



GOOD BUYS

CORN

All local supplies from Virginia and Maryland. Plenty of availability on yellow and white!

ZUCCHINI & SQUASH

All local supplies with excellent quality and availability. Ask about our precut zoodles!

STONE FRUIT

It's peak season for stone fruit! Peaches, apricots, red plums, and nectarines are delicious and plentiful. Local yellow peaches and donut peaches are available, and local nectarines will start shortly.

BROCCOLI & CAULIFLOWER

Excellent quality with both crowns and florets! Volume is steady our of multiple growing regions.

GREENS

All local from Richardson Farms with beautiful quality - kale, collard, turnip.

ARTICHOKES

Excellent quality and great availability on all sizes.



The local season is in full swing! From MD, we have leafy greens, summer squash, heirloom cherry tomatoes, shishito peppers, goat cheese, maple syrup, and more! From VA, we of course have tons of peaches and corn! Growers in PA, are sending summer squash, lopes, berries, and peppers!

ASPARAGUS

All sizes available from Mexico. Rain may affect some of the supply chain.

AVOCADOS

Good supplies and sizing to continue through August. New crop to start.

BEANS

Excellent local supplies from C+E Farms; ask us about snipped beans!

GRAPES

Excellent new crop of grapes from California.

MANGO

Mexico continues with excellent mangoes!

FIGS

Excellent quality from Maywood Farms.



PEAK SEASON

CHERRIES

Wonderful quality and sizing on cherries from Washington state.

BERRIES

Blackberries are at their peak season with volume and taste! Blueberries are in transition to the Pacific northwest region. Raspberries supplies expected to increase.

MELONS

Market has fully transitioned to the westside with excellent brix levels. Local lopes available.

LETTUCE

Baby Lettuces (arugula, spinach, etc.) are all plentiful and beautiful. Romaine hearts and iceberg are still slightly active due to lower supply volumes.

CITRUS

Lemons are steady with South America to start. New crop clementines from Uruguay and pink-hued grapefruit from California.

PEPPERS

Local green pepper market is great. Red peppers are readily available. Yellow and orange are still active, 11# only.

GARLIC & GINGER

Garlic supplies continue to improve. No real issues on ginger from Brazil.

TOMATOES

Various local tomatoes are in stock. 25# beefsteaks are fire-engine red from MD. Rounds have jumped up a bit.

POTATOES + ONIONS

New crop Idaho to start soon. White onions are tight on larger sizing, but no real issues.

BRUSSELS SPROUTS

Markets are slowly starting to improve.

VIRGINIA

Bushel Beans | C&E Farms
Corn, Squash, Eggplant | Parker Farms
Yellow + Donut Peaches, Nectarines | Crown Orchards

PENNSYLVANIA

Squash, Blueberries, Cucumbers | Hess Farms
Melon + Blackberries | Sunny Harvest

MARYLAND

Kale, Collard+ Mustard Greens | Richardson
Squash, Tomatoes, Jalapeno | Shlagel Farms
Shishito Peppers, Boston Lettuce, Mix Heirloom Tomatoes | Baywater Farms
Corn, Green Tomatoes, Jalapeno | Godfrey Farms

ALERT

LIMES

Rain in Mexico is causing extremely short supplies and price spikes. Some external scarring on the fruit, but good quality.

STRAWBERRIES

Demand exceeds supplies with pro-rates from California. This will last until August.

ORANGES

Valencia oranges have become very active and the market is tight as demand exceeds supplies. The quality still remains excellent.

WATERMELON

Market is unusually high and tight. Relief expected in next couple of weeks.

