



Fresh From A.J.

MONDAY OCTOBER 9th, 2023



Market News

We have a variety of pumpkins, in various types, shapes and sizes.
 Fresh cranberries and chestnuts are here!
 New Ontario yams & fingerling potatoes have also arrived.

FEATURED ITEMS



SQUASH



SWEET POTATO (YAMS)



CHESTNUTS

Strawberries
 Market price is stable.

Blueberries
 Market pricing is still climbing. Quality is excellent and ½ pints.

Blackberries
 Good price & quality. Driscoll brand & organic.

Raspberries
 Driscoll brand. Market pricing is steady.

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

Honeydew
 Shipping honeydew sizes #5 & #8. Market pricing is climbing.

Watermelons
 Pricing is stable, with great flavour. U.S.A. product.

Mangos
 Market pricing and quality are good. Size #7.

Pineapples
 The market price is dropping.

Avocado
 Market pricing is high. New crop from Mexico.

Limes
 Market price is stable.

Lemons
 Market pricing is stable. Shipping size #88.

Grapes Red Seedless
 Market pricing is steady. Quality is excellent.

Grapes Green Seedless
 Market pricing is steady. Quality is excellent.

Florida Tomatoes
 Market pricing is climbing. U.S.A Product. Local Ontario still available.

Roma Tomatoes
 Excellent quality & flavour. Local Ontario product. Pricing is stable.

Green House Tomatoes
 Quality & market price is excellent! Local Ontario now available.

Asparagus
 Market pricing is steady. Product is from Mexico.





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UGLY PUMPKINS



CINDERELLA PUMPKINS



GOURDS & MINI PUMPKINS



Romaine

Market price is climbing and supply is improving.



Iceberg

Market price is stable, but still high. Quality is excellent.

Green & Red Leaf



Supply is limited. U.S.A. product.



Spring Mix / Lettuce Blends

Market price is stable, with excellent quality.



Cauliflower

Purple, Golden & Romanesco available.



Broccoli

Quality is excellent! Market price is climbing. Local Ontario product.



Celery

Market price is climbing. U.S.A. product.



Brussel Sprouts

Quality is excellent. Market price is steady. Ontario product.



Green Peppers

Market price is Local Ontario product.



Red Peppers

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



Yellow Pepper

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



Green Beans

Pricing is steady. Ontario Green & Yellow beans available.



Carrots

Pricing is climbing. Quality is very good.



Onions Red & Spanish

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



Potatoes

Prices are steady. Quality is good. Ontario Potatoes.



Potatoes Yukon Gold

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

