



# FRESH NEWS



### Available this week

Apricots 20 pound cases, no splits.  
Peaches and Nectarines are in stock.  
Fuyu Persimmons and Fava Beans are now available.

Plums are NOT available

### Sunchokes

Will not be available for at least another 4 weeks until new Ontario product is harvested. This is the same gap in supply we have every year.

### Local Ontario Produce

Local Fiddle Heads, 10 pound cases only, now in stock, no split cases.

### Ontario Parsley

Only available in small sporadic volumes this week, as such we will wait another week until Volume Ramps Up.

### LFP Product

Now in stock, Red Delicious Apples.

### Rhubarb

Ontario Rhubarb is now available.

### Clementines

We have hit a gap in supply and they will be unavailable for up to the next month. We will update you as we can

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May 14, 2012

		<b>Strawberries</b> Prices are up this week, quality is great.
		<b>Blackberries</b> Quality is excellent, market prices are stable.
		<b>Raspberries</b> Prices are up this week due to lack of supply, quality remains great.
		<b>Blueberries</b> Prices are up this week, quality is excellent.
		<b>Cantaloupes</b> Prices have dropped slightly this week, but still remain above norms, quality is excellent.
		<b>Honeydew Melons</b> Prices are down slightly this week, quality is great.
		<b>Watermelon</b> Prices are down this week and quality is as good as it gets now through the summer months... Enjoy!
		<b>Green Grapes</b> Prices are up as Thompson Seedless come to an end, we will be in new crop Mexican Perlette Grapes by the middle of the week.
		<b>Red Grapes</b> Prices are stable on red flame seedless grapes this week, quality is great.



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		Roma Tomatoes Roma tomatoes are up in price this week, quality remains great.
		Tomatoes Prices are stable this week, quality is good to very good with some intermittent softness with the tomatoes.
		Oranges Oranges are stable in price this week. The oranges look great and flavour is excellent.
		Lemons Market is stable this week, quality is excellent.
		Asparagus Prices are stable again this week, quality is very good. Ontario available by mid week (28lb)
		Broccoli Broccoli prices are stable this week, quality is good.
		Cauliflower Prices are stable this week, quality is excellent.
		Celery Prices are stable this week, quality is great.
		Iceberg Lettuce Prices are stable this week, quality is great.
		Romaine Lettuce Quality is excellent, prices are stable this week.
		Green Leaf/Red Leaf Prices are stable this week, quality is great.
		Green Peppers Prices are stable this week, quality is very good.
		Red Peppers <b>11lb</b> - Prices are stable on green house grown Red peppers, quality is excellent.
		<b>25lb</b> - Master cases of red peppers are down in price this week, quality is excellent.
		Yellow Peppers Quality remains great, prices are stable this week on Green House Grown Yellow peppers.
		Onions - Spanish/Red/Cooking Prices are stable on Spanish and cooking onions this week, but red onions are up in price, quality on all onions is very good.
		Carrots Due to quality issues with Ontario Carrots, we have now switched to imported product.
		Potatoes - Regular Regular 50-pound large #1 potatoes are stable in price this week, quality is very good.
		Potatoes - Yukon Prices are stable this week , expect markets to continue to rise over the next few weeks.



### SPECIALTY AVAILABILITY



Sieger's Sprouts	6 clam		
Basil, Opal	6 pk	Hydro Mache	1 lb
Basil, Thai	6 pk	Mizuna	4 lb
Corn Shoots		Tat Soi	4 lb
Pea Tendrils	6 calm	Red Mustard	12 ct
Daikon Radish	6 clam	Asian Mix	4 lb
Red Russian Kale	6 clam		
Purple Kohlrabi	6 clam	Sunburst	5 lb
Amaranth	6 clam	Gr. Patty Pan	5 lb
Arugula	12 clam	Gr. Zucchini	5 lb
		French Beans	5 lb
Edible Flowers, Mixed	25 clam	Baby Corn	5 lb
Edible Flowers, Confetti	100 clam	Baby Leeks	12 bu
Edible Flowers, Orchids	25 clam	Baby Fennel	24 ct
Lettuce, Lollo Rossa	24 ct	Mini top Carrots	24 ct
Lettuce, Red Oak	24 ct	Red Carrots	24 ct
Lettuce, Green Oak	24 ct	Yellow Carrots	24 ct
Lettuce, Red Romaine	24 ct	Baby Peeled Carrots	5 lb
Mixed Heads	24 ct		
Frisee Blonde	12 ct	Salsify	1 kg
		White Asparagus	11 lb
Baby Beets, Red	24 ct	Mini White Cauliflower	12 ct*
Baby Beets, Striped	24 ct	Mini Purple Cauliflower	12 ct*
Baby Beets, Gold	24 ct	Mini Green Cauliflower	12 ct*
Baby Turnips	24 ct	Mini Mix Pack Caulif.	12 ct*
Striped Beets	25 ct		
Gold Beets	25 ct		

Seasonal Items	
Asian Pears	16 ct
Cherimoya (smooth skin)	12 ct*
English Peas	30 lb*
Mix Medley Grape Tomatoes	12/pt
Birds Eye Chillies (red) pkg.	50g
Heirloom Tomatoes	25 lb
Purple Passion Fruit	32 pc
Artichokes	16 x12pkg
Fuyu Persimons	
Fava Beans	

Please note that specialty items are subject to availability.

Items marked with a \* require advance notice.



# ONTARIO AVAILABILITY



Cabbage Green	12/16s	Parsnips	10 lb	Heirloom Carrots	25 lb
Cabbage Red	12/16s	Rutabagas	40 lb	Golden Delicious Apples	113s
Celery Root	12s	Tomato - Cluster	11 lb	McIntosh Apples	120s
Mushrooms - Large #1's	5 lb	Tomato - Hot House	15 lb	Red Delicious	113/100s
Mushrooms - Button	5lb	Yellow Cluster	11 lb	Ramps	per lb
Mushrooms - Shiitake	3 lb	Loose Beets	25 lb	Red Peppers	5 kg
Mushrooms - Oyster	2 lb	Gold Beets	25 lb	Yellow Peppers	5 kg
Mushrooms - King Oyster	3 lb	Fiddle Heads	10 lb		
Mushrooms - Portobello	5 lb	Rhubarb			