



# Fresh From A.J.

MONDAY JULY 8<sup>th</sup>, 2024



## Market News

The general market is stable this week. Ontario Corn highlights this week's local arrivals, with Ontario peaches to follow later this week. Checkout our local list for current availability.

### FEATURED FRUITS

COMING SOON




### PEACHES




### STRAWBERRIES




### CHERRIES

**Strawberries**  
 Market price is climbing. California berry with excellent quality.

**Blueberries**  
 Market pricing is stable. Supply is limited.

**Blackberries**  
 Pricing is slightly up. Quality is excellent.

**Raspberries**  
 Price is climbing. Quality is good. Local Ontario available.


**Cantaloupe Melon**  
 Shipping size #9 & #12's. Market pricing is stable.

**Honeydew**  
 Shipping honeydew size #5 & #8. Market pricing is high.

**Watermelons**  
 Market pricing is steady. Texas product with great flavour.

**Mangos**  
 Market price is stable. Large size with good quality.

**Pineapples**  
 Market price is dropping. Quality is excellent! Extra Sweet!

**Avocado**  
 Market price is very high. Quality is excellent & supply is limited.

**Limes**  
 Market price is stable. Supply is good. Quality improving.

**Lemons**  
 Market pricing is stable. Shipping #72 & #138 count.

**Grapes Red Seedless**  
 Market pricing is up. Quality is excellent. California product.

**Grapes Green Seedless**  
 Market pricing is climbing. Quality is excellent. California product.

**Florida Tomatoes**  
 Market pricing is climbing. We recommend trying our Ontario salad tomato.

**Roma Tomatoes**  
 Excellent quality & flavour. Market price is on the high side and climbing.

**Green House Tomatoes**  
 Quality is excellent! Local Ontario still available.

**Asparagus**  
 Market pricing is climbing. Local product. Thick & large sized bunches.

**FEATURED VEGETABLES**



**ROMAINE LETTUCE**



**CORN**



**SWISS CHARD**



**FAVA BEANS**

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**Romaine**  
Local & U.S.A. Romaine.  
Quality is excellent!

**Iceberg**  
Market price stable.

**Green & Red Leaf**  
Market pricing is stable.  
Quality is improving.

**Spring Mix / Lettuce Blends**  
Market price is stable.  
Quality is fair due to weather.

**Cauliflower**  
Market pricing is stable.  
Quality is excellent!

**Broccoli**  
Market price saw a significant drop.  
Quality is excellent!

**Celery**  
Market price is stable.  
Quality is excellent!

**Brussel Sprouts**  
Quality is excellent.  
Market price is climbing.

**Green Peppers**  
Market price is stable.  
Product of U.S.A.  
Quality is great!

**Red Peppers**  
Market price is climbing.  
Quality is great!

**Yellow Pepper**  
Market price is climbing.  
Quality is great!

**Green Beans**  
Local Green & Fine French beans.  
Quality is excellent!

**Carrots**  
Market price is high.  
Quality is very good.  
Ontario product.

**Onions Red & Spanish**  
Prices are stable  
Red and Spanish Onions.

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

**Potatoes Yukon Gold**  
Quality is excellent.  
Market price is stable.  
Local Ontario product.

