



## GOOD BUYS

### CABBAGE

Great supplies from the South on both red and green.

### BERRIES

Blackberries from Mexico with good quality; Raspberries and Blueberries are plentiful and beautiful.

### CITRUS

Lemons with great quality. Florida is sending great supplies on ruby-red grapefruit, sunburst tangerines, Hamlin juicing oranges, and honeybell tangelos. Lots of availability on navel oranges, but demands are higher on smaller sizes; satsumas, Cara Cara, Blood Oranges, and clementines are all available.

### APPLES

Local apples are still available from Hess Farms and Crown Orchards. All traditional favorites in good supplies - Fuji, gala, granny, mutsu, pink lady, honeycrisp.

### FRUIT OF THE MONTH

#### BLOOD ORANGES

We are sticking with citrus for the month of January with blood oranges! They have a distinct crimson flesh and rosy outer skin. They are sweet and tart and make a great addition to both sweet and savory dishes. Their deep color is great for cocktails or desserts, and the citrus flavor is delicious for a marinade or fresh salsa.

### PEARS

Good availability continues for D'Anjous, boscs, bartletts, and Asian.

### CELERY

Steady supplies on celery. Our pre-cut team can do - sticks, diced, chunks, crescents, and bias cut.

### BROCCOLINI

Good supplies with no issues in sight.

### SQUASH

All zucchini and yellow squash supplies are steady. Winter squash is readily available - butternut, spaghetti, acorn, kabocha.

## PEAK SEASON

### GRAPES

Mostly out of Peru, red grape supplies are lower than green and black.

### AVOCADOS

Demands have caused the market to increase slightly. Quality remains good.

### STRAWBERRIES

Florida and Mexico production is rolling with steady volumes and great quality

### PEPPERS

Greens are active from cool East Coast weather. Market is back to normal on red and yellow. Poblano and jalapenos are more active due to cool nights in Mexico.

### MANGOES

We are now stocking the Peruvian Kent variety.

### ASPARAGUS

Overall quality is good. Peru is the only source with Mexico starting soon to level the market.

### ONIONS

Low volumes after the new year; yellows are up.

### MELONS

Cantaloupes are plentiful and beautiful. Honeydews are having sizing issues.

### BEANS

Green bean market is back to normal with some seasonal strains.

### CARROTS

Jumbos having sizing issues; whole market is tight due to weather-related issues.

### STONE FRUIT

Peaches, nectarines, apricots, cherries, and red plums; all available from Chile.

### POTATOES

Steady market with consistent availability on GPODs, Red A and B, and sweet potatoes

## ALERT

### BROCCOLI & CAULIFLOWER

Cold weather in growing regions has caused market shortages that can't keep up with demand; issues with florets and crowns.

### GREEN ONIONS

Market remains extremely active; expect some shortages as harvests are delayed out of Mexico. Quality is fair.

### TOMATOES

Yields are drastically lower than preseason predictions out of Florida on all varieties. Mexico will start mid-January. Rounds are extreme, all other sizes are escalated. Compari, Kumato, and all hydro tomatoes are also becoming difficult to source.

### BRUSSELS SPROUTS

Prices have bumped up as the market became more active and shorter supplies.

### GINGER

Brazil is winding down with low availability. Market is tight until Peru and Hawaii start.

### LEAFY GREENS

Cool weather in California has caused slow growth on iceberg, with low yields in the fields. It's also affecting red and green leaf and baby lettuces. Arugula remains an issue with major quality issues in the fields causing shorts in supplies. All salad mixes with these active products are up in price as a result.

### CORN

More availability in the market, but still on the high side through the end of the month.

### ARTICHOKES

Light supplies continue from cool weather and seasonality in California. Baby size is impossible to source.



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