



# Fresh From A.J.

MONDAY AUGUST 5<sup>TH</sup>, 2024



## Market News

Local baby cauliflower “Caulilini” is now available!  
 Local field & beefsteak tomatoes and corn are the “Picks of the Week”  
 Follow us on Facebook & Instagram @ajlanzarottaproduce.

### FEATURED FRUITS



### PEACHES



### NECTARINES




### YELLOW PLUMS

**Strawberries**  
 Market price is stable.  
 Ontario late bloom pack.

**Blueberries**  
 Market pricing is down.  
 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 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 high.  
 Quality is excellent!  
 Extra Sweet!

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

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

**Lemons**  
 Market pricing is stable.  
 Shipping #75 & #140 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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 <p><b>Romaine</b> Back to U.S.A. Romaine. Pricing is good and quality is excellent!</p>	 <p><b>Iceberg</b> Market price stable. Back to U.S.A. product. Excellent quality.</p>
 <p><b>Green &amp; Red Leaf</b> Market pricing is stable. Quality is improving.</p>	 <p><b>Spring Mix / Lettuce Blends</b> Market price is stable. Quality is fair due to weather.</p>
 <p><b>Cauliflower</b> Market pricing is stable. Quality is excellent! Ontario product.</p>	 <p><b>Broccoli</b> Market price saw a significant drop. Quality is excellent!</p>
 <p><b>Celery</b> Market price is stable. Quality is excellent!</p>	 <p><b>Brussel Sprouts</b> Quality is excellent. Market price is very high.</p>
 <p><b>Green Peppers</b> Market price is climbing. Product of Ontario. Quality is great!</p>	 <p><b>Red Peppers</b> Market price is climbing. Quality is great!</p>
 <p><b>Yellow Pepper</b> Market price is climbing. Quality is great!</p>	 <p><b>Green Beans</b> Local Green &amp; Fine French beans. Quality is excellent!</p>
 <p><b>Carrots</b> Market price is high. Quality is very good. Ontario product.</p>	 <p><b>Onions Red &amp; Spanish</b> Prices are stable Red and Spanish Onions.</p>
 <p><b>Potatoes</b> Prices are steady. New crop of Ontario potatoes.</p>	 <p><b>Potatoes Yukon Gold</b> Quality is excellent. New Crop of Ontario Potatoes.</p>

