



GOOD BUYS

AVOCADOS

Strong and stable supplies from Mexico are expected to continue from now through Super Bowl Sunday, which gives you ample time to perfect your guacamole recipe!

CITRUS (LEMON, LIMES, GRAPEFRUIT, ORANGES)

The Texas grapefruit season is at its peak. Navel and juicing oranges from Florida with good sizing, color, and quality. Blood oranges and Cara Caras are available with good quality, as well. The lime market remains steady with good quality, however there are some shifts in availability with lemons.

BEANS

Strong quality with good availability across the market. Great quality of French Beans from Guatemala.

JANUARY FRUIT OF THE MONTH!

RED D'ANJOU PEARS

Red D'Anjou Pears have an egg-shaped appearance with a dark maroon color, making a great addition to a centerpiece at the table. The white flesh has a mild, sweet flavor with ample juices. Red D'Anjou Pears are great both raw and cooked, with applications like grilling, poaching, roasting, and baking.

PEARS

The Northwestern growing region has been supplying great varieties of pears. Our January Fruit of the Month is Red D'Anjou Pears. Be sure to add some to your order!

POTATOES

Did you know Idaho sells 400 pounds of potatoes a second at this time of year?! Supplies and quality can become volatile this time of year due to demand. We have a variety of local sweet potatoes available from the Carolinas, despite heavy rains.



PEAK SEASON

GRAPES

The domestic supply of grapes has ended, but the transition to Peru and Chile markets is going smoothly.

STONE FRUIT (APRICOTS, NECTARINES, BLACK PLUMS, PEACHES)

Did you know Chile exports more than 2.6 million tons of fruit annually? It's currently summer there, which means high quality stone fruits are available to order!

RED CURRANTS

Chile is continuing to send ample red currants.

ONIONS

Strong quality on white, yellow, and red onions. The market is back to steady levels as the demand from the holidays slows down. Did you know our in-house pre-cut facility will cut onions for you? This includes diced, slices, and rings. No more tears in your kitchen prep!

SPRING MIX, BABY SPINACH, DESTEMMED SPINACH, CLEANED ARUGULA

Overall, the market has improved and remains steady. Quality is excellent.

FRESH CRANBERRIES

Crisp and tangy fresh cranberries are still in great supply from Ocean Spray. Make a cranberry-herb butter, add some to a fresh cocktail, or freeze for year-round usage!

PEPPERS

The market for red peppers is leveling off as it transitions from California to Mexico. Active market for yellow peppers, with only an 11# pack size available.

[See note on Mixed Chili Peppers in the Alert Section]

ALERT

CABBAGE

Cool weather and hurricane damage has caused low supplies. This includes green, red, and white cabbage. Market will soon become steady again as Florida and Georgia crops start to come to market.

MIXED CHILI PEPPERS

Mexico is still recovering crop loss due to heavy rains. All varieties are being prorated with some of the highest prices on record, with expected normal levels to appear in late-January. Jalapeños are an extremely tight commodity.

GREENS (KALE, COLLARD, MUSTARD, TURNIP)

Heavy rains in these growing regions have caused major shortages in supplies with record breaking market levels.

BABY CARROTS

Baby mixed carrots with tops are continuing to experience a difficult market.

GREEN ONIONS

Continued tight market as demand exceeds supply, and cold weather is affecting harvests.

LEAFY GREENS

Extremely cold weather has caused major delays in harvesting. An "epidermal peel" or "blistering" is the natural occurrence after a freeze which may cause some quality defects in the weeks to come.

STRAWBERRIES

The market is beginning to return to normal levels as Florida has increased their supplies. Quality is good.

