

Produce Market Report March 19, 2018

### GOOD BUYS FOR THE WEEK



**Blueberries:** Blueberries continue from Chile this week at great prices. They are the best bargain of all the berries now. Everybody has noticed the large, plump berries with a gorgeous pale “bloom.”

**Cantaloupes & Honeydews:** Very good fruit still arriving from Guatemala, Costa Rica and Honduras at bargain prices.



**Black Plums, Peaches & Nectarines:** Gorgeous stone fruit now in peak season from South America. Great flavor!

**Grapes:** Continued excellent quality and great prices to be had on Chilean red and green grapes.

**Clementines:** Great for easy peeling and to eat out of hand. Use them in crunchy, tangy salads, for breakfast buffets and guest baskets. Good prices continue from Spain and Morocco.

**Mangos:** It’s the perfect time to order silky smooth fleshed mangos. Flavor is awesome and prices are very good.

**Bushel Beans:** Florida weather has been beautiful—perfect for green bean production!



**Green Onions, Leeks, Parsley & Cilantro:** Perfect growing conditions prevail for wet veggies!

#### Black Mission Figs

We are shipping some of the most beautiful, sweet and healthy figs of the season now. Warm, sunny days and cool nights are ideal for Mexico fig production.



### Get the Gang Together for

#### March Madness!

Why not welcome your guests and friends for an evening of College Basketball while the excitement is peaking? A cool drink goes great with healthy, beautiful guacamole or other dish made from avocados. They are the best fruit source of Vitamin E to reduce disease risks and boost health!



### GOOD BUYS

Blueberries

Cantaloupes & Honeydews

Black Plums, Peaches & Nectarines

Grapes

Clementines

Bushel Beans

Green Onions, Parsley & Cilantro

### KEEP IN MIND

Avocados

Strawberries

Black Mission Figs

Blackberries

Watermelons

Tangerines

Cara Cara & Blood Oranges

Lemons & Oranges

Cauliflower, Broccoli

Idaho Potatoes

Red & Yellow Peppers

### WATCH

Limes

Bananas

Cherry, Grapes & Pear Tomatoes

Asparagus

Iceberg, Romaine, Romaine Hearts

Aspiration/Broccolini

Zucchini, Yellow Squash

### KEEP IN MIND

**Avocados:** Mexico is shipping excellent quality avocados with only slight increase in price.

**Strawberries:** Crop is winding down in Florida; transitioning to California. Prices up slightly.

**Blackberries:** Prices are steady out of Mexico.



**Watermelons:** Prices steady on red seedless watermelons from Central America.

**Tangerines:** This is the last week for Florida tangerines.

**Cara Cara & Blood Oranges:** Still nice fruit from California.

**Lemons & Oranges:** great navels from California and lemons are now steady.

**Cauliflower:** Prices softening now after last week’s peak.

**Broccoli :** No issues.

**Idaho Potatoes & Onions:** Good availability with steady prices.

**Red & Yellow Peppers:** Red a little more active but yellow in 11 lb. pack steady.

### WATCH

**Limes:** This market remains very active out of Mexico with cooler temperatures and rain.



**Bananas:** Shippers continue to struggle with availability and color. Prices are not going any higher.

**Grape, Cherry & Pear Yellow Tomatoes:** We continue to have significant problems sourcing small yellow tomatoes from both Mexico and California.

**Asparagus:** All sizes are tight and market is very active. Cold in Mexico curtailed growth and Peru can’t keep up.

**Iceberg, Romaine, Romaine Hearts:** Very active markets for these; green and red leaf not as tight.

**Aspiration/Broccolini:** Supplies are extremely tight.

**Zucchini, Yellow Squash & Cucumbers:** Mexico is behind and Florida cannot keep up.

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