



## GOOD BUYS

### AVOCADOS

Strong quality continues to be sent from Mexico and are expected to continue. Expect prices to increase slightly as consumers demand avocados for Super Bowl Sunday!

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

While chilly weather has been hitting the mid-Atlantic, it's currently summertime in Chile, which means high quality stone fruits are available to order! We have beautiful apricots and nectarines in, as well as black plums and yellow peaches available to order.



### HEAVY RAIN ON THE WEST COAST

Heavy rain and cold weather on the West Coast continues to effect several commodities. Expect to see various active markets with high prices and low supplies. This includes: celery, green onions, brussel sprouts, cauliflower, broccoli, cilantro, and eggplant.

### BERRIES

Blackberries from Mexico and Blueberries from Chile with steady markets and good quality. Long-stem strawberries have just arrived, perfect for Valentine's Day quickly approaching. Consumer strawberries are returning to normal market levels from its previous critical state.

### POTATOES

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

### CITRUS

All great quality of citrus coming from their respective growing regions. Florida is sending flavorful navel and juicing oranges, as well as tangerines and grapefruit. Easy-to-peel tangerines from Morocco. Satsumas are in their pick season, get them before the end of January! Cara cara and blood oranges from California.

### GRAPES

The transition from domestic growers to Peru and Chile markets is going smoothly, but could see some fluctuations as demand increases.

### RED CURRANTS

There is currently a two week gap of red currants as they transition growing regions in Chile.

### ONIONS

Strong quality on white, yellow, and red onions. Spanish onions are in great supply. 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 supplies remain steady. There could be some quality issues due to cold weather.

### BROCCOLI & CAULIFLOWER

Supplies are short due to cold and rainy weather in Mexico and California. Expect prices to be higher, but quality is fair.

## ALERT

### ASPARAGUS

Limited availability from both Peru and Mexico as the growing regions transition and cold weather swoops in. Off-the-chart market with prorates through the beginning of February.

### BUSHEL JALAPEÑOS

Mexico's chili pepper harvest continues to see especially tight markets and short supplies; expect very high prices.

### SQUASH

Tight squash supplies on the West Coast due to cold weather. Yellow squash will be short for the next week or so as Florida does not have enough supply to meet demand.

### GREEN BEANS

Harsh cold weather in Florida is causing low harvests for all beans, with prices increasing.

### GREEN ONIONS

Lack of volume from Mexico has caused higher prices, but should level out soon.

### CUCUMBERS

European, medium, fancy, and select cucumbers are all experiencing delayed harvests due to inconsistent weather.

### LIMES

Bad weather in Mexico and lack of imports to US.

### KALE & OTHER GREENS

Extremely high prices through the end of January until harvests in Florida and Georgia level-off. Collard and mustard green markets continue to be active.

### CABBAGE

Green, red, and white cabbage supplies continue to be short with high prices.

