

the Source +



Market Alerts

Limes – Due to extended dry conditions in Mexico's Lime growing regions, supplies have tightened on all sizes. Pricing is expected to remain higher than normal for several weeks.

Colored Bell Peppers – Supplies are limited on **Red** and other **Colored Bells**. Pricing is higher than normal, with good quality reported. **Green Bells** are a much better value.

Asparagus – Peru's harvest is very light (particularly on larger sizes), due to cold weather; Central Mexico is approaching the end of its harvest. Pricing is much higher this week on all sizes, with **Pencil and Standard** being the best value.

Potatoes – The storage crop for **Idaho bakers** is coming to an end over the next few weeks. Pricing is higher on most sizes, with **90 CT and smaller** being the best value.

Apples – The storage crop is coming to an end, with Granny Smith, Fuji, and Gala becoming less available. Sizes may be substituted. Golden Delicious in particular are very scarce. Consider substituting with other varietals.

A Peek at Peak Seasons

Locally Grown – Check out our weekly locally-sourced availability list!

Green Bell Peppers – Harvests out of multiple growing regions are yielding excellent quality and pricing. Choice Grade product is the best value.

Pears – Bosc and Bartlett Pears are very nice quality out of the West.

Grapes – California continues to harvest quality product in all sizes and varietals, with excellent texture and sugar levels.

Summer Squash – Quality and pricing are excellent, locally grown available.

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

Lettuce – Quality and pricing of Iceberg, Romaine, and Leaf are all very good.

Cantaloupe – at a peak, with very nice quality and great sugar levels.

Weather Update

California: Gradual cooling and increased moisture all week in most growing regions.

Mexico: Seasonably warm temperatures and isolated storms. Hurricane Juliette is being monitored off the Baja coast.

Southeastern U.S.: Hurricane Dorian's impact to growing regions from Georgia to Virginia are yet to be determined.



The newest kitchen tool is already in your **pocket**.

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.

JOIN THE COMMUNITY AT WWW.COLORFULPLATES.CO



www.SEASHOREEAST.com

The Source + September 6, 2019

Commodities at a Glance

 APPLES	Quality is good, certain varietals may be less available	 CELERY	Quality and pricing are good	 LETTUCE LEAF	Quality and pricing are good
 ASPARAGUS	Quality is good to fair; pricing is very high, smaller sizes are the best value	 CITRUS (LEMONS)	Quality and pricing are good	 LETTUCE TENDER LEAF	Quality and pricing are good
 AVOCADO	Quality is good, pricing is slightly higher than normal	 CITRUS (LIMES)	Quality and pricing are good	 MELON (CANTALOUPE)	Quality and pricing are good
 BELL PEPPERS	Quality is good, pricing is higher on Colored Bells	 CITRUS (ORANGES)	Quality and pricing are good	 MELON (HONEYDEW)	Quality and pricing are good
 BERRIES (BLACKBERRIES)	Quality and pricing are good	 CUCUMBERS	Quality and pricing are good	 MELON (WATERMELON)	Quality and pricing are good
 BERRIES (BLUEBERRIES)	Quality and pricing are good	 EGGPLANT	Quality is good, pricing is higher in the West	 ONIONS	Quality and pricing are good
 BERRIES (RASPBERRIES)	Quality and pricing are good	 GARLIC	Quality is fair; pricing is higher	 PEARs	Quality and pricing are good
 BERRIES (STRAWBERRIES)	Quality and pricing are good	 GRAPES (GREEN)	Quality and pricing are good	 PINEAPPLES	Quality and pricing are good
 BROCCOLI	Quality is good, pricing is higher	 GRAPES (RED)	Quality and pricing are good	 POTATOES	Quality is good to fair; pricing is higher; 90 CT and smaller are the best values
 BRUSSELS SPROUTS	Quality is good to fair, pricing is slightly higher	 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 is good, pricing is higher	 LETTUCE ICEBERG	Quality and pricing are good	 TOMATOES	Quality and pricing are good

