

MARYLAND

Melon, Corn, Tomatoes | Godfrey Farms

VIRGINIA

Green Beans | C&E Farms

Apples & Peaches | Crown Orchards

Apples | Parker Farms

Asian Pears | Sun Belle & Saunders Brothers

Peppers, Cucumbers, Squash | 4P Foods

Tomatoes Curly Kale | Church Hill Produce

WEST VIRGINIA

Peaches | Spring Valley Farm & Orchard

PENNSYLVANIA

Apples, Squash, Peppers, Pumpkins | Hess Farms

Melon, Squash | Sunny Harvest

NORTH CAROLINA

Sweet Potatoes | Multiple Packing House

GOOD BUYS

APPLES & PEARS

Steady market with excellent quality on all varieties. New crop Bartletts (110, 120), Boscs, and Asian Pears are in stock with great quality. Local apples are starting to trickle in!

GRAPES

Grapes from California with good quality on all varieties. Champagne and Concord are available.

ZUCCHINI & SQUASH

Local supplies are starting to wind down but quality remains great.

STONE FRUIT

Last week for local peaches. California peaches, red plums, and nectarines are steady with good quality.

LETTUCE

Romaine, iceberg, green and red leaf are steady with good volume from the West. Processed lettuces are down in price with good quality.

LEAFY GREENS

Supplies are steady on all types.

LOCAL IS IN SEASON

HERE'S WHAT'S TRENDING IN THE FIELDS

Asian Pears and Apples from Virginia are in! We have the first winter/hard squash varieties available, while summer squash varieties are winding down. It's the last week for local peaches and tomatoes. Greens are in a gap for a few weeks.

CELERY

Supplies are steady from California.

WET VEG

Parsley, leeks, and cilantro are steady.

BEANS

Local supplies continue with good quality.

TOMATOES

Market has eased down on all varieties and quality is good. Local varieties in.

COLORED PEPPERS

Better supplies and pricing on all types.

PEAK SEASON

AVOCADOS

Mexican crop is steady and good.

ONIONS

Spanish, red, jumbo whites, and Vidalias all have steady supplies and pricing.

MELONS

Watermelons and honeydews are steady with good quality. Local yellow watermelons and canary melons are still in with good quality. Cantaloupe supplies are snug this week due to cool growing conditions.

CORN

Supplies are hit and miss due to transitional gaps. Market remains firm.

BRUSSELS SPROUTS

Market is holding, but good supply and quality.

BROCCOLI & BROCCOLINI

Market is holding steady with better supplies.

PINEAPPLES

Light supplies and size issues; quality is good.

POTATOES

Yukons and new crop reds are steady. Idaho potatoes are transitioning from the old crop to new Norkotah crop with elevated pricing, but good quality.

CAULIFLOWER

Cool nights have stunted crop growth; market is up as a result.

STRAWBERRIES

Heat in California causes darker colored berries, but supplies are steady. Prices holding.

CUCUMBERS

Supplies are lighter this week; market is up.

GREEN ONIONS

Due to extreme heat, supplies remain tight and market is high.

ALERT

BERRIES

Blueberries are extremely active with little to no supplies this week. Hot weather in California is impacting raspberry supplies. Blackberries are tight out of Mexico.

CITRUS

Small oranges continue to be very tight and will remain until the new Navel crop starts at the end of October. The lime market continues to increase as supplies decline. Grapefruits are winding down and in transition with elevated pricing. Small lemons continue to be tight.

ASPARAGUS

Market is active on all sizes from Peru.

