



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

# Fresh From A.J.

## MONDAY JULY 22<sup>nd</sup>, 2024



### Market News

Local supply was affected by last week's heavy rainfall. Local corn is currently at its optimal quality and value. Stay updated on our local list and more by following us on Facebook & Instagram.

### FEATURED FRUITS



### PEACHES



### STRAWBERRIES



### CHERRIES

**Strawberries**  


 Market price is stable.  
 Local Ontario available.

**Blueberries**  

 Market pricing is down.  
 Supply and quality is excellent..

**Blackberries**  

 Quality is excellent.  
 Ontario available.

**Raspberries**  

 Price is climbing.  
 Quality is good.

**Cantaloupe Melon**  

 Shipping size #9 & #12's.  
 Market pricing is dropping.

**Honeydew**  

 Shipping honeydew size #5 & #8. Market pricing is stable.

**Watermelons**  


 Market pricing is dropping.  
 Texas product with great flavour.

**Mangos**  

 Market price is stable.  
 Large size with good quality.

**Pineapples**  

 Market price is stable.  
 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.

**Green House Tomatoes**  

 Quality is excellent!  
 Local Ontario still available.

**Asparagus**  

 Market pricing is stable.  
 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.  
Excellent quality.

**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!  
Ontario product.



**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 very high.



**Green Peppers**

Market price is stable.  
Product of Ontario.  
Quality is great!



**Red Peppers**

Market price is stable.  
Quality is great!



**Yellow Pepper**

Market price is stable.  
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.  
New crop of Ontario potatoes.



**Potatoes Yukon Gold**

Quality is excellent.  
New Crop of Ontario Potatoes.

