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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 most lettuces. Quality is good to fair, with pricing higher than normal, particularly on **Iceberg** and **Romaine Hearts**. Best overall values are **pre-cut product, Whole Romaine, or Green Leaf**.

Red Bell Peppers – Supplies are improving, with pricing slightly higher than normal.

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 **Pencil and Standard** being the best values.

Cucumbers – Pricing is up this week on field-grown Cucumbers, largely demand-driven, but in part due to slower harvests in mainland Mexico and Baja California. Quality is good. **English (Seedless)** product may be a good alternative.

A Peek at Peak Seasons

Locally Grown – Jersey Tomatoes, Blueberries, Peaches, and Sweet Corn are all in stock and ready-to-ship! Check out our weekly "Local Availability" list and reach out to us for more information on our Locally-Sourced Program.

Tomatoes – The summer growing season is in full swing; though Jersey Tomatoes are the BEST.

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

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

Blueberries – Jersey blue are plentiful--sweet and plump!

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

Watermelon – also peak season!

Specialty Melons – Canary, Casaba, Crenshaw, and others are available.

Weather Update

California: Temperatures cooling to slightly below average at the beginning of the week, with coastal fog and drizzle.

Mexico: Seasonal temperatures and scattered thunderstorms throughout most growing regions.

Southeastern U.S.: Seasonal temperatures and precipitation throughout most growing regions.



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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 and pricing are good	 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 good to fair, pricing is higher	 ONIONS	Quality is good, pricing is higher
 BERRIES (RASPBERRIES)	Quality and pricing are good	 GARLIC	Quality is fair, pricing is higher	 PEARS	Quality and pricing are good
 BERRIES (STRAWBERRIES)	Quality is fair, pricing may be higher	 GRAPES (GREEN)	Quality is fair, pricing is higher	 PINEAPPLES	Quality and pricing are good
 BROCCOLI	Quality is fair, pricing is good	 GRAPES (RED)	Quality is fair, pricing is good	 POTATOES	Quality is good, pricing is higher on 80 CT and larger
 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

