



## FRESH PICKS



St. Patrick's Day is the perfect time to celebrate all things green—from crisp **cabbage** and tender **kale** to bright **broccoli** and fresh herbs. These vibrant vegetables not only bring a festive pop of color to the plate, making them a natural fit for the holiday.

Many traditional St. Patrick's Day dishes feature hearty, humble ingredients like cabbage and **potatoes**, staples that have long been part of Irish-inspired cooking. Whether simmered alongside **corned beef** or roasted with **garlic** and herbs, these classic vegetables help create the comforting flavors that make this holiday meal so memorable.

### ALERT



West Coast **carrot supplies** remain tight as production transitions from Bakersfield to Imperial Valley. Wet, foggy weather in Bakersfield forced growers to begin harvesting in Imperial Valley nearly a month early, resulting in smaller crop sizes. Improved availability is not expected until April.

### IN SEASON!



Strawberries



Mandarins



Spinach



## 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 continues to see softer price points due to steady 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. The Mexico season is slowing, while the California season is set to begin next month. Quality is average.

**Blueberry** conditions remain firm, and the Mexico season is starting to slow. 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, and prices are trending high.

**Raspberry** production has also been affected as the Mexico season is starting to slow. Prices are holding firm as supply is down. 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 continuing to increase. Prices are steady, and quality is also showing signs of improvement.

**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. For now, supply is steady with firm pricing and average quality.

**Limes** are continuing to experience extremely tight conditions. Prices are also continuing to increase as supply is down significantly due to weather. Crop is currently coming from Mexico and is skewing smaller in size. Prices are expected to remain elevated. 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 still tight this week. Prices are firm, and quality is good.

**Pears:** **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. **Anjou** supply is tightening. Prices are firm.

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

**Tomatoes:** Mexican crop is attempting to fulfill supply on both the East and West Coast. but crop has been impacted by disease. 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 weather. Harvest has been severely affected by fog, and supplies are expected to remain tight. 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 has tightened. Mexico harvest is low, and imported crop is tight. While steady, prices are firm, and relief is not expected until late March or early April. Quality is good.

**Lettuces:** **Iceberg** conditions are continuing to improve after a rough couple of weeks. Crop is experiencing some quality issues, though, due to warm temperatures. Current crop is coming from Yuma, and the Huron season is set to begin in another week or so. Steady market conditions are expected again this week.

Conditions for **romaine, and green and red leaf lettuces** are also steady. Quality issues are still being reported due to warm temperatures and insect pressure. Expect firm prices and average quality.

**Tender leaf lettuce** supplies are continuing to improve. Crop is currently coming from Oxnard, Yuma, and Mexico. Prices are firm, and quality is also 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 still tight but continue to show signs of improvement. 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.





## IRISH-STYLE ROASTED POTATOES & CABBAGE

Quick Directions: Toss a pound of halved baby potatoes with oil, garlic, salt, and pepper. Roast at 425°F for 20 minutes. Add 2 cups chopped cabbage to the pan, toss, and roast another 10-15 minutes until tender and lightly browned. Finish with fresh parsley and serve warm.

## STORAGE TIP OF THE WEEK

Store greens like kale, spinach, and cabbage in the crisper drawer wrapped loosely in a paper towel inside a bag or container. The paper towel helps absorb excess moisture and keeps greens crisp longer.

## PRODUCE TRIVIA

What vegetable did sailors once carry onboard during long voyages to help prevent scurvy?



Answer revealed next week!

Answer to last week's riddle: Grapes naturally grow a white powdery coating called "bloom".

## DID YOU KNOW?

Green fruits and vegetables—like broccoli, spinach, cabbage, and kiwi—get their color from chlorophyll. These foods are often rich in nutrients like vitamin K, folate, and antioxidants, making them a healthy way to “eat your greens” this St. Patrick’s Day.

**For updated prices and availability, contact us at**

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