



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

**Fresh From A.J.**

**MONDAY MAY 20<sup>th</sup>, 2024**



**Market News**

Market saw some favorable pricing changes this week. Gus' picks of the week, Local Strawberries, Salad Tomatoes & Asparagus. Fiddleheads now available!

**FEATURED FRUITS**





















**CALIFORNIA PEACHES & APRICOTS**



**LOCAL STRAWBERRIES**



**CHERRIES**

 <p><b>Strawberries</b> Market price is great. California berry with excellent quality.</p>	 <p><b>Blueberries</b> Market pricing is stable. Quality is excellent. Shipping Organic.</p>
 <p><b>Blackberries</b> Price is slightly stable. Quality is excellent!</p>	 <p><b>Raspberries</b> Market pricing is down. Driscoll brand with Excellent quality.</p>
 <p><b>Cantaloupe Melon</b> Shipping size #9 &amp; #12's. Market pricing is steady.</p>	 <p><b>Honeydew</b> Shipping honeydew size #5 &amp; #8. Market pricing is steady.</p>
 <p><b>Watermelons</b> Market pricing is steady. Texas product with great flavour</p>	 <p><b>Mangos</b> Market price is stable. Large size with good quality.</p>
 <p><b>Pineapples</b> The market price is high. Quality is excellent! Extra Sweet!</p>	 <p><b>Avocado</b> Market price is steady. Quality is excellent. Shipping #48 &amp; #14.</p>
 <p><b>Limes</b> Market price is stable. Supply is good. Quality improving.</p>	 <p><b>Lemons</b> Market pricing is stable. Shipping #75 &amp; #138 count.</p>
 <p><b>Grapes Red Seedless</b> Market pricing is dropping. Quality is excellent.</p>	 <p><b>Grapes Green Seedless</b> Market pricing steady. Quality is excellent.</p>
 <p><b>Florida Tomatoes</b> Market pricing is climbing. We recommend trying our salad tomato.</p>	 <p><b>Roma Tomatoes</b> Excellent quality &amp; flavour. Market price is steady.</p>
 <p><b>Green House Tomatoes</b> Quality &amp; market price is excellent! Local Ontario still available.</p>	 <p><b>Asparagus</b> Market pricing is stable. Local product. Thick &amp; large sized bunches.</p>

**FEATURED VEGETABLES**



**FIDDLEHEADS**



**ONTARIO ASPARAGUS**



**SWISS CHARD**




**LOCAL SALAD TOMATOES**

# Fresh From A.J.



**MONDAY MAY 20<sup>th</sup>, 2024**

**Romaine**  
  
 Market price is back up due to weather. Quality is excellent.


**Iceberg**  
  
 Market price is back up due to weather.

**Green & Red Leaf**  
  
 Market pricing is high. Quality is improving.

**Spring Mix / Lettuce Blends**  
  
 Market price is stable. Quality is fair due to weather.

**Cauliflower**  
  
 Market pricing is down. Quality is excellent!

**Broccoli**  
  
 Quality is excellent! Market price is slightly up.

**Celery**  
  
 Market price is climbing. Quality is excellent!


**Brussel Sprouts**  
  
 Quality is excellent. Market price is down.

**Green Peppers**  
  
 Market price is stable. Product of U.S.A. Quality is great!

**Red Peppers**  
  
 Our 25lb peppers are one of this week's best buy! Quality is great!

**Yellow Pepper**  
  
 Market price is steady. Our 25lb peppers are one of this week's best buy.

**Green Beans**  
  
 Quality is poor. Fine French beans are a good alternative.

**Carrots**  
  
 Pricing is climbing. Quality is very good. Ontario product.

**Onions Red & Spanish**  
  
 Prices are high and climbing for Red and Spanish Onions.

**Potatoes**  
  
 Prices are steady. Ontario & U.S.A. potatoes.

**Potatoes Yukon Gold**  
  
 Quality is excellent. Market price is stable. Local Ontario product.

