request.

Blackberries



Market price is up.
Quality is excellent.

Raspberries



Market price is down.
Quality is excellent.

Cantaloupe Melon



Shipping size #9, #12
Market price is down.
Product of U.S.A.

Honeydew



Shipping size #7 & #6.
Market price is stable.
Product of U.S.A.

Watermelons



Market pricing is climbing.
Product of U.S.A.
Quality is good.

Mangos



Market price is excellent
Shipping #8.
Product of Mexico

Pineapples



Market price is climbing.
Quality is excellent!

Avocado



Market price is stable.
Shipping #12 & #32.

Limes



Market price is climbing.
Shipping #175 & #42 count.
Product of Mexico.

Lemons



Market pricing is stable.
Shipping #115 & #75 count.
California Sunkist brand.

Grapes Red Seedless



Market pricing is stable.
Quality is excellent.
Product of U.S.A.

Grapes Green Seedless



Market price is stable.
Jumbo size, with excellent
quality. Product of Peru.

Florida Tomatoes



Market price is climbing.
Product of U.S.A with
excellent quality!

Roma Tomatoes



Market price is up.
Excellent quality & flavour.

Green House Tomatoes



Market price is climbing.
Ontario Hot House
Heirloom Tomatoes.

Asparagus



Market price is stable.
Product of Peru.
Shipping 5kg. Gus's Pick!