

### Good News

- **Honeynut Squash** – New variety of baby butternut from Weiser Farms. Much sweeter than a standard butternut but much smaller. Great for stuffing! Item# 27900, 10#. Limited on hand this week but will increase with demand.
- **Persimmons** – Fuyu, Chocolate, and Hachiya are in stock from Murray, Penryn, and Briar Patch!
- **Black Arkansas Apples** – Now in stock from Penryn Orchard. Item# 23614, 10# case.
- **Bloomsdale Spinach** – Conventional and FM product available from Rutiz Farms. Excellent quality!
- **Local Cranberry Beans** – Back in stock!

### Bad News

- **Avocadoes** – Supply issues and high prices will continue as there are now labor disputes underway in MX. As of now, relief is uncertain and the impact is nationwide. **#2 and pre-processed product available.**
- **English/Hot House Cukes** – Prices are up as CA & Nogales growing regions are limited. Relief expected end of this month.
- **Blueberries** – Mixed market is driving prices sky high. Avoid if possible; relief through Oct.
- **Done for the season!** – Local stone fruit has wrapped up with the exception of a couple late season plum varieties. Yellow Peaches/Nectarines are finished.

### Seasonal Squashes Available

**Item# 5973 Kabocha FM**

Item# 20651 Red Kuri FM

**Item# 27900 Honeynut Mini FM**

Item# 23702 Delicata

**Item# 3797 Carnival**

Item# 4891 Turban

*Turban Squash*



*Red Kuri Squash*



### Featured Product

## Lemoncoco

Item# 27661 SODA, LEMON COCO 12/12 OZ

Now in stock is this premium, non-carbonated beverage combining the natural flavors of lemon and coconut. This is a very popular drink in Italy and is growing in popularity in the states. This is an excellent addition to any bar menu or for customers looking for something new!



# Market Overview

## Avocadoes

Poor market conditions will continue as labor disputes in MX are underway.

## Artichokes

Supply is good on baby and globe.

## Sunchokes

Supply is currently very steady with product running a little smaller. Weiser product available this week or next.

## Asparagus

Conventional – Decent supply and prices are steady.

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

## Brussel Sprouts

Prices are up. FM product from Life's a Choke... on hand

## Cauliflower, Celery, Broccolini, Romanesco

Broccoli/Cauliflower – Prices have eased on both.

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 – Finished.

White Peaches – Finished!

Cherries – Finished!

Plums – Last of a couple late season varieties from Jay Scott. Done this month.

## Citrus

Lemons – Prices are up across the board. Relief expected towards the end of October/beginning of November.

Limes – Prices have eased up considerably.

Blood Oranges – N/A.

Cara Cara Oranges – Done for the season.

Kumquats – N/A

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

Local Oro Blanco – Finished for the season.

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

Navels – Season has started. Quality is good.

Pumelo – Finished for the season.

Tree Ripe Tangerines – Finished for the season.

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

## Figs

Some product still available but the season is winding down. Quality may be off.

## Leaf Items

**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** – Prices have eased.

**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** – Prices has climbed a bit as product comes out of a gap. Quality and supply will improve.

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

**Pea Tendrils** – Conventional product available.

**Fava Beans** – Fresh product on hand.

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

## Melons

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

**Heirloom Melons** – Finishing up for the season. Will source as long as available.

**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** – CA is harvesting new crop but we will not see the effects on price for another month or so.

## Ginger

Prices and supply have returned to normal levels.

## Peppers

**Bells** – Prices on red are up due to higher temps in growing region. Supply out of CA. **Green/Gold are the best buy.**

**Shishitos** – Prices are holding at higher levels.

**Red Fresno** – Prices are down and quality is good.

**Habanero** – Prices have eased somewhat.

**Red Thai** – Very limited availability.

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

## Herbs

Cilantro has improved, prices are down and quality has been good.

## Berries

**Straws** – Prices are at decent levels and quality has been good.

**Black** – Prices are headed up as the peak season finishes. Demand is still strong.

**Blues** – Mixed market has prices sky high. Relief through this month.

**Ras** – Prices are up as demand continues to be high with the season wrapping up.

## Tomatoes

**Slicing/Romas** – Prices are up a bit on both.

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

**Grape & Cherry** – Cherry tomatoes are currently a better option than grape.

**Sungold** – Winding down. Will source as long as available.

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

**Local Baby Heirlooms** – Winding down. Will source as long as available.

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

## Mushrooms

**Morels** – Fresh is N/A.

**Gold Chanterelles** – Available at a decent price.

**Black Trumpets** – Unavailable right now.

**Hedgehogs** – Limited.

**Porcini** – Available but limited.

**Matsutake** – Available but limited. Small amount on hand.

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

**Lobsters** – On hand, excellent quality.

## Squash

**Mixed Summer Squash** – Still available but will be finishing up.

**Baby Summer Squash** – Still available but may see quality issues with season winding down.

**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.