



FRESH PICKS



DON'T FORGET



Just a reminder that we also carry essential kitchen staples beyond produce. Items like food-safe gloves, plastic gloves, and garbage bags can easily be added to your regular orders. It's a convenient way to stock up on everyday supplies while placing your produce order, helping keep your kitchen running smoothly.

Spring is just around the corner, bringing a fresh wave of vibrant, seasonal produce. Look for tender **asparagus**, sweet **strawberries**, crisp **snap peas**, **artichokes**, and leafy greens like **spinach** and **butter lettuce** to start making their appearance. As supplies build, quality will improve and menus can shift toward brighter, lighter flavors that celebrate the season.

IN SEASON!



Beets



Pears



Peppers



Fruit Update

Apples: **Apple** season, along with its low supply of small sized fruit, continues steadily. The California season is shaping up to end early this year, and fruit from California will not be available again until after summer. Until then, supply is still expected to be stable, along with fruit that skews larger in size. Pricing for food service sizes remain elevated due to low supply. Expect steady supply, pricing, and good quality.

Avocados: Demand and supply for **avocados** are also steady. Crop out of Mexico is seeing softer price points due to high volume. Market conditions should remain steady for the week, and prices are holding firm. Quality is good.

Berries: **Blackberry** conditions remain fairly steady. While cold weather in Central Mexico has affected harvest, leading to lower supplies, low demand is also keeping the market steady. Expect similar conditions for the week. Quality issues are being reported.

Blueberry conditions remain firm for the week, and prices continue to trend higher. Weather in Florida, Georgia, and Texas has affected production and supply for the East Coast. Mexico's supply is attempting to fill demand for both the East and West Coasts. The California season should be starting April and will help with supply. Until then, expect low supply and firm conditions. Quality is good.

Raspberry production has also been affected by cold weather. Crop is currently coming from Central Mexico. Prices are holding steady, though, as demand remains lower than supply. Expect steady market conditions for the week. Quality issues are being reported.

Strawberries are continuing to see improvement in supply. Crop is currently coming from California, and volume is expected to continue increasing. Prices are steady, and quality is average.

Citrus: The San Joaquin Valley continues being the primary growing region for **lemons**. The Southern California and Arizona growing seasons have ended. Oxnard is expected to increase production in another week or so. For now, supply is steady with firm pricing and average quality.

Limes are experiencing extremely tight conditions. Prices are continuing to increase as supply is down significantly due to weather. Crop is currently coming from Mexico and also continues to skew smaller in size. Prices are expected to continue increasing for another week. Other than being small, quality is good.

Navel oranges remain the main variety available. Crop continues skewing larger in size. Smaller sizes are not expected to be available for several weeks. Quality is average at best, and firm market conditions are expected for this week.

Grapes: Supply of imported **red grapes** is holding steady. **Green grape** supply is tightening slightly. Prices are firm, and quality is good.

Pears: **Anjous, boscs,** and **reds** are all in good supply with steady conditions expected for the week. Quality is also good. Imported **bartletts** are starting as the domestic season is ending. Prices are firm.

Melons: While **cantaloupes** are holding steady, **honeydews** are experiencing pest pressure. Supply is down. Prices for both are firm.

Tomatoes: Tomato production in Florida has been impacted by cold weather, putting pressure on Mexican harvest. Conditions for **rounds, grapes,** and **romas** are firm again this week. Quality is good, and prices are expected to remain elevated. Relief is not expected until early April. Until then, expect firm market conditions.





Vegetable Update

Asparagus: **Asparagus** supply is steady. Crop is currently coming from Mexico, and the domestic season is set to begin in mid April. Quality is still average at best, and crop is peaking in smaller sizes. Larger sizes remain scarce. Prices are holding firm.

Bell Peppers: Conditions for **bell peppers** are still firm. Cold weather in Florida has significantly affected supply, and Mexican crop is attempting to fulfill demand on both the East and West Coasts.

Green bell peppers, in particular, are in short supply. Expect increased pricing, as supply is down. Conditions are expected to be firm for several weeks.

Broccoli & Cauliflower: Conditions for **broccoli** are firm as we continue to experience the impact of storms that affected planting in November and December. Volume is down but holding steady, and prices will also remain steady but firm. Quality issues are being reported. Conditions are expected to improve, though.

Cauliflower volume is also experiencing the impact of November and December storms, as planting gaps are causing a decrease in supply. Prices are firm, and quality issues are being reported. Conditions are expected to improve over the next week.

Brussel Sprouts: **Brussel sprout** supplies also continue to improve. Production was impacted by insect damage and weather. Prices are steady, and quality issues are being reported.

Carrots: The California **carrot** market continues to be rattled by cold weather and rain. Harvest has been severely affected, and supplies are expected to remain tight well into March. Current volume is coming from Mexico. Prices are firm. Relief is not expected for a couple of weeks.

Celery: **Celery** conditions have improved as volume out of Southern California is increasing. Crop is skewing toward smaller sizes, and prices are firm but steady. Overall quality is good.

Cucumbers: **Cucumber** supply continues to remain lower than demand. Crop is currently coming from Mexico. While steady, prices are firm, and relief is not expected until late March. Quality is good.

Lettuces: **Iceberg** conditions are continuing to improve after a rough couple of weeks. Weights are averaging 38 - 42 lbs. Along with supply, quality is also improving. Steady market conditions are expected as prices soften after some erratic weeks.

Conditions for **romaine, and green and red leaf lettuces** are also steady. Production out of Yuma has increased, helping ease a tight market. Quality issues are still being reported due to weather and insect pressure. Expect firm prices and average quality.

Tender leaf lettuce supplies have also improved after a rough week of weather. Crop is currently coming from Oxnard, Yuma, and Mexico. Prices are firm, and quality is improving. Expect steady conditions for the week.

Onions & Potatoes: **Onions** continue coming from the Washington and Idaho regions. **White onions** are experiencing better conditions than the last several weeks, but prices are still firm. Overall supply is steady.

Green onions supplies are tight again this week but are continuing to improve. Prices are firm, and quality is average.

Potatoes are currently coming from Washington and Idaho. Conditions remain steady. Prices are firm, and quality is excellent.





MANGO CUCUMBER SALSA

Quick Directions: Gently mix 2 diced mangos, 1 diced cucumber, ¼ cup finely chopped red onion, 1 minced jalapeño, juice of 1 lime, chopped cilantro, and salt to taste in a bowl and chill for 20–30 minutes to let flavors blend. Serve with tortilla chips, over grilled fish, or as a bright topping for tacos.

DID YOU KNOW?

Corn kernels always grow in even numbers on each ear. Most ears of corn have about 16 rows and nearly 800 kernels.

PRODUCE TRIVIA

What fruit naturally grows with a white, powdery coating called “bloom”?



Answer revealed next week!

Answer to last week’s riddle: Potatoes were once thought to be poisonous. In the 1500s, many Europeans were skeptical of them because they’re part of the nightshade family.

STORAGE TIP OF THE WEEK

Trim off the stalks and store fennel bulbs unwashed in a loose plastic bag in the refrigerator crisper drawer. For best quality, use within 5–7 days. If the fronds are still attached, wrap them in a damp paper towel to keep them fresh longer.

For updated prices and availability, contact us at

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or

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