



GOOD BUYS

CITRUS

Blood oranges, navel oranges, cara cara oranges, and lemons from California with excellent quality. Valencia juicing oranges have excellent yield and sugar content. Grapefruits are transitioning to California with good quality and bright pink hues. Delicious kumquats are also available.

ARTICHOKES

Plenty of delicious artichokes with all sizes available out of California.

BEANS

Bushel and snipped beans arriving from Florida with excellent quality.

SQUASH & ZUCCHINI

Excellent quality and availability of all squash coming from Florida and Georgia.

GREEN ONIONS, CILANTRO, LEEKS & PARSLEY

Quality is good from Mexico, California, and Texas.

APRIL FRUIT OF THE MONTH

April's Fruit of the Month is the perfect kick off to spring - Sunkist Gold Nugget Mandarins. Possibly the sweetest, juiciest mandarin you will taste! Fresh picked in California, it's known for its bumpy rind and strong fragrance. Sweet, juicy, and easy to peel; the perfect grab-and-go for your customers.

ASPARAGUS

All sizes of asparagus are available from Mexico. The first purple asparagus will be available later this week!

GREENS

All leafy greens (romaine, red leaf, green leaf, iceberg) and spring mixes are available with excellent quality and availability. Have you tried B&W Power 4 yet? It's an excellent mix of baby arugula, baby spinach, watercress, and baby red sienna kale.

STONE FRUIT

We have beautiful nectarines, black plums, and yellow peaches from Chile.

PEAK SEASON

SPRING ITEMS

Bright red rhubarb available from Washington. First of the ramps have come in from Ohio, with local to follow shortly. Beautiful chive blossoms are also available through May.

BERRIES

Strawberries are finished in Florida and have transitioned to California and Mexico with very good quality and plentiful supplies. Long-stem strawberries are available too, with great sizing. North Carolina strawberries are right around the corner! Blueberries are transitioning to Florida and Mexico with good sugar content. Blackberries are good quality and no issues in sight. Raspberries are slightly active as demand exceeds supplies.

BROCCOLI & CAULIFLOWER

Both supplies are steady with no foreseeable

GRAPES

Green grapes have become more active as it nears the end of the season, there are two options for green grapes available which are distinguished by hue and price. All other grapes are great.

MELONS

Honeydews and Cantaloupes have good availability and quality. Watermelons from Central America are great; domestic available soon. Mixed Melons are also available now.

LIMES

Limes have leveled off, but there are still some quality and transportation issues.

CABBAGE

Cabbage has become more readily available as Florida and Georgia harvests pick up.

ALERT

CELERY

We are still experiencing an ongoing extreme market with celery, which is also affecting processed celery items. This will continue for the next several weeks.

AVOCADOS

We are experiencing an active avocado market with pricing continually increasing. Mexican growers are holding back volume and labor issues will start. The California crop has not started yet, and the first harvests have indicated low oil content. We anticipate this issue for the next few weeks.

BELL PEPPERS

Demand exceeds supplies on all types: red, yellow, and XL, medium, and choice green.

TOMATOES

Tomatoes are becoming volatile as the threat of a border shutdown has drawn up prices. Quality is excellent though.

BROCCOLINI

Broccolini has improved tremendously and will be back to normal shortly. Both quality and availability are better.

DILL

Dill remains high, but has leveled off a bit from last week.

ONIONS

Jumbo white onions are very active as old crop transitions to new crop.

CARROTS

Canada is officially done with their crop so there may be some gaps in the market.

SUGAR SNAP PEAS

Extremely tight market due to an earthquake in Guatemala; there may be some gaps in availability.

