

fresh produce

IN PARTNERSHIP WITH

FreshConnection

Gilmours
WHOLESALE FOOD & BEVERAGE

10 April 2024

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

Did you know?

Brussels sprouts contain significant amounts of fiber and phytonutrients, such as glucosinolates, which have been linked to various health benefits, including reduced inflammation and improved heart health.

Market Overview

Change of seasons is upon us as the days shorten and temperatures drop, along with that we say goodbye to stone fruit and the great NZ melons we have been enjoying. The flip side is we can get into those wonderful winter vegetables that are in good supply this year.

Delivery Update - Tauranga customers only

We would like to share some important news for our customers in the Tauranga region, with changes to your Fresh Connection delivery days.

- Reducing from a 6 day delivery schedule (Mon-Sat), to a 5 day delivery schedule (Mon-Fri)
- Effective Saturday 4th May, with the last Saturday delivery on the 27th April 2024
- This is not a permanent change (Summer months schedules will be reviewed)

Seasonal Update

- Beans and courgettes still available and good pricing for this time of year
- Brussel sprouts now available
- Nectarines and peaches now finished
- Supply gap now with NZ oranges that will be hit and miss until May but imports available
- All varieties of Kumara now available after a very short supply for 12 months, so great to have available

Vegetable	Availability	Quality	Comments
Potato	Good	Good	Supply stable and good.
Pumpkin	Good	Good	Great supply and prices looking good.
Tomato	Good	Good	Supply stable but starting to slow down.
Kumara	Good	Good	Full supply and good volumes.
Broccoli	Good	Good	Steady supply.
Cauliflower	Good	Good	Supply steady, some ups and downs as we change seasons.
Cucumber	Good	Good	Supply slowing quickly now and prices climbing.

Fruit	Availability	Quality	Comments
Banana	Good	Good	No supply issues.
Mandarin	Limited	Good	Very short supply still.
Grapes	Good	Good	Supply is good now and price had dropped.
Kiwifruit	Good	Good	Good supply of both green and gold.
Honeydew	Limited	Good	Supply finishing for NZ season.
Rock Melon	Limited	Good	Supply finishing for NZ season.
Pineapple	Good	Good	Stable at the moment.
Apple	Good	Good	Good stable supply.
Pear	Good	Good	Supply OK.
Lemon	Good	Good	Supply OK, but prices firming.

Good Average Limited

A selection of our best sellers - Autumn



White Diced Onion
5kg Bag
5276412



Yellow Peeled Potato
5kg Bag
5276774



Lettuce Sliced
1kg Bag
5276341



Pumpkin Peeled Portion
4kg Bag
5276647



Broccoli Florets
Bag
5276487



Whole Peeled Carrot
5kg Bag
5276523

UNI ANZAC Day 2024 Delivery Schedules

North Shore, Mt Roskill, Manukau, Hamilton and Tauranga

Delivery Day	Fresh Produce Cut Off	Prepared Produce Cut Off
Tuesday 23rd April	Monday 22nd April, 10pm	Monday 22nd April, 8am
Wednesday 24th April	Wednesday 24th April, 10pm	Wednesday 24th April, 8am
ANZAC Day, Thursday 25th April	NO DELIVERIES	NO DELIVERIES

Normal delivery schedules will resume Friday 26th April 2024.

LNI ANZAC Day 2024 Delivery Schedules

Hawke's Bay, Central and Wellington

Delivery Day	Fresh Produce Cut Off	Prepared Produce Cut Off
Tuesday 23rd April	Monday 22nd April, 10pm	Monday 22nd April, 8am
Wednesday 24th April	Wednesday 24th April, 10pm	Wednesday 24th April, 8am
ANZAC Day, Thursday 25th April	NO DELIVERIES	NO DELIVERIES

Normal delivery schedules will resume Friday 26th April 2024.

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online range
here

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FreshConnection FOODSERVICE RANGE