PRODUCE & GOURMET

GOOD BUYS AVOCADOS

Good supplies continue from Mexico. We have multiple sizes and conditioning stages available.

BRUSSELS SPROUTS

Supplies remain strong and guality is great. Did you know we offer both shredded and sliced brussels sprouts for a no-prep solution?

CELERY

Great supplies continue.

ASPARAGUS

Excellent quality on all sizes from Peru.

BEANS

Good quality and steady prices from local suppliers. Ask about snipped beans!

APPLES & PEARS

Local apples are starting to trickle in. We now have California Bartlett and Bosc pears.

MARKETNOTES

PRODUCE MARKET REPORT SEPTEMBER 14, 2020

PEAK SEASON FALL IS HERE!

SQUASH

Local market is winding down on summer varieties, but picking up on fall hard squash.

WATERMELON

Still plentiful as summer ends.

BERRIES

Mexican blackberries and Peruvian blueberries with great guality. Raspberries are plentiful. Strawberries have spiked up due to the excessive heat.

STONE FRUIT

The season is quickly winding down, but plums will be available through November.

PEPPERS

Volume is fair on green and red peppers. We are seeing a slightly active market for yellow.

CABBAGE & CARROTS

New crop carrots from Canada. Excellent cabbage from Torrey Farms in New York, market will ease when Georgia starts.

BABY LETTUCE

Baby spinach, arugula, and baby leaf lettuces are all in good supplies.

CITRUS

Lemons are steady with South America to start. Clementines from Uruguay; Texan grapefruit to start again soon. Limes have leveled off.

GARLIC & GINGER

New crop garlic has started with a slow turnaround on peeled. Ginger remains volatile.

CORN

Local season is finished; market is slightly active until it transitions back south.

TOMATOES

Market is up a little due to high demand and lower volumes.

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LOCAL CORNER

VIRGINIA

Bushel Beans | C&E Farms **Apples** | Parker Farms

PENNSYLVANIA

Apples, Tomatoes, Squash + Cucumbers| Hess Farms

Squash, + Tomatoes | Sunny Harvest

Eggplant + Tomatoes | Cedar Meadow Farms Hydro Lettuces | Lakeville Specialty Produce

MARYLAND

Collard Greens + Kale | Richardson Butternut Squash | Shlagel Farms Squash | Arnold Farms

> NORTH CAROLINA Sweet Potatoes | Wood

Packing House

ALERT ((___)) BROCCOLI & CAULIFLOWER

Supplies are tough due to the recent heat. Broccoli florets are being pro-rated.

ORANGES

All sizes are very difficult until the Navel crop starts. Heat is hurting the hard market

LETTUCE

Romaine, romaine hearts, iceberg, green + red leaf are very active and will remain difficult with the CA heat and limited harvest

MELONS

Heat in the growing regions is causing low harvest times in the fields, effecting both cantaloupe and honeydew.

CUCUMBERS

Euro cuke market is active due to crop rotation









our precut options.

We can't believe summer has ended and we are

clearing the way for pumpkins, straw, apple

cider, and colorful Indian corn. Of course we will

also have your fall menu favorites like butternut

squash, pomegranates, acorn squash, and much more. Be sure to ask your sales rep about

GRAPES

Excellent quality on all grapes - red, green, black, and globes.

MANGO

Excellent Kent variety from Mexico is the last of the season before we switch to Tommy Atkins from Brazil.

POTATOES

New crop Idaho is in full swing now. New crop Canadian Yukon and Red potatoes are in with excellent quality. New crop sweets will begin after 6-week curing process.