



GOOD BUYS

STONE FRUIT

Beautiful yellow peaches, nectarines, and apricots from California. White peaches and first of the season cherries are available to order with a few days notice. Black plums still coming from Chile and will transition to California red grapes soon.

BERRIES

Delicious local strawberries from our friends at Shlagel Farms California strawberries also available with good quality. New crop jumbo blueberries from Georgia and will soon transition to the Carolinas. Blackberries will transition to Georgia soon. Raspberries with good quality.

ZUCCHINI & CUCUMBERS

New crops out of Georgia with excellent quality and availability.

AVOCADOS

Adequate supplies from Mexico following Cinco de Mayo. Good quality and perfect for avocado toast!

MAY FRUIT OF THE MONTH

FORELLE PEARS

These bite-sized delights are distinguished by their green to yellow skin with red speckling ripening process. They have a naturally sweet flavor that's perfect as is or for a watercress salad, paired with Greek yogurt and local honey, or baked in a pastry!



PEAK SEASON

CITRUS

Grapefruits from California and Florida with excellent quality. Cara Cara and Gold Nuggets are finishing their seasons. Tangerines are still available from Florida. Navel oranges will soon transition to the Valencia variety in California. Lemons are slightly active for the smaller sizes since summer is right around the corner.

ASPARAGUS

Asparagus has become slightly active since Mexico is winding down; availability from Washington and Peru. Local asparagus also available with great quality.

BEANS

Market is transitioning from Florida to Georgia. Steady product availability.

GREENS

All leafy greens (romaine, red leaf, green leaf, iceberg) are steady and with good quality.

GREEN ONIONS, CILANTRO, LEEKS & PARSLEY

Quality is good from Mexico and California.

PEPPERS

Red and yellow peppers are leveling off; domestic 15# yellow peppers are in stock. Green peppers are improving as the market transitions from Florida to Georgia.

LIMES

Limes have leveled off with a new crop starting.

ONIONS

New crop from Texas is starting with good quality. Vidalia onions are also available with excellent quality!

FIDDLE HEAD FERNS

Now in stock from Maine, Fiddle Head Ferns are the perfect addition to your spring menus.

RED GRAPES

All red grapes are available from Chile and Peru with excellent quality.

ARTICHOKES

Great volumes of artichokes coming out of the "Artichoke Capital of the World" - Castroville, California!



VIRGINIA

Green Onions | Kirby Farms
Bushel Beans | C&E Farms

MARYLAND

Beefsteak Tomatoes, Cherry Mixed, Yellow + Orange Clusters | Hummingbird Farms
Asparagus | Shlagel + Godfrey Farms
Strawberries | Shlagel
Spring Garlic | Nature's Garlic Farm

NORTH CAROLINA

Strawberries | Lewis Nursery and Farms
Sweet Potatoes | Scott Farms, Wood Packing House + Eastern Carolina Organics

ALERT

CELERY

Celery remains extremely active with some more volume available. This is also affecting processed celery items.

BRUSSEL SPROUTS

Very light availability and supply shortages.

BROCCOLI, CAULIFLOWER & BROCCOLINI

Lingering weather problems from the winter are causing continuous issues with these highly-demanded crops.

CANTALOUPE & HONEYDEW

Central America is winding down their crops and there may be some gapping until the market fully transitions to domestic.

