



### GOOD BUYS

#### EGGPLANT

Excellent quality eggplant coming from various local growers.

#### FIGS

Fig season is in full swing - Organic Black Mission and Green Kadota varieties in excellent quality.

#### WET VEG

Green onions, cilantro, parsley, and leeks are in great supplies and quality.

#### AVOCADOS

Excellent quality with good oil content on all sizes out of Mexico.

#### STONE FRUIT

Summer isn't technically over for another week, we still have juicy peaches, nectarines, and plums.

#### POMEGRANATE

First of the season pomegranates are available to order!

#### CABBAGE

All cabbage supplies are abundant Torrey Farms in NY.

### SEPTEMBER FRUIT OF THE MONTH LOCAL ASIAN PEARS

Local Asian Pears is our Fruit of the Month for September! Their golden, bumpy exterior hides a juicy, tasty interior! Perfect to add to a salad or eat by itself. Since they're so juicy, we don't recommend using them for baking. These pears are available from local growers in Virginia.



### PEAK SEASON

#### APPLES & PEARS

Bartlett, Forelle, Bosc and Local Asian Pears have started with great quality. New crop apples are starting locally.

#### CITRUS

Plenty of lemons with great yields; Meyer lemons available. All grapefruit sizes on hand. Smaller oranges (113/138 CT) and clementines have higher demands as schools begin. Blood oranges have limited availability.

#### GRAPES

Overall good quality on all varieties, champagne grapes are finished for the season.

#### ASPARAGUS

Market is slowly improving with more supplies.

#### MELONS

High demand for cantaloupes is causing lower supplies, quality is outstanding though. Both honeydew and watermelon supplies are steady.

#### BERRIES

Hot weather in California is causing major supply issues for strawberries and raspberries. Market is also transitioning over the next 2 weeks.

#### LEAFY GREENS

Market has jumped up on romaine, due to weather issues, also effecting some salad mixes. Red and green leaf are steady.

#### PEPPERS

All varieties are back to normal market levels.

#### BRUSSELS SPROUTS

Market is leveling with more availability.

#### EURO CUCUMBERS

Crop is transitioning causing supply gaps.

#### PEELED GARLIC

Coming down with more supplies in the market.

#### BUSHEL BEANS

Beautiful beans are still available locally. Order snipped beans to save some time for your prep team!

#### BLUE- & BLACKBERRIES

Peru continues to send beautiful new crop blueberries, and Mexican blackberries are just as tasty.

#### ZUCCHINI & SQUASH

North Carolina supplies are starting with excellent quality. Some fall squash is in.

#### MANGO

Mangoes have excellent quality, growing area will transition soon.

#### ARTICHOKES

Excellent quality and availability on all sizes.

## LOCAL CORNER

#### VIRGINIA

Bushel Beans | C&E Farms  
Peaches + Nectarines | Crown Orchards

#### WEST VIRGINIA

Peaches | Spring Valley Farm & Orchard

#### MARYLAND

Corn + Peppers | Godfrey  
Kale, Collard + Mustard Greens | Richardson  
Honeydew + Squash | Shlagel  
Squash | Arnold Farms

#### PENNSYLVANIA

Apples, Tomatoes, Peppers,  
Squash + Cucumbers | Hess

### ALERT

#### LIMES

Market is still extremely active. Weather and late bloom has caused slow growth on the crop, with limited large sizes available. Columbia supplies now entering market.

#### BROCCOLI

Extreme heat in the growing regions is causing lower field yields. Demand will exceed supplies for next few weeks with higher pricing as a result.

#### PLANTAINS

Unusually very active market as Ecuador experiences some bad weather patterns.

#### LITTLE GEM LETTUCE

Market remains tight as it has for the past month. Limited supplies.



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