



## GOOD BUYS

### AVOCADOS

Wholey Moley Guacamole! All sizes of avocados are sent from Mexico with excellent quality and plentiful supplies.

### BERRIES

Blueberries from Chile, Peru, and Mexico with good quality, the market will soon transition to Florida in a few weeks. Blackberries and Raspberries from Mexico with good quality.

### STONE FRUIT

Chile has high quality stone fruits available! We have beautiful nectarines, black plums and yellow peaches in.

### GREEN BEANS

Green beans are coming in nicely from Florida, with no issues in sight.

### TOMATOES

Excellent quality for vine ripe, rounds, and romas from Mexico and Florida. Great quality for cherry and grape tomatoes, too. Plentiful supplies available.

### MARCH FOTM: LEMON PLUMS!

Our March Fruit of the Month is a beautiful lemon plum from Chile. This stone fruit is packed full of juicy flavor. The sunset colors on its exterior look beautiful in any display. A lemon plum tart is a great dessert special to showcase this mighty, delicious fruit!

### KIWI

Delicious kiwi from Chile and Italy with good availability.

### CITRUS

Florida is sending delicious tangerines, Minneola Tangelos, and juicing oranges. Cara Cara and Blood Oranges, as well as lemons, are in California with mandarins soon to follow. Ruby-red grapefruit from both Florida and Texas! Easy-to-peel Clementine from Morocco and Spain.



## PEAK SEASON

### ARTICHOKES

Plenty of artichokes coming from California with all sizes available.

### MANGOES

A new crop of mango from Mexico just started with great quality. We have the Tommy Atkins variety which is known for its long shelf-life and mildly-sweet flavors.

### GRAPES

Plentiful, beautiful grapes from Chile.

### CORN

Steady market of corn coming from Florida with beautiful quality.

### MELONS

Honeydews and Cantaloupes from Central America. Honeydews and cantaloupes have better availability and good quality. Watermelons from Mexico have good quality.

### ONIONS

Onions are a steady market. Sweet onions will be transitioning from Peru to Florida soon.

### CILANTRO, LEEKS, PARSLEY & GREEN ONIONS

Steady market for these commodities from Mexico.

### CABBAGE

Cabbage has become more readily available and prices are more comparable.

### BUSHEL JALAPEÑOS

Market is continues to improve with more availability and better quality.

### ASPARAGUS

Mexico has been sending beautiful asparagus of all sizes!

## ALERT

### BROCCOLINI

Aspiration broccolini has become active due to weather in California. Swap for snipped beans, asparagus, or broccoli florets.

### LIMES

All limes remain tight from Mexico. Quality continues to be an issue due to heavy rains.

### CELERY

Prices remain high due to heavy rains and cool weather in harvest areas delaying the growing process. Very active market.

### BROCCOLI & CAULIFLOWER

Rain and cool weather in California and Arizona has caused broccoli crowns, cauliflower, and cauliflower florets to jump up as harvest times are delayed.

### LEAFY GREENS

Rain and cool temperatures in California has caused the leafy green market to become active. This includes: iceberg, romaine, green and red leaf, and butter lettuces. Swap out for spring mix greens!

### BABY VEG

The baby veg market from California is very active because of tremendous rainfall and wind damaging the growing fields.

### BELL PEPPERS

Due to weather issues in Mexico, red, yellow, and green bell peppers are all on the active.

### YELLOW SQUASH, ZUCCHINI & EGGPLANT

Cold weather in Mexico has changed our availability for yellow squash and zucchini. Prices have gone up for eggplant as cool weather and wind has bruised the product coming from Mexico and Florida.

