



GOOD BUYS

CITRUS

Excellent quality on all lemons and limes. Ruby-red grapefruit from Texas and Florida. Blood oranges, Sunburst tangerines, stem-and-leaf Satsuma mandarins, and gift-pack clementines are in stock!

APPLES

The Northwest crop is in full swing - Fuji, gala, and more! Specialty apples in - Ambrosia, Hidden Rose, Envy, Macintosh, and Pink Lady.

CARROTS

Market is steady out of Canada, quality remains excellent. Plus tri-colored hand-peeled carrots from Babe Farms!

PEARS

Good availability continues for Forelle, D'Anjous, boscs, bartletts, and red pears. Asian pears are available from California.

FRUIT SPOTLIGHT

BLOOD ORANGES

Blood oranges 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.

AVOCADOS

Plenty of supplies from Mexico with excellent quality.

WINTER FAVORITES

Pomegranates, Fuyu persimmons, and quince are available. AAA-grade fresh chestnuts are in-stock from Italy. Fresh cranberries are still in stock, too!

LEAFY GREENS

All baby lettuces (arugula, baby spinach) and spring mix are good quality and steady markets.



PEAK SEASON

BERRIES

Blueberries and blackberries are plentiful with excellent quality. Raspberries market is back to steady. Strawberries remain active with some pro-rates in place.

BRUSSELS SPROUTS

Good availability and quality; we offer cleaned and halved for easy prep!

POTATOES

Great availability on GPODs, red potatoes, sweet potatoes, and Burbanks. Freight rates are causing market to go up slightly.

WET VEG

Green onions are up a little. Parsley, cilantro, and leeks are in good supplies.

GRAPES

Red grapes will be transitioning to Peru and Chile. Green grapes are plentiful.

PEPPERS

Cool nights continue in the growing areas impacting the market for reds and yellows. Volume is improving on green peppers.

ONIONS

Freight rates are causing market to go up.

BROCCOLI & CAULIFLOWER

Market has eased back down on both commodities with no issues in sight.

LETTUCE

Iceberg, romaine, romaine hearts, green leaf are all new crop out of Yuma. Market has normalized on all commodities and processed items. Red leaf is up a little. Freight rates have slightly impacted the market.

STONE FRUIT

Plums, peaches, and nectarines are available with notice from Chile.

ALERT

ASPARAGUS

Mexican harvest is down so the market is relying on Peru. Demand will exceed supplies for much of January.

TOMATOES

Lingering issues from the fall hurricanes and active transportation are causing impossible markets on all tomatoes. We won't see good Florida volume until mid-January. There may be some subs.

CELERY

Light supplies continue as the harvest regions are in transition.

BANANAS

Several growing regions in South America were majorly effected by Hurricanes Eta and Iota, impacting the entire banana industry. We anticipate tight supplies and an active market through January. There is an Act of God on contract bananas.

CORN

Cool nights have stunted the new crop growth out of Florida. Supplies are especially tight on yellow corn.

BEANS

A cold front is affecting the bean crop out of Florida, ultimately driving prices up on bushels and snipped. French beans are also up due to shipment delays from Guatemala.

CANTALoupES & HONEYDEWS

Hurricane damage is hindering supplies out of Central America, but overall good quality.

CABBAGE

Demand exceeds supplies; the entire market is active.

