



FEATURED



BRUSSEL SPROUTS



ROMANESCO, PURPLE & GOLDEN CAULIFLOWER



ONTARIO SPRING MIX



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Fresh From A.J.

MONDAY MARCH 16th, 2026



 <p>Romaine Market price is stable. U.S.A Andy Boy Product.</p>	 <p>Iceberg Market price is stable. Quality is excellent. Product of U.S.A.</p>
 <p>Green & Red Leaf Market price is stable. U.S.A Andy Boy Product.</p>	 <p>Spring Mix / Lettuce Blends Market Price is stable. We recommend our local spring mix product.</p>
 <p>Cauliflower Market price is dropping. Product of U.S.A. Quality is excellent! Gus' weekly pick!</p>	 <p>Broccoli Market price is down. Quality is excellent! Product of U.S.A.</p>
 <p>Celery Market price is stable. Quality is excellent! Product of U.S.A.</p>	 <p>Brussel Sprouts Market price is stable. Product of Mexico Gus' weekly pick!</p>
 <p>Green Peppers Market price is high. Quality is excellent.</p>	 <p>Red Peppers Market price is stable. Quality is excellent!</p>
 <p>Yellow Pepper Market price is stable. Quality is great!</p>	 <p>Green Beans Market price is high. Product of U.S.A. Quality is fair.</p>
 <p>Carrots Market price is stable. Product of Ontario.</p>	 <p>Onions Red & Spanish Market price is stable. Quality is excellent. Product of U.S.A.</p>
 <p>Potatoes Market price is stable. Shipping #1 grade product out of P.E.I.</p>	 <p>Potatoes Yukon Gold Quality is excellent. Product of P.E.I.</p>





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Market News

Gus' picks this week Brussel Sprouts and Cauliflower.
 Have you tried our locally Ontario grown spring mix?
 Our Easter Floral Flyer is now available!

FEATURED



STRAWBERRIES



STEM & LEAF CLEMENTINE



FROZEN WILD LEEKS & FIDDLEHEADS



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 <p>Strawberries Market price saw a big drop. Excellent quality! Florida U.S.A.</p>	 <p>Blueberries Market price is stable. Excellent quality!</p>
 <p>Blackberries Market price is stable. Quality is excellent. Driscoll brand.</p>	 <p>Raspberries Market price is climbing. Quality is excellent. Driscoll brand.</p>
 <p>Cantaloupe Melon Shipping size #9, #12 Market price is stable. Product of U.S.A.</p>	 <p>Honeydew Shipping size #8 & #6. Market price is stable. Product of U.S.A.</p>
 <p>Watermelons Market pricing is climbing. Product of U.S.A. Quality is good.</p>	 <p>Mangos Market price is excellent Shipping #8. Product of Mexico</p>
 <p>Pineapples Market price is stable. Quality is excellent!</p>	 <p>Avocado Market price is stable. Shipping #12 & #36.</p>
 <p>Limes Market price is stable. Shipping #175 & #42 count. Product of Mexico.</p>	 <p>Lemons Market pricing is stable. Shipping #140, #115 & #75. California Sunkist brand.</p>
 <p>Grapes Red Seedless Market pricing is stable. Quality is excellent.</p>	 <p>Grapes Green Seedless Market price is stable. Jumbo size, with excellent quality.</p>
 <p>Florida Tomatoes Market price is high. Product of U.S.A with excellent quality!</p>	 <p>Roma Tomatoes Market price is stable. Excellent quality & flavour.</p>
 <p>Green House Tomatoes Market price is climbing. Ontario Hot House Heirloom Tomatoes.</p>	 <p>Asparagus Market price is stable. Product of Peru. Shipping 5kg. Gus's Pick!</p>