

Good News

- **Artichokes** – Great supply on CA product. Conventional and Farmers Market product on hand. FM item# 7211 BABY W/STEM from Life's a Choke.
- **Local Grapes** – Concord (item# 25759) and Vintage Red (item# 25758) from Scott Farms.
- **Weiser Radishes** – Purple Plum (item# 22895) and Watermelon (item# 20797) in stock. Excellent quality!
- **Bloomsdale Spinach** – Conventional and FM product available from Rutiz Farms. Excellent quality!
- **Local Cranberry Beans** – In stock! Item# 6406.

Bad News

- **Avocados** – Prices are still at extreme levels though there will be some relief this week.
- **Black Figs** – Winding down, poor quality. Will sub with Brown as needed.
- **Strawberries** – Watsonville/Salinas done for the season. Rain in Oxnard will hinder harvesting and quality over the next week or so. Prices and quality will be off. MX is ramping up.
- **White Mushrooms** – High temps in PA are affecting yields. Stronger market in November.
- **Green Beans (Blue Lakes)** – Very limited this month! Prices may begin to climb.

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

Prices and supply will be improving though the market is still very poor. Prices will be well above average for this time of year through December.

Artichokes

Supply is good on baby and globe. Conventional and Local product available. Great buy right now!

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, Brocolini, 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 – Flavor Fall from Murray Farms. Item# 27847.

Citrus

Lemons – Prices have eased but we have seen some quality issues. Improvements expected this month.

Limes – Prices have eased up considerably.

Blood Oranges – N/A.

Cara Cara Oranges – N/A.

Kumquats – N/A

Grapefruit – TX begins this month!

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.

Navel's – 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

Black are very poor quality so we are going to be subbing with Brown. Tiger Stripe are winding down.

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 – Both are at moderate levels price wise. Quality has been good.

Kale – FM Baby Mix from County Line in stock! Item# 18088, 4 lb.

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 – Supply out of Coachella is experiencing heavy demand. Prices may begin to climb.

Melons

Hon/Cant – Honeydew are a better option over Cantaloupe this week.

Heirloom Melons – Tuscan melons on hand. Item# 1471, 6-8 count.

Watermelon – MX supply to begin this month for the winter.

Yellow Watermelon – Finishing up for the season.

Pineapple – Prices are coming off and quality has been fair/good.

Cucumbers

Standard – Market has improved, prices are way down as supply out of MX improves.

English/Hot House – Prices are coming off on product out of MX.

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 up this week as fields move out of the North to Oxnard & MX. Rain didn't help either.

Black – Better option for berries this week.

Blues – Prices eased a bit and quality is decent for this time of year.

Ras – Prices are at moderate levels. Quality is decent.

Tomatoes

Slicing/Romas – Slicing tomatoes are up as decent quality is hard to come by. Romas are a slightly better buy.

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 – Still going strong. Great buy right now!

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 – Price is down and supply is good.

Black Trumpets – Limited availability with decent quality and pricing.

Hedgehogs – N/A.

Porcini – N/A.

Matsutake – N/A.

White Chanterelles – N/A.

Lobsters – On hand, excellent quality.

Squash

Local Fall Squash – Great supply right now on all fall varieties.

Baby Summer Squash – Baby varieties on hand. Most supply out of MX.

Yellow Squash & Zucchini – Great buy this week on medium varieties. Prices are way down.

Blossoms – Fresh Origins product on hand.