

WEST CENTRAL

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Keep an Eye Out For....

Pomegranates! The very first of the season have arrived.

Late Season Stone Fruit - While there are enough late season peaches to take us into October, nectarines are becoming scarcer. Our **White Peaches** from Tenerelli are EXCELLENT this week.

Dates are fresh, juicy - a desert favorite.

Wrapping Up At The Market...

Summer Squash - This hot summer has made the season short for this warm weather favorite.

Mustard Greens & Broccoli - These cool weather greens will be coming back soon, it's still too hot for them now.



Farm to Table

Pears & Apples! Fall fruit is quickly creeping into the market. Local farms with cooler climates are bringing down beautiful pears and crisp apples. **Apples** are available almost all year locally but right now is the only time we get them freshly picked off the tree. **Pears** are available for only a short season so get them while they last.

Local Grapes ...

Grapes are a telltale sign that summer is ending. Here in California we're blessed with world class varieties and a perfect growing climate. These grapes are outstanding and can only be found here in our backyard.





WC Produce Update

Asparagus - a little easier; jumbo still remains strong.

Broccoli & Cauliflower - had been going down but is on the rebound, volume is too low for prices to be coming down anytime soon.

Green Onions- very short, prices have tripled and are at levels that we have never seen before.

Stone Fruit - the season is winding down; white nectarines and peaches are hit and miss with miss being the operative word, Yellow nectarines out of Washington are still good but supplies are dwindling; yellow peaches are still good and are now coming out of California and Utah, plums are still good too. Apricots and cherries are finished.

Yellow & White Corn - supplies are limited and prices are heading back up

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

Farmers Market Codes

Tenerelli Farms

Late Season Peaches White FLAT #6961

Coastal Organic

Mixed Cherry Tomato FLAT #626291

Frog Hollow Farms

Warren Pears FLAT #6593

Arnett Farms

Crimson Gold Apples FLAT #23392

