

Good News

- **County Line Harvest** – Organic offerings from County Line will be in stock this week. Baby Super Mix (item# 23803) and Baby Kale Mix (item# 18088) are in stock.
- **Avocados** – We should see the first bit of relief this week and continue through October.
- **Asparagus** – Major relief expected this week on all sizes.
- **Late Season FM Fruit** – Some plums, peaches, and nectarines still available. Season finishing.
- **Fuyu Persimmons** – Conventional product is on hand. FM expected this week.

Bad News

- **Oranges** – We are coming into the seasonal transition from valencias to CA navels. It will be a rough week or so but supply should improve through the month.
- **Iceberg/Romaine** – Fields are still recovering from the heat. Sizing will be on the smaller side through the month and quality/shelf life may be off.
- **Lemons/Limes** – Still high this week but relief is coming through this month.
- **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!



West Central is proud to be stocking a wide range of products from Zoe's Meats including their salami, bacon, ham, beef, poultry, preserves, and Greek dairy. Please ask your account rep for the complete list with West Central item#'s.

Zoe's Meats is a mission-based, artisan cured meat company committed to nurturing the well-being of our community and the environment. Rooted in tradition and pruned by innovation, we continually craft and deliver new, exciting products to chefs, restaurants and retailers across the country.

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 will stabilize through October.

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 – Quality and pricing have improved a bit. Should be better through the month.

Celery – Prices have dropped to very low levels.

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

Broccoli – Improving this week though crowns will still be tight. Prices are up a bit.

Stone Fruit

Yellow Peaches – Season winding down.

White Peaches – Season winding down.

Donut Peaches – Done for the season.

Nectarines – Season winding down.

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 is done.

Cara Cara Oranges – Unavailable.

Kumquats – Coming available.

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 – Season about to begin.

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 – In stock from Coke Farms.

Spring Mix/Mesclun – Most of the supply coming from Salinas. Quality should be improving through October.

Iceberg – Fields are still playing catch up from the heat. Supply is tight as we transition for winter. Sizing is off.

Green/Red Leaf – Prices have eased considerably and will continue to fall through the month.

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

Romaine/Hearts – Sizing will be on the smaller size as there is still quite a bit of loss from the heat wave.

Kale – All baby mixes are back in stock. County Line coming available this week.

Peas & Beans

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

Garbanzo Beans – Finished.

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

FM Shelling Beans – We will be stocking whatever is available for the week. May vary.

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 – Late product from Munak. May be done this week.

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.

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 & Chiles

Bells – Green prices are down. Red/Yellow are at decent levels. Good buy right now.

Shishitos – Conventional product available and FM from Weiser. Prices are low, great buy.

Red Fresno – Prices have eased this week.

Habanero – Prices have eased.

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 – There is still fall out from the heat. Fields are behind and we are seeing diminished shelf life.

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.