



## FEATURED ITEMS



## SQUASH



## SWEET POTATO (YAMS)





















## FRESH CUT FALL ROOT VEGETABLES



## Market News

Political unrest in Guatemala continues but seems to be dying down. We are still seeing challenges in the ability to get tropical trade to the ports for export. The California growing season is coming to an end this week.

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|  <p><b>Strawberries</b><br/>Market price is high.<br/>Quality is good.</p>                                      |  <p><b>Blueberries</b><br/>Market pricing is high.<br/>Quality is excellent.</p>                     |
|  <p><b>Blackberries</b><br/>Good pricing &amp; quality.</p>   |  <p><b>Raspberries</b><br/>Market pricing is stable.</p>   |
|  <p><b>Cantaloupe Melon</b><br/>Shipping size #9 &amp; #12's.<br/>Market remains high.</p>                      |  <p><b>Honeydew</b><br/>Shipping honeydew sizes #5 &amp; #8. Market pricing remains high.</p>        |
|  <p><b>Watermelons</b><br/>Pricing is stable, with great flavour.</p>  |  <p><b>Mangos</b><br/>Market price is climbing.<br/>Supply is limited.</p>                          |
|  <p><b>Pineapples</b><br/>The market price is steady.<br/>Quality is excellent!</p>                           |  <p><b>Avocado</b><br/>Market price is stable.<br/>Quality is excellent.</p>                       |
|  <p><b>Limes</b><br/>Market price is high due to short supply.</p>  |  <p><b>Lemons</b><br/>Market pricing is high.<br/>Shipping #138 &amp; #75.</p>                     |
|  <p><b>Grapes Red Seedless</b><br/>Market pricing is steady, but high. Quality is excellent.</p>              |  <p><b>Grapes Green Seedless</b><br/>Market pricing is steady, but high. Quality is excellent.</p> |
|  <p><b>Florida Tomatoes</b><br/>Market pricing is climbing.</p>   |  <p><b>Roma Tomatoes</b><br/>Excellent quality &amp; flavour.<br/>Pricing is up.</p>               |
|  <p><b>Green House Tomatoes</b><br/>Quality &amp; market price is excellent! Local Ontario now available.</p> |  <p><b>Asparagus</b><br/>Market pricing is high.<br/>Product is from Mexico.</p>                   |



CHESTNUTS FROM ITALY



LUCY ROSE



FRESH CRANBERRIES



HYACHIA PERSIMMONS




# Fresh From A.J.




MONDAY OCTOBER 30<sup>th</sup>, 2023

**Romaine**



Market price is excellent.

**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 steady.

**Brussel Sprouts**



Quality is excellent.  
Market price is good.

**Green Peppers**



Market price is climbing.  
Ontario product is winding down.

**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 high.  
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 down.  
Local Ontario product.

