



# Fresh From A.J.

MONDAY AUGUST 19<sup>TH</sup>, 2024



## Market News

Romanesco, Purple, Golden Cauliflower and Sicilian Eggplant are just some of the items added to our locally grown list this week. Roma & San Marzano Tomatoes in the bushel are now available.

### FEATURED FRUITS



### PEACHES




### NECTARINES




### PRUNES

**Strawberries**  
 Market price is climbing. Ontario late bloom available.

**Blueberries**  
 Market pricing is stable. Supply and quality is excellent.

**Blackberries**  
 Quality is excellent. Market price is stable. Ontario available.

**Raspberries**  
 Price is stable. Quality is good.

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

**Honeydew**  
 Shipping honeydew size #5 & #8. Market pricing is down.

**Watermelons**  
 Market pricing is dropping. Texas product with great flavour.

**Mangos**  
 Market price is stable. Large size with good quality.

**Pineapples**  
 Market price is high. Quality is excellent! Extra Sweet!

**Avocado**  
 Market price is high. Quality is excellent & supply is improving.

**Limes**  
 Market price is stable. Supply is good. Quality improving.

**Lemons**  
 Market pricing is stable. Shipping #75 & #138 count.

**Grapes Red Seedless**  
 Market pricing is stable. Quality is excellent. California product.

**Grapes Green Seedless**  
 Market pricing is stable. 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 dropping.

**Green House Tomatoes**  
 Quality is excellent! Local Ontario still available.

**Asparagus**  
 Market pricing is stable. Thick & large sized bunches.

**FEATURED VEGETABLES**



**EGGPLANT**



**CORN**



**SWISS CHARD**



**BABY CAULIFLOWER  
"CAULILINI"**



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**Romaine**  


 Back to U.S.A. Romaine. Pricing is good and quality is excellent!

**Iceberg**  

 Market price stable. Back to U.S.A. product. 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 dropping.

**Green Peppers**  

 Market price is dropping. 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 dropping. 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.

