

west central

FM Items Codes

Here are some suggested product codes for items we have in Inventory:

Suzies Farms
Cranberry Shelling Beans
FLAT #6406

Jimenez Farms
Albion Strawberries FLAT
#23132

Suzie's Farms
Sweet Pepper Mix LB **#6969**

Penryn Farms
Asian Pears FLAT **#5580**
Chocolate Persimmons FLAT
#5517

Arnett Farms
Flavor Fall Plums FLAT
#23392
Fall Fiesta Pluots FLAT
#22984
Autumn Yummy Pluots FLAT
#18986



West Central FM

At the Market!

Pears - Local CA Grown pears are approaching their peak. These pears are tree-ripened for unrivaled pear flavor. They're not picked for long distance shipping, they're picked for taste. These pears are an impressive accompaniment to any plate. At the market now are European varieties such as Bosc, Warren & Comice as well as Heirloom Asian pears that remain crunchy, sweet and floral in any salad.

Pomegranates. Farmers' Market Pomegranates have arrived.

We're seeing interesting color variances from deep dark reds to pale pinks. Flora Bella Farms out of Three Rivers, CA has beautiful organic White Pomegranates. Any variety is a special addition to your plate. They're indicative of fall flavors and have the ability to brighten rich dishes both in flavor and aesthetic.

Persimmons! A fall favorite, the persimmon grows extremely well in





Grapefruit: Grapefruit has finished in California.

Lemons: Prices continue to moderate on all sizes/grades. The best availability is on 165s smaller fancy and choice.

Limes (Persian): Full loads of robust limes with excellent quality are available. Shipping from Ventura County, CA, Hidalgo County, TX and Lancaster County, PA.

Navels: Chilean supplies Chilean supplies are near the end. Most shippers of domestic anticipate starting week of 10/20 with the possibility of some supplies beforehand.

Valencias: Many shippers of domestic will be winding down next week, but the larger shippers will go throughout October.

Texas/Florida Oranges: Florida should have some limited supplies by the end of this week. Texas has started in a small way.

California. With history in Asian horticulture and Greek allegory this fruit is rich in culture. CA is home to many different varieties. In addition to the soft and unctuous Hachiya Persimon or a sweet and crunchy Fuyu our local farmers' market scene is home to "Chocolate" Persimmons, "Cinnamon" Persimmons, Giant Fuyu's and more.

Other Seasonal Items Right Now!

Eggplant are still in abundance, some varieties more than others ~ Apples are Fresh off the Tree ~ Grapes are at their peak and will be gone soon ~ Winter Squash is in full effect – stock up now ~ Hot Chile Peppers are wonderful right now ~ Guavas are ripe and fragrant ~

Keep An Eye Out For...

Sunchokes or Jerusalem Artichokes are in! The first of the season are here. Coleman farms from Carpentaria has a super fresh crop with a super thin skin.

Baby Broccoli with the momentary drop in temperature baby and sprouting broccoli has been spotted.

Wrapping Up At The Market...

Cherry Tomatoes. A local favorite, Coastal Organic Farms, is done for the season. This is a pretty good indicator that our cherry tomato production is wrapping up.

Strawberries - Harry's Berries product remains in short supply. Get your orders in early or ask your rep for a comparable substitute.



Asparagus:

Slow demand and good supplies out of both Mexico and Peru, prices are coming down including jumbo size

Avocados :

California is all but done but there are good supplies of good Mexican fruit, the market has been slipping and we are adjusting prices downward today

Apples:

New crop Washington apples are hitting the market now; prices on all apples with the exception of Fuji apples are starting to come down.

Broccoli, Cauliflower, Leaf, Lettuce : everything seems to be in abundant supply and prices are starting to come down, broccoli crowns still are a little high but still are down in price.

Cabbage & Celery : Cabbage is off slightly but still remains high for this time of year, celery is about the same as it has been for the last few weeks.

Melons: we are in the final weeks of California watermelons and quality is not real good; we are seeing a lot of fruit coming in that is cutting white in color; new crop Mexican fruit is starting to trickle in and there is not enough fruit to fill in the gap, I would not recommend watermelons at this time unless you can live with pink melons, cantaloupes and honeydews are gaining strength in price too as the west side melon deal winds down, we are down to only a handful of shippers that have fruit and prices are on the upswing; the desert is still a couple of weeks away but so far supplies are short to adequate.

Green Onions: after 3 or 4 weeks of high prices the market is coming down, iceless green onions remain strong but regular pencil size onions are down.

Pineapples: supplies are much better out of central America and prices are coming down.

Stone Fruit: we are down to a handful of yellow peaches and nectarines combined with black Angelino and red Flavor Fall plums; apricots, cherries and the like are finished for the season.

Potatoes & Onions: everything now is new crop and prices are steady out of the Pacific northwest (Idaho, Oregon, Washington).

Specialty Citrus

Items: Chilean clementines are in great demand with corresponding increases in price. Chilean Cara Cara demand exceeds available supplies. Pummelo and Oro Blanco should be available by the second week of October.

Squash: Zucchini & Yellow Prices continue to move higher, with tight availability and quality issues in the East and West. Availability in Nogales is expected to increase by early October. Growers in Mexico are working through issues caused by Hurricanes Norbert and Odile during September.

Acorn, Butternut, Spaghetti

(loading in Los Angeles): Adequate supplies for all varieties.

Green and Red Bell Peppers:

Plentiful supplies and favorable prices for green, red and yellow bells in California. Prices are expected to firm by early October as production winds down in Central California districts, leaving coastal Southern California as the primary growing area. Transition will soon be underway to Georgia, as the harvest in Michigan winds down on green bells.

Cucumbers: Prices are steady in the West, with production in Baja California being supplemented by new crop harvest in Northern Mexico. A wide range in quality exists, the result of an unprecedented two hurricanes that hit 10 days apart during September. Prices are comparatively higher in the East; with tight availability as the harvest transition to Georgia has been delayed.

Green Beans: Prices continue to advance for the late season harvest in New York and North Carolina; continued tight supplies and high prices in the coastal districts of Central California.

Garlic: The shortage situation continues; volume from China is down substantially due to tariff increases for the majority of importers. This has resulted in a large increase in demand for California and Mexican growers. Although a few containers from China have arrived on the West coast

Snow and Sugar Snap

Peas: Snow peas and sugar snaps are in tight supply (Peru, Mexico); prices remain at the highs for both. Quality is poor and limited availability will continue.

Artichokes good supplies on large size such as 12's ,18's, 24's and 30's 36's 48's and baby size market will be very short for the next week

Brussels Sprouts Market steady on both sizes jumbo and medium size also baby size Baby purple still out of season.

Fava Beans end English Peas Market still very short on supplies

ASIAN VEGETABLES.....

Chinese Long Beans, Ong Choy, Baby Bok Choy, Yellow Nira Chives, Green Nira Chives
Chines Broccoli, Japanese Cucumber, Daikon Root Korean Daikon,
Japanese ,Chinese, Italian, Indian, and Thai Eggplant Market steady
Chile Shisito good supplies out of Mexico
Ginger market very limited out of China

Fennel and Frisee Market steady
Baby Corn are back in a very limited supplies out of Mexico
Colored Cauliflower and Romanesco Market steady
*******SUNCHOKES MARKET VERY SHORT*****

FRUIT MARKET.....

California Cape Gooseberries still available
Frozen Huckleberries USA good supplies
Thai Coconut, Figs Black Mission, Figs Brown and Candy Striped Figs still available
Longan, Rambutan, Feijoas, baby kiwi, Pomegranate, Quince Fuyu Persimmons
Mangosteen,