



GOOD BUYS

APPLES

Local apples are abundant- gala, Fuji, cameo, red and gold delicious. Order our local mixed variety box - 91578. Specialty apples in stock - lady Fuji, lady gala, and hidden rose apples!

PEARS

Pears are in peak season - Bosc, Forelle, Seckle, and red. Comice pears shipped with notice.

CITRUS

Lemons in steady supplies; limes are good with weather depending. Florida has delicious grapefruit and juicing oranges. Clementines, blood oranges, buddha's hand, kumquats, limequats, calamondin oranges are available.

SQUASH

Local winter squash is abundant - acorn, butternut, kabocha, delicata, spaghetti. Ask what precut can do for you!

ARTICHOKES

All sizes are available with excellent quality.



THANKS-GIVING PRODUCT DEMANDS

Thanksgiving is quickly approaching, you can finally feel it in the brisk cold air. Turkey may seem like the main star, but it's actually the side dishes and desserts. These higher demands cause lower supplies & higher prices, effecting brussels sprouts, beans, celery, carrots, leeks, sweet potatoes, and more!

ASPARAGUS

Plentiful supplies on all sizes of asparagus, sourced from Peru. White available.

CRANBERRIES

Fresh cranberries from Massachusetts are in through December.

POMEGRANATES

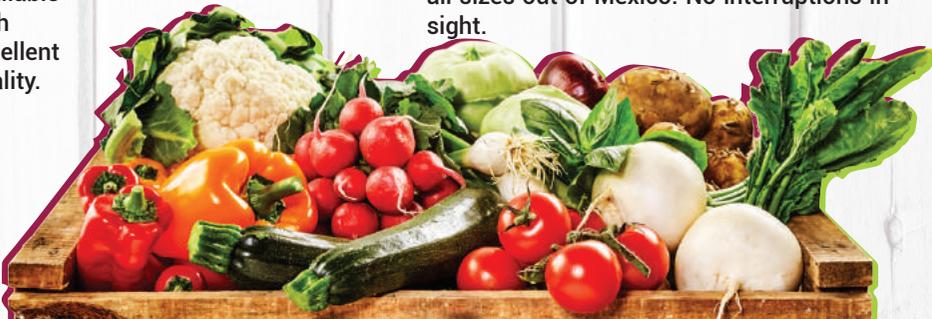
Pomegranates are available to add a POP to any dish! Juice is available, too.

GRAPES

Red, seeded red globe, and black grapes are in stock with excellent quality and supply. Green grapes have lower availability.

AVOCADOS

Excellent quality with good oil content on all sizes out of Mexico. No interruptions in sight.



delivering on every detail



PEAK SEASON

BRUSSELS SPROUTS

Demand has picked up significantly with Thanksgiving approaching.

PEPPERS

Eastern cold front is affecting green; red and yellow imports are in good supplies. Shishito and mini sweet peppers are tight, but will be short-lived.

BERRIES

Blueberries are in ample supplies. Blackberry supplies are beginning to increase, but still an active market. Strawberries and raspberries are quickly winding down and transitioning, overall good quality.

POTATOES

Russets have increased demand and lower supplies; GPODs are good. Red Potatoes are a tight market. Sweets are holding good despite increased demand; all cured from NC.

CELERY

Celery has jumped up in demand; good quality.

WET VEG

Active markets on leeks, green onions, and cilantro. Parsley remains steady.

BLACK MISSION FIGS

Large sizes from Peru, will switch areas soon.

CAULIFLOWER

Supplies are okay, demand is high.

TOMATOES

Tomatoes have successfully transitioned to Florida with excellent quality on all sizes.

MELONS

Cantaloupes are from Central America, and Honeydew from Mexico.

GARLIC

Domestic production and imports are down. Overall quality is good. Black garlic available.

LOCAL CORNER

PENNSYLVANIA

Apples, Squash, Pumpkins | Hess Farms
Bosc Pears + Mixed Heirloom Apples | Beechwood
Large Romanesco | Sunny Harvest

MARYLAND

Large Beefsteak Tomatoes | Hummingbird Farms
Kale, Turnip, Mustard + Collard Greens | Richardson
Gold Acorn Squash | Arnold Farms
Gourds | Shlagel Farms

VIRGINIA

Apples | Crown Orchards

NORTH CAROLINA

Sweet Potatoes | Wood Packing House

ALERT

LEAFY GREENS

Transitional period for all leafy greens over the next 2 weeks. Iceberg, Romaine, Romaine Hearts, Boston, Green and Red Leaf are all active. This affects salad mixes, chopped and shredded packs, too.

BROCCOLI

Broccoli crowns and florets remain active through Thanksgiving. Broccolini is high and in short supply from the hot weather.

PEAS & BEANS

Bean (bushel/snipped, French) supplies are way down in volume due to high demands; quality is good though. Snow peas remain extremely tight, but sugar snap supplies are improving.

