



## GOOD BUYS

### ASPARAGUS

Great supplies continue out of Mexico with their new crop. We offer three sizes - standard, large, and jumbo.

### 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.

### GRAPES

Excellent supplies and quality from the Chilean market.

### MANGO

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

### FRUIT SPOTLIGHT

#### LEMON PLUMS!

Also known as a Chameleon Plum, a lemon plum is a small variety grown in Chile. The exterior resembles a lemon, both in shape and color, while the interior eats like a plum with a slight lemon-y aftertaste. The tip of the fruit will be turning a magenta as it ripens. Great to eat out-of-hand, baked, or added to a smoothie.

### PEPPERS

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

### BROCCOLI

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

### KIWI

Beautiful supplies from Chile.

### 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

Steady supplies from the West.



## PEAK SEASON

### BRUSSELS SPROUTS

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

### BEANS

Warm weather in Florida has stabilized the market and quality.

### STONE FRUIT

Yellow peaches, red plums, pluots, and lemon plums are all available from Chile. Cherries and nectarines available with notice.

### 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. Tangerines are winding down.

### PEARS

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

### POTATOES

Good quality on GPODs, reds, and sweets. High freight rates are impacting the market.

### WET VEG

Cilantro, parsley, green onions, and leeks are all steady with great quality.

### 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.

### CUCUMBERS

Great quality continues.

## ALERT

### LIMES

Current lime crop is finishing with short supplies for the next several weeks. Small sizes are very tight with more availability on larges. Market is increasing.

### BERRIES

Raspberries and blackberries still remain very tight. Strawberries are becoming more available after Valentine's Day demand. Blueberries from Chile are steady.

### BANANAS

We anticipate tight supplies and an active market to last for just another two weeks. There is an Act of God on contract bananas.

### AVOCADOS

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

### MELONS

We are seeing some relief in the market on honeydews, with cantaloupe soon, too. Watermelon is loosening a little.

### CABBAGE

Winter storms in Texas has completely depleted the new crop growth.

### CORN

Some relief in the market as Florida continues to have good weather.

### EGGPLANT

Supplies still remain light, but should improve.

### GINGER

Market remains volatile due to transportation and COVID-related issues.

### PEELED GARLIC

Domestic product with great quality, but

