



GOOD BUYS

APPLES & PEARS

A lot of local apple varieties in stock - gala, gold and red delicious, granny smith, and honeycrisp. Bosc, Bartlett, Seckle, and our fruit of the month forelle pears are in stock from the West. Asian pears are local for the next few weeks.

AVOCADOS

Supplies and quality are excellent on all sizes from Mexico.

ARTICHOKES

Excellent quality and great volume (18 CT, 24 CT)

OTHER BERRIES

Blueberries are 1/2 pints from Peru with steady supplies and good quality. Plenty of supplies on raspberries. Cranberries are in stock for the holidays!

ASPARAGUS

Plenty of availability on all sizes from Peru. White is in stock, too.

EGG-STREME MARKET

AVIAN FLU
RESURGENCE

Avian Flu resurgence has caused the egg market to spike significantly. According to the USDA, roughly 43.8 million birds have been affected. We are unsure as to how long this tight, high market will last.

SQUASH

Winter squash is in full production with great quality. Local supplies of butternut, acorn, honeynut, and buttercup.

POMEGRANATES, QUINCE & PERSIMMONS

New crop from California is in with great quality.

GREENS

Kale, collards, and mustard greens are steady from Richardson Farms in Maryland.

MANGO

A mix of Tommy Atkins and Keat varieties from Brazil with good quality.

PEAK SEASON

CITRUS

Lemons, limes, clementines, blood oranges, and gold nuggets are all steady. All oranges are Navel crop from California. Grapefruit is new crop with good color. Tangerines are in stock!

BRUSSELS SPROUTS

Volume and quality is good.

ONIONS

All new crop - yellows, red, white, with good supplies and quality. Sweets from Peru.

GRAPES

Quality is excellent on all varieties. California is starting to wind down with Peru starting soon.

MELONS

Honeydews are steady. Cantaloupes are in from Central America with great quality, but markets are higher. Watermelons remain active.

BLACKBERRIES

Supplies and quality are improving from Mexico

CELERY

Quality and supplies are good, current harvest is winding down and will transition soon.

POTATOES

Volume remains steady for Yukons, creamers, reds, sweet potatoes, and fingerlings. Idaho potatoes have better availability, but demand is up because of the holiday. Burbanks are in.

CAULIFLOWER & BROCCOLI

Broccoli is steady, cauliflower remains strong. Quality is good.

PEPPERS

Market has jumped up slightly on colored peppers due to light supplies.

CARROTS

Canadian supplies are steady with good quality

ALERT

STRAWBERRIES

Market is very tight with high prices in place due to low yields from rain and cool nights. There will be shortages this week.

LETTUCE

The new growing region has started and we are starting to see some relief on romaine. Iceberg, little gems, green leaf, and Boston markets are still high and tight. Lettuce growth is starting slow due to cool nights. Market will remain strong.

LEAFY GREENS

Spring mix and mesclun are very tight with low supplies. Arugula, baby kale, baby and de-stemmed spinach are improving.

TOMATOES

This would be peak Florida season, but the crop was completely devastated by the hurricanes. Market will remain tight through late December until Mexican supplies start.

GREEN & FRENCH BEANS

Demand exceeds supplies on both greens due to the holiday and low harvest yields from weather.

BANANAS & PLANTAINS

Market remains active due to tropical storm damage. Plantains have very tight supplies.

WHITE MUSHROOMS

Buttons are still being prorated by the supplier; mediums are back to normal.

WET VEG

Leeks and green onions are active due to demand and light supplies. Parsley is also up slightly due to demand.

