



GOOD BUYS

ZUCCHINI & YELLOW SQUASH

The local season has kicked off with excellent quality.

BEANS

All local crop with beautiful quality.

STONE FRUIT

Delicious yellow peaches, apricots, nectarines, and red + black plums are in stock. Cherries are in stock from Washington. Local peaches, too!

MANGO

Tommy Atkins and Kent variety with great quality

GREENS

Excellent quality local greens from White Marsh, MD - kale, collards, and mustard greens.

GRAPES

Good quality from California and Mexico. Cotton-candy and champagne grapes are available with notice.

FREIGHT ISSUES

SHIPPING RATES ARE DRIVING PRICES UP

Freight rates are resulting from increases on cost of truck loads, the extended mileage from Yuma to Salinas with the transition, increase in fuel prices in addition to labor with shortage of drivers and warehouse pickers. National fuel prices have increased by 20% since January 4th.

ARTICHOKES

Excellent quality on both 24 CT. 18 CT and baby artichokes from Castroville.

MELONS

New crop from the West Side has arrived with excellent sugar content. Watermelon is delicious from Georgia; yellow is available too.

CORN

Yellow, white, and bi-color are all new, local crop with excellent quality.

CABBAGE

New York season has started, crop is great.

PEAK SEASON

BERRIES

California strawberry and raspberry volume is plentiful with good quality. All blueberries are local in full pints with some market adjustments due to recent weather. Local blackberries available for one more week.

LEAFY GREENS

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

CELERY

Excellent supplies with high freight rates.

PEPPERS

Market is slightly up on red and specialty peppers. Local green and jalapeno peppers are available with great quality.

CITRUS

Lime market is steady. Lemons are tight with high demands for summer. it's the last week of the Florida juicing oranges. We are into the new Valencia crop of oranges. Grapefruit, blood oranges, and clementines are still available.

BROCCOLI & CAULIFLOWER

Markets are steady with good quality crop.

WET VEG

Cilantro is active due to the heat in the west. Green onions, parsley, and leeks are steady.

LETTUCE

Some relief on iceberg and romaine markets. Boston, and red and green leaf remain steady.

TOMATOES

Cherry and grape tomatoes remain active, but market is steady on rounds and romas with new crops starting.

ASPARAGUS

Jumbo remains active, but overall market is steady from Mexico and Peru.

MARYLAND

Summer Squash | Baywater Farms
Tomatoes | Hummingbird Farms
Salad Mix, Hydro Lettuce | District Farms
Kale, Collards, Mustard Greens | Richardsons Farms
Corn | Godfrey Farms

VIRGINIA

Peaches | Crown Orchards
Green Peppers, Jalapenos, Squash, Tomatoes | Newmarket Farms
Corn, Berries, Squash | Parker Farms

PENNSYLVANIA

Squash, Squash Blossoms, Berries | Hess Farms
Cauliflower, Squash, Rhubarb, Rainbow Swiss Chard | Sunny Harvest

NORTH CAROLINA

Sweet Potatoes | Wood

ALERT

BRUSSELS SPROUTS

Market remains active due to heat and harvest transitions.

AVOCADOS

Market has jumped way up due to crop rotations and harvest delays.

POTATOES

Typical summer challenges plus high freight rates mean tight supplies on 40-70 CT Idahos, Yukons, and Chef.

PEELED SHALLOTS

New crop will start harvest soon but market remains high and tight.

ONIONS

Jumbo yellows and reds are very active due to excessive heat.

