

Good News

- **Local Fall Fruit** – Quince, Apples, and Pears are in stock from Frog Hollow, Rieger, Fair Hills Farm, and Sea Canyon.
- **Local Shishitos** – Excellent quality on product from Weiser. Item# 7157, per lb.
- **Weiser Purple Bells** – Tequila bells are available for pick up. Pre-order for Wednesday as we keep a limited amount in inventory. Item# 7365.
- **Plums** – Late season varieties on hand. See FM list below for inventory.
- **Hachiya Persimmons** – In stock from Briar Patch. Fuyu expected next week if coloring has improved.

Bad News

- **Broccoli/Cauliflower** – Supplies are very tight due to heavy product loss from the latest heat wave. Prices will be firm over the next couple of weeks until crops can recover.
- **Asparagus** – Prices were up this past week but some relief is expected in about 2 weeks.
- **Lemons/Limes** – Mixed market as the season transitions with product coming in from CA, MX, and Chile. Earthquakes in MX have hurt supply.
- **Carrots** – Very firm market with product damage from the recent heat. Jumbo, Cello, and Table are all affected.

New Seasonal Items

Honeynut Squash from Weiser Family Farms

Item# 27900, 10# case



Featured Product

IN STOCK NOW!



**HEALTH-ADE
KOMBUCHA**
a bubbly probiotic tea

- Item# 26015 Pomegranate, 12/16 oz
- Item# 26016 Pink Lady Apple, 12/16 oz
- Item# 26018 Ginger Lemon, 12/16 oz
- Item# 26019 Grape, 12/16 oz
- Item# 26023 Cayenne, 12/16 oz
- Item# 27649 Maca Berry, 12/16 oz
- Item# 29262 Original, 12/16 oz
- Item# 29263 Power Green, 12/16 oz
- Item# 29264 Blood Orange, 12/16 oz
- Item# 29269 Sweet Thorn, 12/16 oz
- Item# 29284 Beet, 12/16 oz
- Item# 29285 Pink Lady, 6/64 oz
- Item# 29286 Ginger, 6/64 oz
- Item# 29287 Pomegranate, 6/64 oz

Market Overview

Avocadoes

Extreme market Prices are still high and will hold for at least another 2-4 weeks. Fresh hass avocado chunk available – item# 129, 8/2# case.

Artichokes

Supply improving as we come into September. Prices are coming down and quality is good.

Sunchokes

Stocking product from Weiser. Great quality and sizing.

Asparagus

Conventional – Market was up a bit this week but should stabilize over the next couple of weeks.

Local – Life's a Choke product on hand.

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

Brussel Sprouts

Prices are still very high. Quality will be off, especially with the heat.

Cauliflower, Celery, Broccoli, Romanesco

Caulif/Romanesco – Fallout from the heat wave will continue. Market will be tight for a couple weeks.

Celery – Prices are holding at lower levels. May be some burn from the heat.

Broccoli – Fallout from the heat. Very limited over the next couple of weeks.

Broccoli – Same as cauliflower.

Stone Fruit

Yellow Peaches – Good supply from FM and conventional growers.

White Peaches – Good supply from FM and conventional growers.

Donut Peaches – Done for the season.

Nectarines – Conventional and FM product in stock.

Cherries – Done for the season.

Plums/Pluots – Emerald Beauties, Crimson Glo, Flavor Fall, and October Sun on hand.

Citrus

Lemons – Very mixed market. Weather and earthquake issues out of MX are causing problems.

Limes – Very mixed market. Supply should improve as CA ramps up for the season.

Blood Oranges – Local product from JJ Lone Daughter available.

Cara Cara Oranges – Unavailable.

Kumquats – Unavailable.

Grapefruit – TX and CA ruby red in stock. FM product currently unavailable.

Local Oro Blanco – Done for the season.

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

Valencia – Major quality issues right now as season winds down. Market is tight with heavy pull from schools.

Navels – Product has recovered and is looking very good.

Pumelo – Finished!

Tree Ripe Tangerines – Done!

Sumo Tangerines – Done for the season.

Daisy Tangerines – Done for the season.

Clementine/Satsuma/Mandarin – In stock.

Figs

CA Black mission and brown turkey in stock. Tiger stripe figs are available.

Leaf Items

Napa Cabbage – Prices at decent but the recent high heat has caused issues.

Arugula – Demand is up a bit and we may see some damage due to the high heat.

Spinach – Products need to recover from the heat.

Bloomsdale/Savoy – Limited from the heat. Should be back in over the next couple of weeks.

Spring Mix/Mesclun – May be some quality issues and decreased shelf life with the high heat.

Iceberg – Prices are up slightly due to loss from the heat.

Green/Red Leaf – Prices have eased considerably.

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

Romaine/Hearts – Prices are up due to the loss from heat. Relief expected over the next few weeks.

Kale – All baby mixes are back in stock.

Peas & Beans

Sugar Snap & Snow – Demand is high and we are seeing good quality on both.

Garbanzo Beans – Still available.

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

FM Shelling Beans – Plenty of varieties in stock! Check FM newsletter for availability.

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 – Local product on hand.

Heirloom Melons – Weiser has product available but we are limited. 9 cases on hand.

Watermelon – Great quality.

Yellow Watermelon – In stock.

Pineapple – Price and supply are good.

Cucumbers

Standard – Market is steady out of Nogales.

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

Pickling – Steady supply on all sizes.

Lemon – Local product availab

Garlic/Shallots

Garlic – *Extreme market will continue with Mexico supply beginning to help with demand.*

Ginger

Prices and supply have returned to normal levels.

Peppers

Bells – Supply out of Coachella is tight. Prices may be higher for this time of year.

Shishitos – Conventional product available and FM from Weiser.

Red Fresno – Prices are way up due to high demand and limited availability.

Habanero – Very high right now.

Red Thai – Very limited availability.

Padron – Done for the season.

Herbs

Seeing very high prices on curly and Italian parsley. Quality issues in the field with high demand have the market active. Some relief on pricing but still higher than normal.

Berries – *Very high heat in growing regions*

Straws – Prices are decent but quality has been off due to high heat.

Black – Season winding down. Fallout from the heat.

Blues – Season is winding down. High heat affecting quality.

Ras – Fallout from the high. Supply is down.

Tomatoes

Slicing/Romas – Prices are at decent levels on both. Smaller sizes are harder to come by, prices are up a bit.

Local Beefsteaks – Great supply on Valdivia product.

Grape & Cherry – Both are in an extreme market while we transition to CA from MX.

Sungold – In stock!

Large and Small Heirlooms – Solid local product all around. Item# 2940 (CA only) in stock.

Local Baby Heirlooms – Great product in stock.

Teardrop – Gold teardrop are a better buy than red this week.

Mushrooms

Morels – Unavailable at the moment.

Gold Chanterelles – Available with decent pricing.

Black Trumpets – N/A.

Hedgehogs – Available with pre-order.

Porcini – Limited.

Matsutake – N/A.

White Chanterelles – Available, pre-order.

Lobsters – Limited but available as we move into the season.

Squash

Local Fall Squash – Season is beginning. Local butternut in stock, more to come next week.

Honeynut Squash – This super sweet cousin to the butternut squash from Weiser is in stock. Item# 27900.

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

Yellow Squash & Zucchini – Prices are up a bit on medium sizes. Relief expected as we move into summer.

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

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