

 **GOOD BUYS**

BROCCOLI & CAULIFLOWER
The market is excellent for both commodities.

CITRUS
Our Fruit of the Month - Gold Nugget Mandarins, are super sweet and easy-to-peel! Blood oranges, lemons and grapefruit are steady. The California Navel crop will transition to Valencias soon. Juicing Valencias from Florida are excellent!

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

ARTICHOKES
Steady supplies - we have 24 CT, 18 CT, and baby purple artichokes in stock.

CORN
More availability, market is improving.

KIWIS
Tray-pack (30 CT) and volume-fill (9 kilo) pack is in stock from Greece.

SQUASH
Markets are steady with plenty of volume.



MANGOES
Tommy Atkins are available from Mexico. Ataulfo/Champagne mangoes are available with notice.

ONIONS
New crop Vidalia sweet onions are in from Georgia. New crop Spanish and reds are excellent and in good supply.

SPRING FAVORITES
Washington state rhubarb is back in stock, with local supplies to start shortly. Fava beans, English peas, and ramps are available, too.

PINEAPPLES
Market is good. Pink pineapples in stock!

 **PEAK SEASON**

BERRIES
Strawberries are the crown-pick from California, Berry Big Berries and local NC strawberries are in. Good volume and quality on blueberries, blackberries, and raspberries.

ASPARAGUS
Hot weather is causing low yields during harvest, but quality and sizing is steady. Local (pictured) is available with great quality.

LETTUCE
Romaine, green and red leaf lettuce markets are steady with good quality. Iceberg supplies are projected to be light due to cool weather, but should rebound soon; quality is good.

LIMES
The market is improving, especially on smaller sizing. Large sizes will be tight through June.

BEANS
Florida crop is winding down with Georgia to start this week, supplies are tighter than normal. French beans are plentiful.

APPLES & PEARS
NW freight rates continue to be high keeping prices up (driver shortages & fuel cost) All varieties are in stock.

BELL PEPPERS
Red and yellow peppers are steady; green supplies are improving as Georgia ramps up.

STONE FRUIT
Plums are still available from Chile; new crop peaches, nectarines, and apricots are in from California but the market has increased.

WET VEG
Italian parsley is slightly active. Green onion, leeks, cilantro, and California parsley are steady

GREENS
Product is beautiful from Georgia. Local will start at the end of the month.

CELERY
The new fields are not ready for harvest so supplies are low and demand is up.

AVOCADOS
Volume remains lower than what meets demand so the market is high. We should see harvest ramp up, but smaller sizes will be tight until the new crop starts in July.

TOMATOES
Florida crop is tight and will continue to escalate over the next several weeks until the new crop is harvested.

MELONS
Melons are escalated due to sizing issues and the current region winding down.

BRUSSELS SPROUTS
Quality is good and market is improving.

CULTURED DAIRY
Plain yogurt and cream cheese remain very volatile with little to no supplies.

GRAPES
The tail-end of the South American season has the market spiked up, especially on greens. New crop should start soon.

EGGS
National supplies are down across the country due to the avian flu. Price has increased as a result.

BANANAS
Volume is steady, but prices are on hold due to record high fuel prices.

SPECIALTY PEPPERS
Specialty peppers, like red fresnos, are high and tight due to light supplies and border delays; active for the next couple of weeks.

POTATOES
The Norkotah storage crop is winding down especially on 60/70/80 CT, and then will transition to Burbank crop. Freight is high.



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