

### Good News

- **Local Apples** – Product on hand from Murray and Fair Hills. Arkansas Black, Braeburn, Fuji, Granny Smith, and Pink Lady are all cutting very well.
- **Local Fresh Olives** – Flora Bella Farms product available by the pound. Item# 20415.
- **Red Kuri Squash** – Tutti Frutti Farms product on hand. Very sweet flesh with a “chestnut” flavor. Item# 20651.
- **Brussel Sprouts** – Life’s a Choke product on hand by the 10 lb case. Sizing is running on the smaller side. Item# 20269 by the 10 lb case.

### Bad News

- **Leaf Items** – Butter Lettuce, Romaine Hearts (all labels), and Cauliflower are all in very short supply.
- **Strawberries & Blueberries** – Demand is high and supply is short. Prices are at very high levels. Relief soon as MX starts up.
- **Melons** – Limited supply as CA wraps up and AZ/MX supply begins. Sugar content is low. We recommend the **Summer (green) & Sugar Kiss (orange) melons as a substitute.**
- **Figs** – Season is wrapping up on all varieties. Less availability by next week. Brown Turkey have been cutting the sweetest.

### Frog Hollow Farms

#### Organic Warren Pears Item# 6593, 10#

We are stocking this signature pear in good supply from Frog Hollow. It has a great origin story: discovered by Thomas Oscar Warren growing naturally outside a post office in Hattiesburg, MS. Once known as the Post Office pear, it’s taken on its founder name is a favorite of chefs. Being difficult to grow, it never caught on commercially. It has a classic European texture, very soft and juicy with a silky sweetness that avoids the typical grittiness found in most pears. Warrens are harvested in late August.



### Featured Product



#### Percentages currently in stock

- 62% Dark Peru, 5.5 lb, item# 24639
- 56% Dark Ecuador, 40 lb, item# 24640
- 38% Milk Pure, 5.5 lb, item# 24641
- 40% Milk Caramelized, 5.5 lb, item# 24642
- 71% Dark Blend, 40 lb, item# 24643
- 58% Dark Blend, 5.5 lb, item# 24644
- 33% Milk Blend, 40 lb, item# 24645
- Cacao Powder 100%, 5.5 lb, item# 24646
- White Chocolate, 31%, item# 24671

## Market Overview

### Avocadoes

Still seeing some fruit cutting black due to poor oil content. #2 fruit is limited to N/A. **Great deal on Item# 134, 40 ct.**

### Artichokes

Prices and supply are improving with the cooler weather. Baby are recovering as well.

### Sunchokes

Supply is currently very steady. We have been able to keep inventory through the Weiser gap.

### Asparagus

**Conventional** – Prices are firm due to limited supply out of Peru. Larger sizes are harder to come by.  
**White (Peru)** – Product available. Item# 117.

### Brussel Sprouts

Supply is very steady. Quality and price are both excellent.

### Broccoli, Cauliflower, & Celery

*Fallout from the heat and rain will continue. We are seeing some relief on prices but the market is still tight; keep an eye on prices and quality.*

### Leaf Items

**Napa Cabbage** – Very poor yields this week and quality issues across the board.  
**Arugula** – Some yellowing due to high heat. Overall quality is good and will continue to improve as it cools.  
**Spinach** – Supply is in extreme conditions due to heat. Overall good quality with thicker stems here and there.  
**Bloomsdale/Savoy** – Supply has improved.  
**Spring Mix/Mesclun** – Supply and quality improving as temperatures have cooled.  
**Iceberg** – Prices have firmed as fields transition from Salinas to Huron. Quality is better.  
**Green/Red Leaf** – Supply is good and prices are at lower levels.  
**Butter** – Very limited right now. Will be subbing with living butter lettuce as necessary.  
**Romaine/Hearts** – Romaine Hearts from all labels will be short. We will sub accordingly.  
**Kale** – Supply is improving with cooler temperatures.

### Peas & Beans

**Sugar Snap & Snow** – Prices are holding at higher levels.  
**Garbanzo Beans** – Fresh product is on hand.  
**English Peas** – Whole product is still gapping. Shelled product is available at a premium, item# 7603.  
**Cranberry Beans** – Fresh product is currently N/A.  
**Pea Tendrils** – Conventional product available.  
**Fava Beans** – Currently N/A.  
**Blue Lake** – Prices are holding at lower levels and quality is good.

### Melons

**Hon/Cant** – 5 ct Honeydew and 9 ct Cantaloupe are cutting the best this week.  
**Heirloom Melons** – Plenty of Sugar/Summer Kiss on hand. Recommend as a sub for Cant/Honey.  
**Watermelon** – Prices are holding at lower levels and quality has been good.  
**Yellow Watermelon** – Done for the season.  
**Local Mix Melons** – Finished for the season.  
**Pineapple** – Dole (item# 4416) label is cutting the best this week.

## Cucumbers

**Standard** – Quality is good and prices are holding at lower levels.

**English/Hot House** – Prices are holding at lower levels.

## Garlic

*Chinese product is being held up. Prices will be up across the board as CA tries to fill in the gaps.*

## Ginger

Prices and supply have returned to normal levels.

## Peppers

**Bells** – Red are high w/sizing and quality issues; Green are a better option for the time being.

**Red Fresno** – Prices have eased way off. Very good supply.

**Red Thai** – A few pounds on hand this week.

**Padron** – Some Finley Farm product available by the pound, item# 5442.

## Tomatoes

**Slicing/Romas** – Prices are firmer on Slicing as several growers are reporting viruses. Romas are lower.

**Local Beefsteaks** – Available from Valdivia. Large and Small sizes available.

**Grape & Cherry** – Cherry tomatoes are up in price. **Grape tomatoes are a better buy this week.**

**Local Cherry Heirloom** – Valdivia has very nice product available. Item# 23040.

**Heirlooms** – MX is done, CA supply is limited due to heat. Valdivia has had some very nice product available.

**Teardrop** – Supply is still very short and prices are up.

## Mushrooms

**Blue Chanterelles** – N/A this week. Item# 6199 (pre-order).

**White Chanterelles** – N/A this week. Special order only.

**Gold Chanterelles** – Supply has improved and prices are at lower levels.

**Porcini** – Few pounds available this week. Item# 1627.

**Lobsters** – N/A at this time. Item# 1618.

**Matsutake** - #1s available but limited, item# 1619.

**Cauliflower** – N/A this week. Item# 7147.

## Citrus

**Lemons** – Prices have eased to more normal levels.

**Limes** – Prices are back to normal levels.

**Blood Oranges** – Moro variety available and on hand.

**Kumquats** – Done until new winter crop is available.

**Grapefruit** – CA Ruby Red product is now being shipped. Color may be lighter but quality is good.

**Local Oro Blanco** – Currently N/A; gapping.

**Local Valencia's** – JJ Lone Daughter product is in house and is fantastic for juicing. Item# 5710 is a great buy right now and will be for the next couple of months.

**Navels** – Texas product on hand.

**Pumelo** – Currently unavailable.

**Satsuma & Clementine** – CA product on hand.

## Berries

**Straws** – Major quality issues; subbing for best quality. Prices are at higher levels.

**Black** – Demand is exceeding supply on all CA growing regions. Better option than Blues/Straws.

**Blues** – Prices are at extreme levels. Offshore and Domestic supply is very limited.

Ras – Prices have eased somewhat but market is still strong as folks are avoiding Blues/Straws.

## Squash

Delicata Squash – Tutti Frutti Farms product on hand; excellent quality. Item# 23072, per/lb.

Local Baby Summer – Valdivia product on hand looks very nice.

Yellow Squash & Zucchini – CA and Baja supply is tight right now.

Acorn, Butternut, Spaghetti – Good supply on CA product.

Blossoms – Product available; quality is good.

## Romanesco

Product available and quality is good.

## Herbs

Prices have eased considerably, though still high, on chervil, tarragon, lemon thyme, chives. Will continue to ease as weather cools.

