



FEATURED ITEMS



SQUASH



SWEET POTATO (YAMS)





















FRESH CUT FALL ROOT VEGETABLES



Market News

The American Thanksgiving holiday has come and gone. The supply and cost of items will still feel the affects from the holiday. We expect to see some relief later this week or early next week.

 <p>Strawberries Market price is high. Quality is good.</p>	 <p>Blueberries Market pricing is stable. Quality is excellent.</p>
 <p>Blackberries Good pricing & quality.</p>	 <p>Raspberries Market pricing is stable.</p>
 <p>Cantaloupe Melon Shipping size #9 & #12's. Market pricing is dropping.</p>	 <p>Honeydew Shipping honeydew sizes #5 & #8. Market pricing is dropping.</p>
 <p>Watermelons Pricing is good, with great flavour.</p>	 <p>Mangos Market price is stable. Supply is improving.</p>
 <p>Pineapples The market price is steady. Quality is excellent!</p>	 <p>Avocado Market price is stable. Quality is excellent.</p>
 <p>Limes Market price is stable and still in short supply.</p>	 <p>Lemons Market pricing is high. Shipping #88 & #140.</p>
 <p>Grapes Red Seedless Market pricing is steady, but high. Quality is excellent.</p>	 <p>Grapes Green Seedless Market pricing is steady, but high. Quality is excellent.</p>
 <p>Florida Tomatoes Market pricing is stable.</p>	 <p>Roma Tomatoes Excellent quality & flavour. Pricing is stable.</p>
 <p>Green House Tomatoes Quality & market price is excellent! Local Ontario now available.</p>	 <p>Asparagus Market pricing is stable. Product is from Mexico.</p>



LUCY ROSE APPLES



CALIFORNIA NAVEL ORANGES



FRESH CRANBERRIES



CLEMENTINES



CHESTNUTS

Fresh From A.J.



MONDAY NOVEMBER 27th, 2023



Romaine

Market price is stable this week.



Iceberg

Market price is stable. Quality is excellent.



Green & Red Leaf

Supply & price are good.



Spring Mix / Lettuce Blends

Market price is stable.



Cauliflower

Market pricing is steady. Purple, Golden & Romanesco available.



Broccoli

Quality is excellent! Market price is steady.



Celery

Market price is stable and quality is excellent.



Brussel Sprouts

Quality is excellent. Market price is good. This week's good buy!



Green Peppers

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



Red Peppers

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



Yellow Pepper

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



Green Beans

Pricing is stable. U.S.A. product. Quality is excellent.



Carrots

Pricing is high. Quality is very good. Ontario product.



Onions Red & Spanish

Prices are steady for Red and Spanish Onions. Quality is excellent.



Potatoes

Prices are steady. Ontario & U.S.A. potatoes.



Potatoes Yukon Gold

Quality is excellent. Market price is stable. Local Ontario product.

