



# Fresh From A.J.

MONDAY JULY 1<sup>ST</sup>, 2024



## Market News

This week's local arrivals include Broccoli, Zucchini, Green Beans and Green Tomatoes. Local fruit available this week includes Raspberries, Wild blueberries, Red Currants and Cherries.

### FEATURED FRUITS





















PEACHES



### LOCAL STRAWBERRIES



CHERRIES

 <p><b>Strawberries</b> Market price is climbing. California berry with excellent quality.</p>	 <p><b>Blueberries</b> Market pricing is climbing. Supply is limited.</p>
 <p><b>Blackberries</b> Price is slightly stable. Quality is fair.</p>	 <p><b>Raspberries</b> Price is climbing. Quality is good.</p>
 <p><b>Cantaloupe Melon</b> Shipping size #9 &amp; #12's. Market pricing is stable.</p>	 <p><b>Honeydew</b> Shipping honeydew size #5 &amp; #8. Market pricing is high.</p>
 <p><b>Watermelons</b> Market pricing is steady. Texas product with great flavour.</p>	 <p><b>Mangos</b> Market price is stable. Large size with good quality.</p>
 <p><b>Pineapples</b> Market price is dropping. Quality is excellent! Extra Sweet!</p>	 <p><b>Avocado</b> Market price is very high. Quality is excellent &amp; supply is limited.</p>
 <p><b>Limes</b> Market price is stable. Supply is good. Quality improving.</p>	 <p><b>Lemons</b> Market pricing is stable. Shipping #72 &amp; #138 count.</p>
 <p><b>Grapes Red Seedless</b> Market pricing is dropping. Quality is excellent.</p>	 <p><b>Grapes Green Seedless</b> Market pricing is climbing. Quality is excellent.</p>
 <p><b>Florida Tomatoes</b> Market pricing is climbing. We recommend trying our salad tomato.</p>	 <p><b>Roma Tomatoes</b> Excellent quality &amp; flavour. Market price is on the high side and climbing.</p>
 <p><b>Green House Tomatoes</b> Quality is excellent! Local Ontario still available.</p>	 <p><b>Asparagus</b> Market pricing is climbing. Local product. Thick &amp; large sized bunches.</p>

**FEATURED VEGETABLES**



**ROMAINE LETTUCE**



**ASPARAGUS**



**SWISS CHARD**



















**FAVA BEANS**



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<p><b>Romaine</b></p>  <p>Local Romaine. Quality is excellent!</p>	<p><b>Iceberg</b></p>  <p>Market price is coming down.</p>
<p><b>Green &amp; Red Leaf</b></p>  <p>Market pricing is stable. Quality is improving.</p>	<p><b>Spring Mix / Lettuce Blends</b></p>  <p>Market price is stable. Quality is fair due to weather.</p>
<p><b>Cauliflower</b></p>  <p>Market pricing is stable. Quality is excellent!</p>	<p><b>Broccoli</b></p>  <p>Market price saw a significant drop. Quality is excellent!</p>
<p><b>Celery</b></p>  <p>Market price is dropping. Quality is excellent!</p>	<p><b>Brussel Sprouts</b></p>  <p>Quality is excellent. Market price is climbing.</p>
<p><b>Green Peppers</b></p>  <p>Market price is dropping. Product of U.S.A. Quality is great!</p>	<p><b>Red Peppers</b></p>  <p>Market price is climbing. Quality is great!</p>
<p><b>Yellow Pepper</b></p>  <p>Market price is climbing. Quality is great!</p>	<p><b>Green Beans</b></p>  <p>Local Green &amp; Fine French beans. Quality is excellent!</p>
<p><b>Carrots</b></p>  <p>Market price is high. Quality is very good. Ontario product.</p>	<p><b>Onions Red &amp; Spanish</b></p>  <p>Prices are dropping for Red and Spanish Onions.</p>
<p><b>Potatoes</b></p>  <p>Prices are steady. Ontario &amp; U.S.A. potatoes.</p>	<p><b>Potatoes Yukon Gold</b></p>  <p>Quality is excellent. Market price is stable. Local Ontario product.</p>

