

### Good News

- **Local Heirloom Tomatoes** – Excellent quality on local product under conventional and FM codes. FM product from Freyr Farms
- **Local Chiles** – Shishitos from Weiser and Padrons from Suzie’s on hand. Great buy!
- **Local Finger Limes** – In stock from JJ Lone Daughter in Redlands. Great buy this week; get them while they’re available. 6 oz clamshell, item# 5917.
- **Wild Mushrooms** – Available now at great prices:
  - Gold Chanterelle, item# 1604, per/lb
  - Morels, item# 1621, per/lb
  - Lobster, item# 1618, per/lb

### Bad News

- **Avocados** – Market will continue to improve through August. Best deals right now are on the 60/70 count.
- **Celery Root** – There is currently a hold on import product by US Customs due to contaminated product being discovered. Domestic product available.
- **Mushrooms** – Portobellos and Standards are seeing quality issue due to recent high heat. We will be sorting for quality as needed.
- **Garnet Yams** – Larger sizes are harder to come by with most of the product being medium to small. Relief expected in about 1-2 weeks.

### Seasonal Melons Now Available

**Item# 1454 Galia (5 ct)**

Item# 4223 Galia FM (pre-order, 20 lb)

**Item# 1426 Canary (5 ct)**

Item# 1476 Santa Claus (5 ct)

**Item# 1472 Honeydew Golden**

Item# 1466 Honeydew Pink (5 ct)

**Item# 18956 Charentais FM (pre-order, 20 lb)**

Item# 1441 Casaba (5 ct)

**Item# 18954 Melons Mix FM (Pre-order)**

*Santa Claus Melon*

*Charentais Melon*



### Featured Product

## BuzzBar

Vanilla Daze and Bourbon St. Chocolate are now available by the liter!

Vanilla Daze, item# 27171 (2/1 liter case)  
Bourbon St. Chocolate, item# 27172 (2/1 liter case)



## Market Overview

### Avocadoes

Market is improving as CA and MX kick into gear. Relief will continue through August.

### Artichokes

Supply has improved on baby and globe.

### Sunchokes

Supply is currently very steady with product running a little smaller. Larger sizes expected in about 2 weeks.

### Asparagus

**Conventional** – Market is up slightly but supply is steady on Medium, Large, and Jumbo. Ex-Large is limited.

**Farmers Market** – Plenty of Large and Jumbo product on hand from Life is a Choke.

**White (Peru)** – Product available. Item# 117.

### Brussel Sprouts

Fancy and Jumbo are at good levels this week. Good buy right now.

### Cauliflower, Celery, Broccoli, Romanesco

**Broccoli/Cauliflower** – Prices have eased a bit but are still high. Broccoli is a better buy right now.

**Celery** – Great buy right now. Lots of quality product available and prices are down.

**Romanesco/Colored Cauliflower** – Good availability with prices are moderate levels.

### Stone Fruit

**Yellow Peaches** – FM and conventional product available. Excellent quality to start off the season.

**White Peaches** – FM and conventional product available.

**Plums** – Dapple Jacks available from Murray with excellent sizing and quality. Item# 22675.

**Apricot** – Finished!

**Splash Plums** – Finished!

**Peacotum** – Finished!

### Citrus

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

**Limes** – Prices have eased up considerably.

**Blood Oranges** – Late season conventional product still available. Quality is fair but will be falling off.

**Cara Cara Oranges** – Done for the season.

**Kumquats** – Finishing up for the season.

**Grapefruit** – Supply out of CA. Sizing may be off now that TX is done.

**Local Oro Blanco** – Still available with excellent quality.

**Local Valencia's** – JJ Lone Daughter product is in house and is fantastic for juicing. Item# 5710, 40# case.

**Navels** – Texas product on hand.

**Pumelo** – Conventional product on hand.

**Tree Ripe Tangerines** – Finished for the season.

**Clementine/Satsuma/Mandarin** – CA season has wrapped. What's available is hit or miss quality.

### Figs

CA product is on hand. Black Mission and Brown Turkey available.

## **Leaf Items** *Keep an eye on quality as recent high heat can cause quality and shelf life issues.*

**Napa Cabbage** – Prices are down and quality has been good.

**Arugula** – Product has been on the small side. Prices are down.

**Spinach** – Prices and supply are good.

**Bloomsdale/Savoy** – Product on hand with good quality.

**Spring Mix/Mesclun** – Availability is good with consistent weather.

**Iceberg** – Prices have eased but are still higher.

**Green/Red Leaf** – Prices have eased with improving weather. Green leaf is a better buy.

**Butter** – Price is up with outer leaves showing damage. Living Lettuce may be a better option.

**Romaine/Hearts** – Hearts are up in price. Whole heads are at a decent level.

**Kale** – Prices and quality have been good.

## **Peas & Beans**

**Sugar Snap & Snow** – Demand is high and prices are firm. Quality has been very good.

**Garbanzo Beans** – On hand in good supply.

**English Peas** – Supply is good and prices are at reasonable levels.

**Cranberry Beans** – Fresh product in stock now from 2 Peas in a Pod.

**Pea Tendrils** – Conventional product available.

**Fava Beans** – Local and conventional product available. Quality is good.

**Blue Lake** – Prices are holding at lower levels and quality is good.

## **Melons**

**Hon/Cant** – Quality and availability is very good right now.

**Heirloom Melons** – All types are available with FM product from County Line and Weiser Farms (mix).

**Watermelon** – Quality is continuing to improve.

**Yellow Watermelon** – Available and cutting very well.

**Pineapple** – Product is being harvested earlier due to rainy season in the tropics and may have a greener shell. This is not an indicator of ripeness or quality.

## **Cucumbers**

**Standard** – Market has improved, prices are down.

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

**Pickling** – Quality has been off and we are sorting for best size and quality. Supply is very limited.

## **Garlic/Shallots**

**Garlic** - *Extreme market right now! Prices are going to hold at higher levels until June when CA begins harvesting again.*

**Shallots** – Gapping for summer, prices are up a little. Will improve as temps cool.

## **Ginger**

Prices and supply have returned to normal levels.

## **Peppers**

**Bells** – High temps have caused a spike in prices; especially on yellow and orange. **Green/Red are the best buy.**

**Shishitos** – Prices are very firm this week as fields transition for the summer.

**Red Fresno** – Prices are up with crop loss from the high heat.

**Habanero** – Prices have eased somewhat.

**Red Thai** – Very limited availability.

**Padron** – Now available from Suzie's Farm.

## Herbs

Prices and supply are good across the board and the market should be good through spring and into summer.

## Berries

**Straws** – Quality has been good but the high heat may cause some issues.

**Black** – Steady supply, prices are holding at moderate levels.

**Blues** – Prices are down and supply is good.

**Ras** – Prices have eased and supply is steady. Pudwill Farms product available.

## Tomatoes

**Slicing/Romas** – Romas have eased, prices are down. Slicing tomatoes are up slightly.

**Local Beefsteaks** – Good supply on Valdivia Farms product.

**Grape & Cherry** – Prices continue to ease. Quality has been good.

**Sungold** – Sweet local product available from Munak Ranch. Item# 5139, 12/12 oz.

**Large and Small Heirlooms** – Plenty of local product on hand. Excellent sizing and color. Great buy!

**Local Baby Heirlooms** – Mark Carpenter product in this week. Item# 4072 FM Cherry Mixed Tomatoes.

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

## Mushrooms

**Morels** – Fresh product available at a good price while supply lasts.

**Gold Chanterelles** – Available and prices are at lower levels.

**Black Trumpets** – Unavailable right now.

**Hedgehogs** – N/A this week.

**Porcini** – Fresh product available. Item# 1627.

**Matsutake** – Currently unavailable.

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

**Lobsters** – N/A at this time.

## Squash

**Mixed Summer Squash** – New pack size is a 10# mixed case. Excellent quality! Item#

**Baby Summer Squash** – Supply is decent.

**Yellow Squash & Zucchini** – Prices are down and supply is good. Great buy right now.

**Blossoms** – Product on hand with good quality.

## Oil Commodity Market Update

**Canola** – Prices are holding at lower levels right now. Plenty of supply to meet demand.

**Palm** – Tight supply on the market as there's a push to get more saturated oils to replace hydrogenated.

**Soy** – Very high production though high heat may slow crop yield. Price is down.