



GOOD BUYS

MELONS

Excellent quality for both cantaloupes and honeydew. Yellow-flesh watermelons are in stock! Mixed melons are available to order with notice - Canary, Pepino, and Hammi.

ARTICHOKES

Excellent quality and great availability on all sizes for summer menu specials.

ASPARAGUS

Steady availability on standard size asparagus from Washington . Purple and white asparagus also available to order!

CORN

Both yellow and white are readily available with excellent quality.

CAULIFLOWER

Supply is expected to continually improve. Now that it's grilling season, we recommend charring a delicious cauliflower steak!

JUNE FRUIT OF THE MONTH

CALIFORNIA NECTARINES

This smooth-skin stone fruit is the perfect kick-off to summer! It's juicy interior is full of sweet flavors that are excellent to add to a tart, salad, cocktail, or pastry. Often confused with a peach, nectarines are actually a naturally occurring genetic mutation in the peach tree!

CHERRIES

Local is early and delicious! Sweet Cherries and Ranier Cherries are available from Crown Orchards in Virginia!

BERRIES

Excellent quality strawberries and raspberries from California. Blueberries are now from California; we will begin to receive from New Jersey soon. Blackberries will transition to Georgia soon. Local blackberries are also available from Virginia.

PEPPERS

Red and yellow peppers are thriving in the heat on the West Coast! Green peppers from Georgia with plentiful supplies.

PEAK SEASON

STONE FRUIT

Delicious yellow peaches, nectarines, red plums, and apricots from California.

LIMES

Rain in Mexico has caused the lime market to become slightly more active.

ZUCCHINI & SQUASH

Hot and rainy weather has caused some supply issues, but Shlagel is sending plentiful zucchini and yellow squash.

BROCCOLI & BROCCOLINI

Good availability and excellent quality.

CITRUS

Lemons are steady with some higher demands as summer nears; smaller sizes are harder to supply. We are transitioning to the Valencia orange. Gold Nuggets and blood oranges are still available. Star Ruby Grapefruits are also in great supply - perfect for a cocktail!

AVOCADOS

The current crop and growing area is winding down. Expect some gapping all summer as demand continues to exceed expectations.

ONIONS

There are some gaps in supply of Spanish and red onions; white onions are readily available.

GREENS

All leafy greens (romaine, red leaf, green leaf) are steady and with good quality. Iceberg is slightly active with some weather interruptions.

GRAPES

Grapes are finished out of Chile, with excellent new crop from California and Mexico. Black seedless is also available.

VIRGINIA

Blackberries | Westmoreland Berry Farm
Bushel Beans | C&E Farms
Goldbar Squash | Newmarket Farm
Peaches, Ranier Cherries, Sweet Cherries | Crown Orchards

MARYLAND

Kale, Collard + Mustard Greens | Richardson Farms
Asparagus | Godfrey Farms
Tomatoes | Hummingbird Farms
Zucchini + Yellow Squash | Shlagel Farms

NORTH CAROLINA

Sweet Potatoes | Eastern Carolina Organics + Wood Packing House

ALERT

CELERY

This is one of the longest runs of high pricing for celery this industry has seen. It remains extremely active with limited availability. Demand far exceeds supplies.

BRUSSEL SPROUTS

Market has slightly improved with more availability.

SNOWPEAS & SUGAR SNAP PEAS

Weather issues in Guatemala are causing supply shortages.

BEANS

Active market due to hot weather on the east coast.

