

#### GOOD BUYS

##### ASPARAGUS

Crop is excellent quality and supplies are strong. White is also available.

##### PEARS

Bartletts, Boscs, Seckle, Forelle, and red pears are all in stock and beautiful. Asian pears are from California.

##### APPLES

All varieties are in from the northwest and regionally - check our local list.

##### POMEGRANATES +

##### PERSIMMONS

Volume and quality continues to be excellent from California.

##### STONE FRUIT

Red and Black Plums will be available through November. Cherries to start in December.

##### BLUEBERRIES

Excellent volume and quality from Peru, Argentina, and Mexico.

##### ARTICHOKES

Excellent quality on 18 and 24 CT.

##### MANGOES

Plenty of supplies of the Tommy variety.

#### SUPPLY CHAIN ISSUES

TRANSPORTATION,  
WEATHER, AND LABOR

Freight rates continue to impact due to increases on the cost of truck loads, the ongoing upsurge in fuel prices, and labor shortage of drivers and warehouse pickers. There are heavy rainfalls in the west causing crop damage in the fields just as the markets transition. Additionally, labor shortages are affecting all markets but especially on mushrooms.

##### LEAFY GREENS

All baby lettuces and spring mix are good quality and steady markets.

##### CITRUS

Florida citrus is excellent on tangerines, Hamlin juicing oranges, and grapefruit. California oranges are the new navel crop; lemons have transitioned with excellent quality. Limes are steady, but could move upward due to cold weather. Stem-and-leaf satsumas are in stock; gift-pack clementines will start this week.

##### SQUASH

Winter squash is coming in with excellent quality, perfect for fall menus.



#### PEAK SEASON

##### CELERY

Market is easing down after the holiday, new crop to start shortly.

##### GREENS

Great quality on all our local greens.

##### AVOCADOS

Good quality and steady market.

##### BEANS

Beans are back to normal levels out of Florida. Better availability on French beans.

##### RASPBERRIES + BLACKBERRIES

Markets are rebounding with more availability.

##### POTATOES

A+B reds are great. Plenty of supplies of Idaho potatoes. Sweets are excellent for #1s and jumbos.

##### GRAPES

It's the tail-end of the domestic season, Chile to start very soon.

##### PEPPERS

Supplies remain slightly tighter on reds and yellows. Greens have fully transitioned to FL with good quality.

##### ONIONS

There's a seasonal shortage from now until March. Jumbos will tend to be smaller due to the excessive heat this past summer stunting the crop's growth.

##### CAULIFLOWER

Good quality and more supplies available.

##### BRUSSELS SPROUTS

Market will remain slightly escalated through the holidays.

##### WET VEG

Parsley, leeks, and green onions have all jumped up slightly.

##### TOMATOES

The Florida Ruskin season has started, but delayed harvest due to slow ripening. Rounds and romas are still on the tighter side.

##### CORN

Excellent new crop from Florida.

#### ALERT

##### MUSHROOMS

We are in critical supply issues on all fresh mushrooms. We'll see shortages until at least January. Our many suppliers have prorated us by 60-90%. These issues stem from: labor shortages, reduced production due to labor, shortage of raw materials to grow mushrooms, and very high demand.

##### STRAWBERRIES

Prorates are still in effect as the new areas do not have enough supplies yet to meet the growing demand. We believe the market has reached its peak.

##### LETTUCE

The seasonal harvest transition is almost complete. Iceberg is easing, but romaine and romaine hearts are still active. All processed lettuce items have escalated pricing, but should ease very soon.

##### SPECIALTY PEPPERS

A new area in Mexico and Florida will start soon, which will ease the market with more supplies available.

##### BROCCOLI

Market is starting to improve as new crop harvest continues, but crowns remain tight. Florets should be back to normal levels by next week.

##### GINGER + PEELED GARLIC

There's more availability on both ginger and garlic as more growing regions are shipping now. Prices will remain for now.

##### MELON

Melons have started in Central America which is easing the market slightly. Watermelons remain tight from Mexico due to high freight rates.

