

### Good News

- **Baby Parsnips** – In stock from Weiser Farms. 10 lb case, item# 2017.
- **FM Spring Garlic and Onions** – Some very early arrivals from Her Produce and Valdivia. Availability is limited though.
- **Tree Ripe Tangerines** – In stock from Regier Farm. Very sweet and easy to peel.
- **Blacksheep Produce** – Stocking a few items from this Chino based family farm: baby mixed carrots, delicata/kabocha squash, purple plum radishes, and baby mixed heirloom tomatoes.
- **Oranges** – California Cara Cara and Blood are available with excellent quality.

### Bad News

- **Tomatoes** – **Extreme market!** Prices are still off the charts but relief is expected in about 2 weeks on rounds/slicing. Romas have eased considerably and are the better buy right now.
- **Basil** – FDA is currently holding large shipments of basil as part of a new review program. Product is having to be dumped due to this hold up. High winds in the growing regions have also led to very poor market conditions.
- **Colored Cauliflower** – Very limited right now due to sizing issues. Relief in about 2 weeks.
- **Price Increase** – Baby kale, cello/baby spinach, and wild arugula will see price increases. High winds/cold temps have hurt quality.

### New Seasonal Items

#### **Baby Parsnips**

In stock from WEISER FAMILY FARMS  
Item# 2017 PARSNIPS, \*FM ROOT BABY  
10 LB case



### Featured Product

#### **IN STOCK NOW!**

Pack size on all items 12/16 oz

- Item# 25200 Watermelon
- Item# 25193 Blackberry
- Item# 25199 Strawberry Kiwi
- Item# 25195 Apple
- Item# 25196 Mango-Grapefruit
- Item# 25198 Pomegranate
- Item# 25197 Pear
- Item# 251914Cucumber

**hint**  
water made tasty™



0 calories, 0 sugar, 0 diet sweeteners

## Market Overview

### Avocadoes

Prices have eased slightly on larger sizes. Fresh hass avocado chunk available – item# 129, 8/2# case.

### Artichokes

Prices are steady and quality is good. Prices are up a bit on baby variety.

### Sunchokes

Supply is good. Great quality and sizing.

### Asparagus

Conventional – Very limited right now. Sizing/Pricing is all over the place and we are seeing shortages.

Local – Local product is unavailable this week.

White – Product available. Item# 117. Price is very high.

### Brussel Sprouts

Prices are holding at higher levels due to limited availability on all sizes. Relief expected in 2-3 weeks.

### Cauliflower, Celery, Broccoli, Romanesco

Caulif/Romanesco – Very limited on all colored varieties.

Celery – Prices have dropped to very low levels.

Broccoli – Prices are returning to lower levels. Good quality.

Broccoli – Prices are high due to high winds affecting quality and hindering the harvest.

### Stone Fruit

Yellow Peaches – Done.

White Peaches – Done.

Donut Peaches – Done for the season.

Nectarines – Done.

Cherries – Done for the season.

Plums/Pluots – Done.

### Citrus

Lemons – Prices have climbed due to the fires. Relief will be a ways out until o

Limes – Prices are fair and quality will continue to improve.

Blood Oranges – Conventional product in stock.

Cara Cara Oranges – CA product in stock.

Kumquats – In stock.

Grapefruit – Mostly TX though there is some CA.

Local Oro Blanco – In stock from Schaner Farms. MELOGOLD variety also on hand, item# 26577.

Local Valencia's – JJ Lone Daughter product is unavailable at the moment.

Valencia – Not much right now.

Navels – Prices should be easing as the season improves. Quality is ok but will improve.

Pumelo – Some conventional CA product available.

Tree Ripe Tangerines – Done!

Sumo Tangerines – Available from the farmers market by pre-order.

Clementine/Satsuma/Mandarin – In stock.

### Figs

Unavailable at this time. Will source offshore product as it's available.

## Leaf Items

**Napa Cabbage** – Prices have eased. Good supply.

**Arugula** – High winds have affected quality. Prices will be up over the next few weeks.

**Spinach** – High winds have affected quality. Prices will be up over the next few weeks.

**Bloomsdale/Savoy** – Local stock from County Line has started. Conventional will come available too.

**Spring Mix/Mesclun** – Most of the supply coming from Salinas. Quality has been ok.

**Iceberg** – Prices are returning to normal levels. Good quality.

**Green/Red Leaf** – Quality and supply are good.

**Butter** – Prices are down but keep an eye on quality.

**Romaine/Hearts** – Price should be easing over the coming weeks. Quality is improving.

**Kale** – Conventional baby varieties will see prices rise. County Line product on hand, item# 18088.

## Peas & Beans

**Sugar Snap & Snow** – Demand is high and we are seeing good quality on both. Prices are up with the holidays.

**Garbanzo Beans** – Finished.

**English Peas** – Conventional product on hand. Pricing is fair.

**FM Shelling Beans** – Very limited. Cranberry and Purple Runners on hand until we cannot source.

**Pea Tendrils** – Conventional product available.

**Fava Beans** – Fresh product on hand. Pricing is at lower levels.

**Blue Lake** – Prices are up due to the high heat.

## Melons

**Hon/Cant** – Offshore season ramping up. Very little domestic product available now.

**Heirloom Melons** – Done.

**Watermelon** – Desert is wrapping up. Supply will be mostly smaller fruit and prices may be up.

**Yellow Watermelon** – Done for the season.

**Pineapple** – Price and supply are good.

## Cucumbers

**Standard** – Market is steady out of Nogales.

**English/Hot House** – Supply out of Nogales is decent.

**Pickling** – Limited on the larger sizes. Mostly fancy available.

## Garlic/Shallots

Prices and supply are great on both.

## Ginger

Prices and supply have returned to normal levels.

## Peppers & Chiles

**Bells** – Prices have eased on Green and Red. Yellow is up.

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

**Red Fresno** – Prices have eased this week.

**Habanero** – Prices have eased.

**Red Thai** – Very limited availability.

**Padron** – Done for the season.

## Herbs

Keep an eye on quality as we are still dealing with very high heat in certain areas. Overall should be ok.

## Berries

**Straws** – Prices are quality are off due to the peak season ending.

**Black** – Supply is ok for this time of year. Prices are up a little.

**Blues** – Supply will improve as import market improves. Prices are up a bit.

**Ras** – Prices are up as supply is tight.

## Tomatoes

**Slicing/Romas** – Severe market! Prices are sky high. Romas are the better buy right now.

**Local Beefsteaks** – Great supply on Valdivia product.

**Grape & Cherry** – Prices are way up.

**Sungold** – Finished.

**Large and Small Heirlooms** – Sourcing CA as long as possible.

**Local Baby Heirlooms** – Great product in stock from Blacksheep Produce.

**Teardrop** – Prices are up on both colors. Gold are the better buy.

## Mushrooms

**Morels** – Unavailable at the moment.

**Gold Chanterelles** – Available with decent pricing.

**Black Trumpets** – Available right now.

**Hedgehogs** – Limited but some product coming available here and there.

**Porcini** – Limited but available.

**Matsutake** – N/A.

**White Chanterelles** – Available, pre-order.

**Lobsters** – Finished for the season.

## Squash

**Local Fall Squash** – Season is rolling. In stock now: carnival, kabocha, red kuri, butternut, turban, and delicata.

**Honeynut Squash** – Finished for the season.

**Baby Summer Squash** – Conventional and farmers market products are available. Quality is good.

**Yellow Squash & Zucchini** – Prices and availability have held out even though peak season is over.

**Blossoms** – Fresh Origins product and field grown (Valdivia) on hand.

**Local Summer Squash Mix** – Sourcing as long as it's available.