

fresh produce

IN PARTNERSHIP WITH

FreshConnection

Gilmours
WHOLESALE FOOD & BEVERAGE

6 November 2024

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

Did you know?

The health benefits of mint include improved digestion, weight loss, and relief from nausea, depression, fatigue, and headache. It is also used in the treatment of asthma, memory loss, and skin care problems.

Market Overview

Summer is coming.

Welcome to November! This is an interesting time for produce as we are at the end of the storage season for onions, pumpkin and potato so quality does drop away, and price lifts so unfortunately is a bit of a less for more game until new season kicks in December/January.

Similar with some of the key pip fruit but hang in there not long till the new season!

Seasonal Update

- Yams and Brussel Sprouts are finished.
- Asparagus in full swing.
- NZ berries, strawberries and blueberries are now available

Vegetable	Availability	Quality	Comments
Potato	Good	Average	Supply OK but as normal this time of year crop is getting older and softer.
Pumpkin	Good	Average	Supply is still OK, but prices are starting to lift quickly as growers are experiencing high storage losses.
Tomato	Good	Good	Supply stable and slowly coming down in price.
Kumara	Good	Good	Good supply.
Broccoli	Good	Good	Good supply.
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	Supply for USA now so prices have increased to reflect this.
Kiwifruit	Good	Good	Supply and prices firming as we move through the stored fruit.
Honeydew	Average	Good	Imports available.
Rock Melon	Average	Good	Imports available.
Pineapple	Good	Good	Stable at the moment.
Apple	Good	Good	Prices starting to firm now as we move into CA stored fruit.
Pear	Good	Good	Both green and brown available but prices starting to lift.
Lemon	Good	Good	Prices lifting fast.

■ Good
 ■ Average
 ■ Limited

A selection of our best sellers - Spring



Diced Potatoes 25mm
5kg Bag
5311296



Lettuce Sliced
1kg Bag
5276341



White Diced Onion
5kg Bag
5276412



Pumpkin Peeled Roast Cut
5kg Bag
5276652



Broccoli Florets
Bag
5276487



Diced Fennel Bulb
1kg
5311295

See the full online range here

fresh produce

FreshConnection FOODSERVICE RANGE

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