



GOOD BUYS

AVOCADOS

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

BRUSSELS SPROUTS

Supplies remain strong and quality 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 Mexico and 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. Local Asian pears are also available with excellent quality.



Your fall favorites have arrived! Be sure to ask your Account Executive about pumpkins, gourds, apple cider, straw, and more fall items. The perfect menu additions are in season, too - butternut + acorn squash, pomegranates, local apples, and cranberries!

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.



PEAK SEASON

BABY LETTUCE

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

SQUASH

Market is getting tight on summer varieties, but starting strong on fall hard squash.

BERRIES

Blackberries and raspberries are holding steady markets. Blueberries are slightly up due to transition to Argentina. Strawberries have significant pro-rates with low availability and tight supplies.

STONE FRUIT

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

PEPPERS

Red and yellow are readily available. Green peppers are active due to market transitions and weather impacts.

CABBAGE & CARROTS

New crop carrots from Canada. Market is tough on cabbage as Georgia start its harvest.

CITRUS

Lemons are steady with South America to start. Clementines and grapefruit from Uruguay. Limes have a consistent market now.

GARLIC & GINGER

New crop garlic has started with a slow turnaround on peeled. Ginger is beautiful with no major supply issues.

CORN

Georgia crop to start soon with good supplies.

CUCUMBERS

Euro cuke market is active due to crop rotation.

LOCAL CORNER

VIRGINIA

Bushel Beans | C&E Farms
Apples | Parker Farms
Asian Pears | Sun Belle Inc.

PENNSYLVANIA

Apples, Tomatoes, Pumpkins, Squash + Cucumbers | Hess Farms
Eggplant | Sunny Harvest
Hydro Lettuces | Lakeville Specialty Produce

MARYLAND

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

NORTH CAROLINA

Sweet Potatoes | Wood Packing House

ALERT

TOMATOES

Extremely tight market has California winds down and deals with fire debris in the field. East Coast volume is low due to hurricane rain and reduced harvest planning.

BROCCOLI

Florets are being pro-rated; heat issues.

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

Demand exceeds supplies; heat is effecting the market and harvest hours.

