



GOOD BUYS

APPLES
Local apples are in full swing - gala, honeycrisp, red + gold delicious. Candy and Caramel apples available with 1 week notice.

PEARS
Bartlett, Bosc, and red pears available from the West. Local Asian pears are also available with excellent quality.

GRAPES
Excellent quality on all grapes - red, green, black, and globes. Concord are available with notice.

AVOCADOS
Good supplies continue from Mexico with beautiful quality.

CAULIFLOWER
Great market! This is a good alternative to broccoli and broccoli florets!

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?



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!

CELERY
Great supplies continue.

HARD SQUASH
Fall hard squash is in great supplies from our local vendors - butternut, delicata, honeynut, and more!

CITRUS
Lemons and limes are both great markets. Clementines from Chile; new crop blood oranges and grapefruit are in!

POTATOES
New crop Idaho Narkottas and GPOD Burbanks are in great supplies. New crop Red A+B potatoes are in with excellent quality.



PEAK SEASON

PEPPERS
Red + yellow are excellent. Green peppers transitioning to Georgia.

LETTUCE
Baby spinach, arugula, and baby leaf lettuces are all in good supplies. This is a good alternative to romaine and iceberg!

MANGO
All Tommy Atkins variety from Brazil.

BERRIES
Blackberries and raspberries are beautiful with no issues. Blueberries are in 1/2 pints, and will be tight until Argentina picks up volume. Strawberries remain active, but good quality.

STONE FRUIT
The season is almost done, but plums will be available through November.

BEANS
Cooler nights are causing quality issues in the fields; market has skyrocketed and we may have some gaps in supplies.

CRANBERRIES
The first of the season fresh cranberries are in!

BROCCOLI
More availability on crowns and florets.

CORN
Market is extremely tight as Georgia starts its new crop with smaller sizing.

POMEGRANATES & PERSIMMONS
First of the season from California in stock.

MELONS
The West side growing region is quickly winding down, and market will jump up during the transition to Arizona and So. California.

ONIONS
Great quality on new crop red and Spanish onions.

VIRGINIA
Beans | C+E Farms
Asian Pears | Sun Belle Inc.

PENNSYLVANIA
Apples, Pumpkins, Squash + Fall Items | Hess Farms
Eggplant + Squash | Sunny Harvest
Hydro Lettuces | Lakeville Specialty Produce
Butternut Squash | Cedar Meadows

NORTH CAROLINA
Sweet Potatoes | Wood Packing House + Ham Produce Co., Inc.

ALERT

LETTUCE
Romaine and all processed items including romaine are extremely tight with major quality issues in the fields. Very high prorates and shipping delays. Green leaf fillets are very active. Iceberg and red leaf with some relief in the market.

TOMATOES
Extreme market due to growing regions winding down and Florida not ready to start to rain delays. Grapes may sub for cherries.

ORANGES
All sizes, especially smalls, are very difficult until the Navel crop starts in November.

ASPARAGUS
Active markets causing pricing to jump.

