

Produce Market Report June 19, 2018

GOOD BUYS FOR THE WEEK



Strawberries: California's strawberry season is at its peak and the berry quality is outstanding! Prices are very favorable as well. We also have **Stem Berries** in stock.

Peaches, Nectarines & Red Plums: The northern California stone fruit orchards are in full production! Beautiful peaches, nectarines and plums are flowing into our facility. Don't forget our June Fruit of the Month: **Red Velvet Apricots** which are taking the market by storm.

Mangos: Tommy Atkins variety are super sweet, smooth and priced right.

Clementines: Still a good bargain from California in the "Halos" packaging.

Asparagus: We are seeing the best volumes and quality of the season on asparagus.

Green Leaf, Red Leaf, Boston Lettuce, Romaine & Romaine Hearts: The quality is excellent out of the San Joaquin Valley with shippers looking to move gorgeous leafy greens. (The only exception is iceberg lettuce, which is higher this week.

Zucchini: Readily available from North Carolina and some from local farms now.

Green Peppers: Readily available from South Carolina and now receiving some from N. Carolina. Quality is good.

Cucumbers: Really good pricing now that cukes are coming in from Georgia and South Carolina.

Local Corner

Asparagus	MD	Bushel Beans	NC
Kale	VA	Zucchini	VA, MD
Collard Greens	VA	Rhubarb	MD
Mustard Greens	NC	Fiddlehead Ferns	NC
Garlic Scapes	VA	Sweet Potatoes	NC

Time for Asparagus! Try it Grilled.

There are lots of reasons to add asparagus to your menu. For one thing, multiple growing areas are in production which drives the price down and yields outstanding quality! Healthy benefits abound as asparagus is high in fiber, vitamins A,C,K, & antioxidants which fight off disease. Try it grilled for that smoky, charred flavor and distinctive grill marks for eye-appeal.



GOOD BUYS

Strawberries
Peaches, Nectarines & Plums
Mangos
Clementines
Asparagus
Zucchini
Green Peppers
Cucumbers
Kale, Collard & Mustard Greens

KEEP IN MIND

Cantaloupes & Honeydews
Watermelons
Blackberries
Avocados
Artichokes
Baby Spinach, Spring Mix & Arugula

WATCH

Tomatoes
Blueberries
Grapes
Brussels Sprouts
Red, Green & White Cabbage
Yellow Squash
Button Mushrooms
European Cucumbers

KEEP IN MIND

Continuing Freight Issue: The cost of shipping a load of produce across the country has almost doubled from this time last year. Now the truck and driver shortages are hampering shipments along the east coast too. This adds significantly to the price of produce.

Cantaloupes & Honeydews: Although the melons from Coachella Valley near the desert of S. California are gorgeous and sweet, the trucking issue drives prices much higher than normal.

Watermelons: Red seedless watermelons quality continues to be excellent.



Blackberries: The market has improved a bit; prices steady.

Avocados: Prices are steady and quality out of Mexico is very good.

Artichokes: Now out of Castroville; all sizes available.

Baby Spinach, Spring Mix & Arugula: Readily available. Quality very good.

WATCH

Tomatoes: Problems continue on all types of tomatoes from Florida and Georgia due to wet conditions in key growing cycle. These conditions expected to continue for two to four more weeks.

Blueberries: We usually have lots of blueberries at good prices in June, but not this year. New Jersey's crop is 25% of normal yield due to too much rain.

Grapes: Although the quality is still very good, the prices are high. The only area producing now is the smaller Coachella Valley.

Brussels Sprouts: This time of year there is just not enough quantity being harvested to satisfy demand of this very popular veg.

Red, Green & White Cabbage: The residual damage to fields from the hurricane caused a shortage from Florida and NC is not ready yet. The gap is hurting supply and driving prices up.

European Cucumbers: These need lots of sun to mature correctly and it has been cloudy and rainy so the volumes are down considerably.

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