

GOOD BUYS

ASPARAGUS

Great supplies continue out of Mexico with their new crop.

BROCCOLI

Supplies remain strong out of the west, quality is outstanding.

LEAFY GREENS

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

LETTUCE

Plenty of supplies and excellent quality on romaine, romaine hearts, iceberg, red and green leaf lettuces.

CAULIFLOWER

Supplies have picked up with excellent quality.

MANGO

New crop Tommy Atkins are in with great quality and availability.

FRUIT SPOTLIGHT

CARA CARA ORANGES!

This unique variety looks like a Navel orange on the outside, but the seedless interior has a rich pink hue. This citrus fruit is extremely sweet and provides a full day's worth of Vitamin C. This beautiful fruit is available by the case from California.

PEAK SEASON

PEARS

Bartlett season is winding down, we suggest switching to D'Anjous. Asian pears are available.

POTATOES

Good availability on GPODs, reds, sweets, and Burbanks. Transportation issues are impacting the market.

WET VEG

Green onions are up slightly. Cilantro, parsley, and leeks remain steady.

CITRUS

Excellent quality on lemons. Grapefruit from Florida. Blood oranges, gold nugget mandarins, Cara Caras, and gift-pack clementines are in-stock! Florida juicing oranges are now the Valencia variety.

BEANS

Warm weather in Florida has stabilized the market and supply chain.

AVOCADOS

Market is trending upwards as cool temperatures hit Mexico. The supply chain is also being impacted by the Texas weather.

APPLES

The Northwest crop is in full swing - Fuji, gala, and more! Specialty apples still available- Envy, Macintosh, Green Dragon, and Pink Lady.

ONIONS

Onion market is steady across the board.

STONE FRUIT

Red plums and yellow peaches are in stock. Cherries are available with notice.

GRAPES

Rain in Chile causing green grapes to jump.

CUCUMBERS

Great quality continues.

BRUSSELS SPROUTS

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

KIWI

Beautiful supplies from Italy.

TOMATOES

We've seen major relief in the market on all varieties and sizes. The first of the Calavo brand is in stock from Mexico.

CELERY

More availability in the market, quality is great.

PEPPERS

Great quality and supplies on both reds and greens. Yellows are only available in 11 lb pack size.

