

fresh produce

IN PARTNERSHIP WITH

FreshConnection

Gilmours
WHOLESALE FOOD & BEVERAGE

1 May 2024

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

Did you know?

Nutritionally, yams are a valuable source of carbohydrates, providing sustained energy. They are also rich in dietary fibre, vitamins, and minerals.

Have your say

- Complete this short [survey](#), and go in the draw to win 1x \$100 store credit voucher.
- Survey open till 15-MAY-2024.

Market Overview

Winter is closing in on us with days shortening quickly and some frosts starting to settle in around the country. The weather up till now has been pretty good with reasonable sunshine, rain when needed and no major events so that has set us up pretty well for the winter season.

Seasonal Update

- Brussel sprouts now available, with Yams available soon.
- Sweetcorn finished, and salad vegetables getting tighter in supply, but winter vegetables are looking good.
- Summer fruit and melons all finished up.
- All varieties of Kumara now available after a very short supply for 12 months, so great to be able to promote again.

Vegetable	Availability	Quality	Comments
Potato	Good	Good	Supply stable and good.
Pumpkin	Good	Good	Great supply and prices looking good.
Tomato	Good	Good	Supply and price stable.
Kumara	Good	Good	Full supply and good volumes.
Broccoli	Good	Good	Steady supply.
Cauliflower	Good	Good	Steady supply.
Cucumber	Good	Good	Supply getting more challenging as weather cools.

Fruit	Availability	Quality	Comments
Banana	Good	Good	No supply issues.
Mandarin	Limited	Good	Satsuma just getting underway, and pricing will come back.
Grapes	Good	Good	Supply tighter now with prices rising.
Kiwifruit	Good	Good	Good supply of both green and gold.
Honeydew	Limited	Good	Finished for the season.
Rock Melon	Limited	Good	Finished for the season.
Pineapple	Good	Good	Stable at the moment.
Apple	Good	Good	Good stable supply with no issues.
Pear	Good	Good	Supply OK. Australian supply starting soon with NZ supply finishing.
Lemon	Good	Good	Supply OK and prices dropping back.

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 King's Birthday 2024 Delivery Schedules

North Shore, Mt Roskill, Manukau, Hamilton and Tauranga

Delivery Day	Fresh Produce Cut Off	Prepared Produce Cut Off
Friday 31st May	Thursday 30th May, 10pm	Thursday 30th May, 8am
Saturday 1st June	Friday 31st May, 10pm	Friday 31st May, 8am
King's Birthday, Monday 3rd June	NO DELIVERIES	NO DELIVERIES
Tuesday 4th June	Monday 3rd June, 10pm	Friday 31st May, 8am

Normal delivery schedules will resume Tuesday 4th June 2024.

LNI King's Birthday Day 2024 Delivery Schedules

Hawke's Bay, Central and Wellington

Delivery Day	Fresh Produce Cut Off	Prepared Produce Cut Off
Friday 31st May	Thursday 30th May, 10pm	Thursday 30th May, 8am
Saturday 1st June	Friday 31st May, 10pm	Friday 31st May, 8am
King's Birthday, Monday 3rd June	NO DELIVERIES	NO DELIVERIES
Tuesday 4th June	Monday 3rd June, 10pm	Friday 31st May, 8am

Normal delivery schedules will resume Tuesday 4th June 2024.

See the full
online range
here

fresh produce

FreshConnection FOODSERVICE RANGE