



GOOD BUYS

APPLES

Multiple varieties of local apples still available: Gala, Gold Delicious, Granny Smith, Honeycrisp, and Red Apples. Available from Hess Farms in PA and Crown Orchards in VA.

GRAPES

California harvest season is in full swing, we have both plump, tangy red seedless and succulent white variety.

ASIAN PEARS

Act fast for this short season item! Mountain View Farms in VA are sending great quality Asian Pears at good prices.

ASPARAGUS

All sizes are importing nicely from Peru at bargain prices. This is the perfect green vegetable to feature on your fall menu.



Crown Orchards is one of few to meet the growing standards for the Pink Lady brand apple. The vibrant color and sweet-tart flavor make it a favorite for kids. It is the only true pink apple on the market and one of the best for sliced apples, since it is slow to oxidize.

BUTTERNUT, ACORN, AND SPAGHETTI SQUASH

Hess Farms in PA is harvesting beautiful winter squashes. Besides the big three (above), we also have bright colored and variegated Delicata and Kabocha Squash to warm your heart and brighten your table.

PEAK SEASON

GRAPEFRUIT

This winter citrus has just arrived from Florida and Texas with a great ruby red color.

ORANGES

Navel oranges have arrived following the transition from Valencias.

BLUEBERRIES

Firm, plump, and super sweet berries are coming in nicely from Argentina, Peru, and Mexico.

PEARS

Washington state is providing beautiful varieties, including: red and yellow Bartlett, boscs, forelles, comice, and seckles.

CUCUMBERS & EURO

CUCUMBERS

Crispy cukes are steady again from Florida

ARTICHOKES

All sizes are available and prices are favorable. Excellent quality.

CILANTRO, MINT, PARSLEY & LEEKS

Markets and prices have become steady.

IDAHO POTATOES

New crop is steadily increasing and prices are flat.

ZUCCHINI & YELLOW SQUASH

Prices start a downward trend with steady crops from South Carolina and Florida begins.

STONE FRUIT

Red and black plums are available.

LOCAL CORNER

VIRGINIA

Gala Apples | Crown Orchards
Granny Smith Apples | Crown Orchards
Pink Lady Apples | Crown Orchards
Asian Pears | Mountain View Farm

MARYLAND

White Acorn Squash | Shlagel Farms
Carnival Squash | Shlagel Farms

PENNSYLVANIA (all from Hess)

Honeycrisp Apples
Pumpkins
Acorn Squash
Buttercup/Kabocha Squash
Delicata Squash

ALERT

AVOCADOS

EXTREME situation as there has been an abrupt supply chain disruption with labor strikes continuing in Mexico. Peru volumes cannot keep up with the US demand.

GREEN BEANS

Supply is still short from the aftermath of Hurricane Michael.

GREEN ONIONS

Shortages continue due to weather problems in Mexico.

CORN

Crop evaluations in Georgia have disrupted supplies.

