



FRESH PICKS



Spring picnic season is officially in full swing, and the produce aisle is bringing the personality. Sweet **strawberries** are the life of the party, showing off their bright color and juicy charm, while crisp **cucumbers** keep things cool, calm, and collected. **Carrots** add a little crunch and confidence, and **tender greens** bring that fresh, easygoing energy—perfect for sunny afternoons and laid-back bites on a blanket.

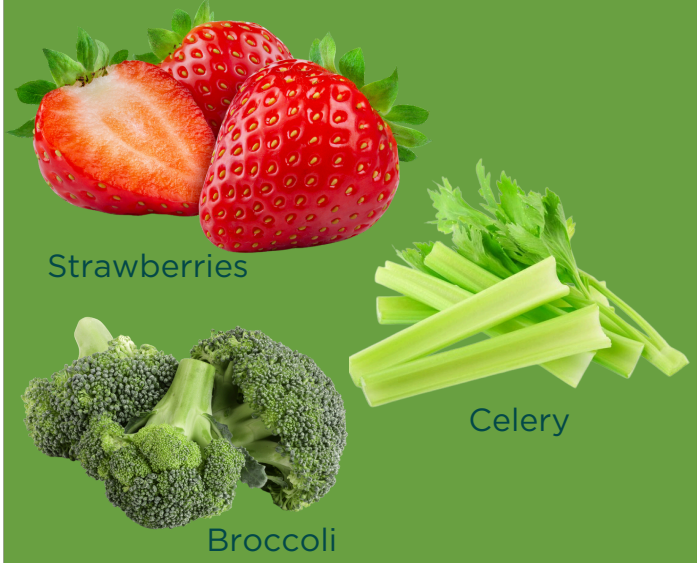
As the days get longer and the sunshine sticks around, spring produce really shines in its element. It's the season of fresh flavors, feel-good food, and a reminder that sometimes the simplest ingredients bring the most joy.

PREBOOK NOW



Just in! Christopher Ranch's famous garlic braids are back and ready for pre-booking. They're a perfect item for fall displays and booths. Prebooks are due May 20th, and orders will be fulfilled August through November, right in time for fall!

IN SEASON!



Strawberries

Celery

Broccoli



Fruit Update

Apples: **Apple** supplies are tightening. Fruit continues to skew larger in size, making smaller size crop less available. Pricing for food service sizes remains elevated due to lower supply. Expect steady conditions for the week, including firm prices and good quality.

Avocados: The California **avocado** season is underway! Crop is peaking at 48 ct, and supply is steady along with demand. Quality is great. Market conditions should remain steady again this week and into next as California fruit is going to begin entering the market.

Bananas: **Banana** prices remain higher than normal due to fuel costs. Expect higher price points to continue for the foreseeable future.

Berries: **Blackberry** conditions remain firm. The Mexico season has started to slow, leading to lower supply. The California season is set to begin sooner than normal due to the warm weather. Quality is good, and prices are firm.

Blueberry conditions remain firm. The Mexico season is starting to slow, but supply is still steady. While the California season should be starting in the next couple of weeks, growers are not optimistic about supply levels due to warm temperatures. We may be seeing low supplies even after transitioning to domestic crop. Expect firm prices, and good quality with steady supply for now.

Raspberry production has also been affected as the Mexico season is slowing. Prices are still firm due to low supply. Expect firm conditions again this week. Quality issues are being reported. Relief isn't expected for another week.

Strawberries are continuing steadily. Supply is up, and quality has also improved. Crop is currently coming from California. Prices are steady, and the season is expected to continue with ample volume.

Citrus: **Lemons** are continuing to come from the San Joaquin Valley, while supply from Ventura is expected to pick up soon. Crop is peaking in larger sizes, making smaller sizes hard to find and prices slightly higher. For now, supply is steady with firm pricing and average quality.

Limes are tight for yet another week. While imported crop has helped ease conditions, small sizes are still scarce with higher price points. Prices are expected to remain higher than normal as crop is peaking in larger sizes. Other than being small, quality is good. Relief is not expected for another month.

Navel oranges are coming in larger sizes, and small sizes continue to be limited. **Valencias** will be coming available in the next several weeks. Quality continues to be poor with issues being reported, and firm market conditions are expected again for this week with limited availability of smaller sized crop.

Grapes: Supply of imported **red grapes** is holding steady. **Green grape** supply has tightened due to weather. Prices are firm, and quality is good.

Pears: **Boscs** and **reds** are all in good supply with steady conditions. Quality is also good. **Bartletts** have ended, and **anjou** supply is tightening. Prices are firm.

Melons: **Cantaloupe** supplies are steady, while **honeydew** supplies remain low. Prices are firm for both. Quality is good.

Tomatoes: Tomato prices are still high. **Rounds, romas, and grape** tomatoes are seeing the most significant increase in price, with reduced volume and overall poor quality. Supply continues to be lower than demand, and relief is not expected for several weeks. For now, quality is poor, prices are high, and the market is tight.





Vegetable Update

Asparagus: **Asparagus** supply is still struggling due to warm temperatures in Mexico slowing production. Imported crop from Peru is helping ease tight conditions, but quality is not great. Prices are holding firm.

Bell Peppers: Conditions for **bell peppers** are still firm and will remain so for another week at least. **Green bell peppers**, in particular, are in short supply. Crop is currently coming from Mexico. Expect prices to remain elevated, as supply is down, and relief is not expected until the Coachella season begins before the end of the month.

Broccoli & Cauliflower: Conditions for **broccoli** are expected to be steady for the week. Supplies have increased. Crop is currently coming from Mexico. Quality is also improving, but issues are still being reported. Prices are firm.

Cauliflower is currently coming from Mexico. Volume is also improving, but quality issues are being reported. Prices are firm. Conditions are expected to continue improving and remain steady for the week.

Brussel Sprouts: **Brussel sprout** supplies and conditions are steady. Quality issues are being reported, though. Prices remain firm after a few weeks of low supplies and poor quality. Conditions are expected to be steady for the week.

Carrots: **Carrot** supplies out of the Imperial Valley, Yuma, and Coachella were impacted by extreme desert heat. Excessive heat reduced overall yield, stunted growth, and negatively affected quality and sizing. As a result, volumes have been tight for months, and much of the available product is coming in significantly smaller sizes than normal, with limited larger sizes available. Improved weather is expected to help increase volume and improve sizing. We're hoping for relief in another month or so.

Celery: **Celery** is experiencing steady supply and low demand, leading to low price points and soft market conditions. Crop is currently coming from Southern California. Prices are low, and quality is good.

Cucumbers: **Cucumber** supply is tight yet again this week. Mexico harvest is low, and imported crop is tight. While steady, prices are firm, and relief is not expected for another week or two. Quality is good.

Lettuces: **Iceberg** conditions are still tight this week, along with firm price points. Quality is being impacted by warm weather. Crop is currently coming from Salinas. Expect firm prices and poor quality.

Conditions for **romaine, and green and red leaf lettuces** are steady. Crop is currently coming from Huron and Yuma. Expect firm prices and average quality. Relief is expected in another week or so along with better quality.

Tender leaf lettuce supplies are continuing to improve. Crop is currently coming from Oxnard, Yuma, and Mexico. Prices are firm, and quality is being impacted by warm temperatures. Expect steady conditions for the week.

Onions & Potatoes: **Onions** are seeing a slight rise in demand and are also seeing an increase in pricing due to transportation related costs. The California season will be starting soon. Overall supply is steady, and quality is good.

Green onions supply is steady. Prices are firm, and quality is good. Conditions are steady for this week.

Potatoes are still coming from Washington and Idaho. Crop is peaking in medium to large sizes. Conditions remain steady. Prices are firm, and quality is excellent.





MELON MINT SALAD

Quick Directions: Toss watermelon, cantaloupe, and honeydew cubes with chopped mint, a squeeze of fresh lime juice, and a light pinch of salt. Chill and serve for a refreshing, summer-ready side.

STORAGE TIP OF THE WEEK

Keep whole melons at room temperature until ripe. Once cut, wrap tightly or store in an airtight container and refrigerate. For best flavor and texture, enjoy within 3-5 days.

PRODUCE TRIVIA

Which melon has the highest water content?



Answer revealed next week!

Answer to last week's riddle: Strawberries were once so valuable in Europe that they were used for medicinal purposes and even as a symbol of wealth

DID YOU KNOW?

Cantaloupes and honeydews don't continue to get sweeter after they're harvested. They actually soften. That's why picking a ripe melon from the start is key!

For updated prices and availability, contact us at

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or

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