



FEATURED



BRUSSEL SPROUTS



ROMANESCO, PURPLE & GOLDEN CAULIFLOWER



**PEACHES, NECTARINES & PLUMS
PRODUCT OF CHILE**

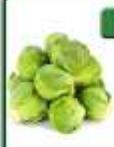


Scan to Access our Website

Fresh From A.J.

MONDAY MARCH 9th, 2026



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





Fresh From A.J.

MONDAY MARCH 9th, 2026



Market News

Gus' picks this week include Florida Strawberries, Brussel Sprouts and frozen Wild Leeks and Fiddleheads. Tomato market continues to be in higher on all sizes. Our St. Patrick's Day Shamrocks now available!

FEATURED



STRAWBERRIES



STEM & LEAF CLEMENTINE



FROZEN WILD LEEKS & FIDDLEHEADS



Scan to Access our Website

 <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 up. 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 down. 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 dropping. Product of Peru. Shipping 5kg. Gus's Pick!</p>