



**A.J. LANZAROTTA**  
Wholesale Fruit & Vegetables

# Fresh From A.J.

## MONDAY MARCH 25<sup>TH</sup>, 2024



### Market News

Broccoli, Brussel Sprouts & Green Beans are good buys.  
Checkout our Spring & Easter promo for beautiful floral arrangements.  
AJL now has 24x500ml bottled water available.

### FEATURED FRUITS





















**PINEAPPLES**



**STRAWBERRIES**



**ROYAL GALA APPLES**

 <p><b>Strawberries</b> Market price is up. California berry with excellent quality.</p>	 <p><b>Blueberries</b> Market pricing is stable. Quality is excellent.</p>
 <p><b>Blackberries</b> Price is stable and quality is excellent!</p>	 <p><b>Raspberries</b> Market pricing is dropping. Driscoll brand with Excellent quality.</p>
 <p><b>Cantaloupe Melon</b> Shipping size #9 &amp; #12's. Market pricing coming down.</p>	 <p><b>Honeydew</b> Shipping honeydew size #5 &amp; #8. Market pricing is excellent.</p>
 <p><b>Watermelons</b> Market pricing is a little high, with great flavour.</p>	 <p><b>Mangos</b> Market price is down. Large size with good quality.</p>
 <p><b>Pineapples</b> The market price is steady. Quality is excellent! Extra Sweet!</p>	 <p><b>Avocado</b> Market price is climbing. Quality is excellent. Shipping #36 &amp; #12.</p>
 <p><b>Limes</b> Market price is stable. Supply is good. Quality improving.</p>	 <p><b>Lemons</b> Market pricing is stable. Shipping #63 &amp; #115 count.</p>
 <p><b>Grapes Red Seedless</b> Market pricing is stable. Quality is excellent. Product of USA.</p>	 <p><b>Grapes Green Seedless</b> Market pricing is still high. Quality is excellent.</p>
 <p><b>Florida Tomatoes</b> Market pricing is down slightly.</p>	 <p><b>Roma Tomatoes</b> Excellent quality &amp; flavour. Market price is up this week.</p>
 <p><b>Green House Tomatoes</b> Quality &amp; market price is excellent! Local Ontario still available.</p>	 <p><b>Asparagus</b> Market pricing saw a significant jump. Thick &amp; large sized bunches with excellent quality.</p>



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## FEATURED VEGETABLES




ASPARAGUS




SWISS CHARD



BROCCOLINI/ASPIRATION

**Romaine**  

 Market price is very high.  
 Quality is fair.

**Iceberg**  

 Market price is very high.  
 Quality is fair.

**Green & Red Leaf**  

 Supply & price are good.  
 Quality is fair.

**Spring Mix / Lettuce Blends**  


 Market price is stable.  
 Quality is fair due to weather.

**Cauliflower**  

 Market pricing is climbing.  
 Quality is excellent!

**Broccoli**  

 Quality is excellent!  
 Market price is stable.

**Celery**  

 Market price is stable.  
 Quality is excellent!

**Brussel Sprouts**  

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

**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 stable, but  
 still on the high side.

**Green Beans**  

 Florida U.S.A. product.  
 Quality is great!

**Carrots**  

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

**Onions Red & Spanish**  

 Prices remain high 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.

