

GOOD BUYS

ASPARAGUS

Great supplies continue out of Mexico. We offer three sizes - standard, large and jumbo. White and purple are in, too.

BEANS

Florida market is holding strong with great quality beans. We snip in-house!

GRAPES

Excellent supplies and quality from the Chilean market. Cotton-candy available with notice.

LEAFY GREENS

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

TOMATOES

The market is pulling great volume with Florida ramping up production.

KIWI

Beautiful supplies from Chile.

SPRING SPOTLIGHT

WHEN ITEMS WILL BLOOM

The weather is warming up, which means some of our favorite spring items will be available! Ramps, english peas, and fava beans are available. Hot-house rhubarb is available with notice. Local asparagus and North Carolina strawberries are starting at the end of April.

PEAK SEASON

CAULIFLOWER

Warm weather is easing the market with plenty available.

STONE FRUIT

Only black plums available until the California season starts in 2 weeks.

LETTUCE

The crop transition is underway with new crop product starting to come in. Market is good, just some transportation delays.

CELERY

Steady supplies from Oxnard and Yuma.

CITRUS

California market is holding steady on lemons and oranges (Navel, blood, cara cara). Delicious Valencia juicing oranges from Florida. Grapefruit is up due to crop damage in Texas and Western growers just starting. Gift-pack clementines are in-stock!

APPLES & PEARS

Both commodities are dealing with high freight rates from the West.

POTATOES

Market is back to steady volume.

ZUCCHINI & YELLOW SQUASH

More availability in the market.

POMEGRANATES

Single-layer case available from Chile.

CORN

Market is easing down with more supplies, Georgia crop is starting soon.

MELONS

Good quality and better markets on both cantaloupes and honeydews. We are seeing the market come down slightly as Florida harvest begins.

BRUSSELS SPROUTS

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

BROCCOLI & BROCCOLINI

Good quality continues with steady volume.

PEPPERS

Excellent market from Mexico on both reds and yellows. Only 11 lb. yellows available.

WET VEG

All commodities (green onions, leeks, parsley, and cilantro) are all steady.

