



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

**Fresh From A.J.**

**MONDAY JULY 29<sup>th</sup>, 2024**



**Market News**

Local corn is currently at its optimal quality and value. Local Field & Beefsteak tomatoes join corn as “Picks of the Week” Follow us on Facebook & Instagram @ajlanzarottaproduce.

**FEATURED FRUITS**



**PEACHES**




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**Strawberries**  
 Market price is stable.

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

**Blackberries**  
 Quality is excellent. Market price is a little high. 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 high. Quality is excellent! Extra Sweet!

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

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

**Lemons**  
 Market pricing is stable. Shipping #76 & #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 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**



**EGGPLANT**



**CORN**



**SWISS CHARD**



















**FAVA BEANS**



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

