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Market Alerts

Avocados – The prolonged shortage of product out of Mexico continues to keep pricing high. Quality is good on what product is available. Supplies are expected to drop even further at the end of July, when California's harvest is finished. We recommend you limit use where possible.

Lettuce – Conditions are slowly improving on head lettuce. Quality is good to fair, and pricing is higher than normal. **Green Leaf Crowns, Romaine Hearts and Pre-Cut Product** are the best overall values.

Red Bell Peppers – Light harvests out of California and Baja have increased pricing on **Red Bells**. Quality is good.

Asparagus – Supplies of larger sizes of Asparagus are tight, due to dry conditions and slow harvests out of Mexico. Quality is good, but pricing is higher than normal, with **Standard** being the best value.

A Peek at Peak Seasons

Locally Grown – The local growing season is heating up. We have Jersey Tomatoes, Blueberries, Peaches, Corn, Eggplants, Peppers, Cucumbers, Zucchini... check out our weekly availability list!

Grapes – Quality is excellent out of California's Coachella Valley.

Stone Fruit – Peaches, Nectarines, Apricots, and Plums are all available and great quality.

Kale – Quality is very nice, with full bunches and vibrant color reported.

Blueberries – Amazing quality berries! Jersey blues will be available through early/mid-August. *Before the season ends, stock up and freeze them to extend the season!*

Sweet Corn – It's peak season for White, Yellow and Bi-color Corn. Quality and pricing are great!

Watermelon – It's peak season for seeded and seedless melons.

Specialty Melons – Canary, Casaba, Crenshaw and other seasonal melons are available.

Weather Update

California: Much warmer temperatures expected in most growing regions.

Mexico: Warmer temperatures with daily thundershowers in the Northern and Central regions.

Southeastern U.S.: Tropical Storm Barry is expected to bring heavy rains, particularly along the Gulf Coast from Louisiana to Florida.



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Created for chefs by chefs, **Colorful Plates** is an online toolkit for culinary artisans of all experience levels looking for produce knowledge and inspiration. From Michelin-starred restaurants to home cooking enthusiasts, advice, information, and creativity available on the website is designed to elevate produce understanding.

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Commodities at a Glance

 APPLES	Quality is good, 125 CT and smaller sizes will be less available through the summer	 CELERY	Quality is good, pricing is higher	 LETTUCE LEAF	Quality is fair; pricing is higher
 ASPARAGUS	Quality is good, pricing is higher; smaller sizes are the best value	 CITRUS (LEMONS)	Quality and pricing are good	 LETTUCE TENDER LEAF	Quality and pricing are good
 AVOCADO	Quality is fair; pricing is extremely high	 CITRUS (LIMES)	Quality and pricing are good	 MELON (CANTALOUPE)	Quality and pricing are good
 BELL PEPPERS	Quality is good, pricing is higher on Red Bells	 CITRUS (ORANGES)	Quality and pricing are good	 MELON (HONEYDEW)	Quality and pricing are good
 BERRIES (BLACKBERRIES)	Quality and pricing are good	 CUCUMBERS	Quality is good, pricing is higher; Select grade is the best value	 MELON (WATERMELON)	Quality and pricing are good
 BERRIES (BLUEBERRIES)	Quality and pricing are good	 EGGPLANT	Quality is fair; pricing is higher on Western product	 ONIONS	Quality is good, pricing is higher
 BERRIES (RASPBERRIES)	Quality and pricing are good	 GARLIC	Quality is fair; pricing is higher	 PEAR	Quality and pricing are good
 BERRIES (STRAWBERRIES)	Quality is fair; pricing may be higher	 GRAPES (GREEN)	Quality and pricing are good	 PINEAPPLES	Quality and pricing are good
 BROCCOLI	Quality is fair; pricing is good	 GRAPES (RED)	Quality and pricing are good	 POTATOES	Quality is good, pricing is higher on larger sizes
 BRUSSELS SPROUTS	Quality is improving, pricing is fair	 GREEN ONIONS	Quality and pricing are good	 POTATOES (COLORED)	Quality and pricing are good
 CARROTS	Quality and pricing are good	 KALE	Quality and pricing are good	 SQUASH	Quality and pricing are good
 CAULIFLOWER	Quality and pricing are good	 LETTUCE ICEBERG	Quality is fair; pricing is higher	 TOMATOES	Quality and pricing are good

