



GOOD BUYS

BEANS

Florida market is excellent. French beans are plentiful and beautiful.

CITRUS

Florida juicing oranges are the juiciest variety - Valencia! Blood oranges, grapefruit, and gold nuggets are beautiful from California. Clementines are super sweet from Morocco.

LEAFY GREENS

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

GREENS

Product is beautiful from Georgia.

ARTICHOKES

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

LETTUCE

Availability has improved with the new growing regions in full harvest.

LOCAL IS IN SEASON

HERE'S WHAT'S TRENDING IN THE FIELDS

April had its fair share of cold weather, so we are hoping for constant warm sunshine in May. Local Asparagus is popping up in the fields at Godfrey Farms. Strawberries are blooming in North Carolina. Soon, we'll have squash blossoms and greens!

CELERY

Market is back to normal levels and quality is good.

KIWIS

New crop from Greece.

MANGOES

Tommy Atkins and Kents 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.

RHUBARB

Washington state rhubarb is back in stock, with local supplies to start shortly.



PEAK SEASON

BERRIES

Strawberries are new crop from California with excellent quality; plus local NC strawberries (pictured) are in. Blueberries, blackberries, and raspberries are all available with good quality.

TOMATOES

Quality and volume is excellent from Florida. Rounds and romas are winding down in Mexico.

GRAPES

Market will transition soon, but quality remains strong. We have green, red, red globe, black seedless, and cotton-candy.

CORN

More availability, market is improving.

SQUASH

Mexico and Florida are increasing volume; just dealing with border delays now.

APPLES & PEARS

Both commodities are double the normal freight rates. All varieties are in stock.

BELL PEPPERS

Red and yellow peppers are steady; greens are in low supply from Mexico and Florida.

BROCCOLI & CAULIFLOWER

Both commodities have steady supplies.

STONE FRUIT

Peaches, nectarines, and black plums are winding down in Chile and then will transition to California, with some supply gaps possible.

PINEAPPLES

Plenty of supplies, just dealing with port delays

WET VEG

Italian parsley is in short supply. Green onion, leeks, cilantro, and California parsley is steady.

ALERT

ASPARAGUS

The Mexico season has finished and volume from California and Washington is slow to start. Local is available with great quality.

LIMES

The lime market is very active, and will be for the next several weeks. Supply interruptions continue due to the border shutdown. Larger sizes will be tight through mid-June.

AVOCADOS

Supplies will continue to be short as we approach Cinco de Mayo, along with the backlog from the border delays.

BRUSSELS SPROUTS

Cool weather in Northern California has jumped up the market. Quality is good.

CULTURED DAIRY

Plain yogurt and cream cheese remain very volatile with little to no supplies. Cottage cheese is still tight.

MELONS

Melons are escalated due to sizing issues and the current region winding down. Watermelons are improving domestically.

BANANAS

Market has reached its peak and prices have started to decline. Availability is improving.

MUSHROOMS

Button mushrooms remain tight. Enoki is still not available.

SPECIALTY PEPPERS

Specialty peppers, like red fresnos, are high and tight due to light supplies and border delays; active for the next 3-4 weeks

BOK CHOY

Supplies are still very active and tight.

POTATOES

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

