

fresh produce

IN PARTNERSHIP WITH

FreshConnection

Gilmours
WHOLESALE FOOD & BEVERAGE

5 December 2024

Dear valued customer,

Welcome to this month's edition of the Fresh Connection newsletter, courtesy of Gilmours.

Did you know?

One interesting fact about avocados is that they have the highest protein and lowest sugar content of any fruit. They also contain more potassium than bananas, which is important for maintaining healthy blood pressure and heart function.

Market Overview

Summer is here!

Hard to believe its December again and summer is well and truly here with some 30oC plus days already.

December is a great time for produce with our fantastic summer fruit starting with peaches, nectarines, plums, cherries, and apricots. Berries and melon also come into their own with the full selection available, so we are spoilt for choice.

A little bit trickier with vegetables with the difficult change in seasons with potato, onions and pumpkin having been stored for some time the quality does drop away a bit until new season starts mid-December/early January.

Seasonal Update

- Asparagus coming to an end and potatoes, onions and pumpkin dropping away in quality and increasing in price but will be short lived.
- NZ berries now available (strawberries raspberries, blackberries, and blueberries).
- All summer fruit now in stock (peach, nectarine, plum, apricot, cherry).
- Melons will kick off later in the month.

| Vegetable | Availability | Quality | Comments |
|-------------|--------------|---------|--|
| Potato | Good | Average | Supply OK but as normal this time of year crop is getting older and softer new season will come in mid-month. |
| Pumpkin | Good | Average | Supply is still OK, but prices are starting to lift quickly as growers are experiencing high storage losses, will improve Jan. |
| Tomato | Good | Good | Supply stable and slowly coming down in price. |
| Kumara | Good | Good | Good supply. |
| Broccoli | Good | Good | Supply good, a bit up and down based on weather. |
| Cauliflower | Good | Good | Good supply. |
| Cucumber | Good | Good | Supply corrected now and good volumes with values falling. |

| Fruit | Availability | Quality | Comments |
|------------|--------------|---------|---|
| Banana | Good | Good | Stable at the moment. |
| Mandarin | Good | Good | Mix of local and imported supply. |
| Grapes | Good | Good | Prices climbing as we move out of USA season. |
| Kiwifruit | Good | Good | Prices getting high now. |
| Honeydew | Good | Good | Imports available, NZ later in the month. |
| Rock Melon | Good | Good | Imports available, NZ later in the month. |
| Pineapple | Good | Good | Stable at the moment. |
| Apple | Limited | Good | Prices very high now and imports from USA are coming in to meet demand. |
| Pear | Good | Good | Both green and brown available but prices starting to lift. |
| Lemon | Good | Good | Prices stable. |

Good Average Limited

A selection of our best sellers - Summer



Diced Potatoes 25mm
5kg Bag
5311296



Lettuce Sliced
1kg Bag
5276341



Diced White Onion 5x5mm
5kg
5296666



Sliced Mushroom
5kg Box
5276667



Coleslaw Dry Salad
2kg Bag
5276281



Peeled Red Onion
5kg Bag
5276415

UNI Christmas and New Year 2024 Delivery Schedules

North Shore, Mt Roskill, Manukau, Hamilton and Tauranga

| Delivery Day | Fresh Produce Cut Off | Prepared Produce Cut Off |
|-------------------------|----------------------------|---------------------------|
| Monday 23rd December | Friday 20th December 10pm | Friday 20th December 8am |
| Tuesday 24th December | Monday 23rd December 10pm | Monday 23rd December 8am |
| Wednesday 25th December | NO DELIVERIES | NO DELIVERIES |
| Thursday 26th December | NO DELIVERIES | NO DELIVERIES |
| Friday 27th December | Tuesday 24th December 10pm | Tuesday 24th December 8am |
| Monday 30th December | Friday 27th December 10pm | Friday 27th December 8am |
| Tuesday 31st December | Monday 30th December 10pm | Monday 30th December 8am |
| Wednesday 1st January | NO DELIVERIES | NO DELIVERIES |
| Thursday 2nd January | NO DELIVERIES | NO DELIVERIES |
| Friday 3rd January | Tuesday 31st December 10pm | Tuesday 31st December 8am |

Normal delivery schedules will resume Monday 6th January 2025.

LNI Christmas and New Year 2024 Delivery Schedules

Hawke's Bay, Taranaki, Central and Wellington

| Delivery Day | Fresh Produce Cut Off | Prepared Produce Cut Off |
|-------------------------|----------------------------|---------------------------|
| Monday 23rd December | Friday 20th December 10pm | Friday 20th December 8am |
| Tuesday 24th December | Monday 23rd December 10pm | Monday 23rd December 8am |
| Wednesday 25th December | NO DELIVERIES | NO DELIVERIES |
| Thursday 26th December | NO DELIVERIES | NO DELIVERIES |
| Friday 27th December | Tuesday 24th December 10pm | Tuesday 24th December 8am |
| Monday 30th December | Friday 27th December 10pm | Friday 27th December 8am |
| Tuesday 31st December | Monday 30th December 10pm | Monday 30th December 8am |
| Wednesday 1st January | NO DELIVERIES | NO DELIVERIES |
| Thursday 2nd January | NO DELIVERIES | NO DELIVERIES |
| Friday 3rd January | Tuesday 31st December 10pm | Tuesday 31st December 8am |

Normal delivery schedules will resume Monday 6th January 2025.

See the full online range here

fresh produce
FreshConnection FOODSERVICE RANGE



 Call us

 Email us

 Gilmours Online



[You are subscribed as {{Recipient.Email}}](#) | [Update your preferences](#) | [Unsubscribe](#)

Prices shown exclude GST. Trade not supplied. Specials are subject to availability. We reserve the right to limit quantities. Product and price may vary between stores, please see in-store or website for details. [Sign up to shop with Gilmours Online.](#)

© Copyright Gilmours 2024