



## FRESH PICKS



### DON'T MISS



**Organic watermelons** from Mexico are officially in season, bringing great quality, refreshing flavor, and strong availability just in time for warmer weather. With summer demand expected to ramp up quickly in the coming weeks, now is the perfect time to stock up while supplies are plentiful and promotable.

### IN SEASON!



Tulips



Blackberries



Strawberries

Summer greens are at their best right now—crisp, vibrant, and full of flavor. Peak availability includes **romaine**, **green** and **red leaf lettuce**, **butter lettuce**, **arugula**, **spinach**, and nutrient-dense staples like **kale** and **chard**. These greens offer excellent quality, strong shelf life, and consistent supply.

They're perfect for fresh salads, wraps, and seasonal menus. Stock up now and order today while quality and availability are at their peak.



## Fruit Update

**Apples:** **Apple** conditions remain the same. Supplies have tightened as the season is slowing, but demand is also easing. Fruit continues to skew larger in size, making smaller size crop less available. Pricing for food service sizes remains elevated. Expect steady conditions for the week, including firm prices and good quality.

**Avocados:** The California **avocado** season is continuing steadily. Crop is peaking at 48 ct., and demand is also keeping steady. Quality is great. Market conditions should remain consistent again this week and into next.

**Berries:** We are about to enter peak **blackberry** season. Crop is currently coming from California, and supply is excellent even with the Mexico season winding down. Quality is good, and prices have lowered due to an influx in volume entering the market. Expect steady conditions this week. Enjoy!

Similarly, **blueberry** conditions are steady. California product is dominating the market, and prices are easing after a couple of weeks of firm pricing. Quality is good, and conditions are expected to be steady this week.

California's **raspberry** supply is gaining momentum, helping ease tight conditions. Prices remain firm, though. Expect steady conditions this week and into next as the California season continues to pick up. Quality is good.

**Strawberry** production was affected by rain. Supply has been down, and demand has been strong due to Mother's Day, creating firm conditions. However, with the passing of Mother's Day, we'll see a decrease in demand, as well as an increase in production as the California season picks up. For now, prices are firm but expected to soften as more California product enters the market. Quality is also expected to improve.

**Citrus:** The San Joaquin Valley and Ventura regions are the primary growing regions for **lemons**. Supply from Ventura has picked up, but crop continues 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 finally seeing some much needed relief. Demand has dropped after Cinco de Mayo, helping ease conditions. Crop continues peaking in smaller sizes, making larger sizes scarce and higher priced, but supply is finally gaining some momentum.

**Navel oranges** are still peaking in larger sizes, and small sizes are still very limited and will remain so. **Valencias** will be coming available in the next several weeks. Quality continues to be poor, and firm market conditions are expected again for this week.

**Grapes:** Supply of both imported **red grapes** and **green grapes** remain tight, but the domestic season has begun. Prices remain firm, and quality is average, but relief is on the horizon!

**Pears:** Prices are still firm for pears. **Boscs** and **reds** are in good supply with steady conditions. Quality is also good. California **bartletts** are expected to start in several weeks.

**Melons:** **Cantaloupe** supplies are steady, and **honeydew** supplies have increased. Prices are firm for both. Quality is good.

**Tomatoes:** Tomato prices are seeing some relief. **Rounds, romas, and grape** tomatoes were affected by low supply and poor quality, but conditions are beginning to trend downward with increased supply. Improved quality and volumes are expected in the coming weeks after several weeks of (insanely) high prices.





## Vegetable Update

**Asparagus:** **Asparagus** supply continues to struggle. Volume is expected to increase before the end of the month as the Mexico season ramps up. While imported crop from Peru is helping ease tight conditions, quality is not great, and prices are high. Prices will be firm again this week.

**Bell Peppers:** Conditions for **bell peppers** have improved as Coachella product is entering the market. Crop is peaking in larger sizes. Greens are experiencing the most improvement, while red supply is still a little tight. However, quality is good and expected to continue improving. Prices are also easing, but will remain firm.

**Broccoli & Cauliflower:** Conditions for **broccoli** remain tight after rainy weather and pest issues. Supply is down, and prices are elevated. Quality is poor, and issues are being reported. Relief is not expected for several weeks when crop is able to recover from the bad weather. Until then, expect firm prices and poor quality.

**Cauliflower** has also been affected by rainy weather and pest issues. Quality is average to poor, and prices are firm. Similar to broccoli, relief is not expected for several weeks when crop is able to recover.

**Brussel Sprouts:** **Brussel sprout** supplies remain tight, and quality issues are being reported. Prices remain firm after weeks of low supply and poor quality. Conditions are expected to improve in the coming weeks.

**Carrots:** Conditions remain the same for **carrots**. Reduced availability out of Bakersfield prompted an earlier-than-usual shift into the Imperial Valley, where crops were still developing and sizing remained below ideal levels. With a few additional weeks of growth, both sizing and overall availability are expected to improve. For now, conditions remain firm, and availability is limited.

**Celery:** **Celery** continues to experience low supply and high demand, keeping prices firm. Crop is currently coming from Southern California. While quality has improved, expect tight conditions again this week.

**Cucumbers:** **Cucumber** production has slowed as fields are transitioning, leading to lower supply. Prices are firming up, but volume is holding steady. Quality is average.

**Lettuces:** **Iceberg** has been impacted by rainy weather. Conditions will be tight this week, along with high price points. Quality has also been impacted by weather. Crop is currently coming from Salinas. Expect low supply, firm prices, and poor quality.

Similarly, conditions for **romaine, and green and red leaf lettuces** have been impacted by weather. 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 improving. Expect steady conditions for the week.

**Onions & Potatoes:** California is now the primary growing region for **onions**. Quality has improved after being affected by rain. For now prices and conditions are firm.

**Green onion** supply and prices are steady. Quality is also good. Conditions will be steady for the week.

**Potatoes** are seeing increased prices due to transportation costs. Crop is peaking in medium to large sizes. Conditions remain steady, but prices are firm.





## SUMMER GREENS SALAD

Quick Directions: Toss fresh mixed greens with sliced strawberries, toasted almonds, and crumbled goat cheese. Drizzle with a light balsamic vinaigrette for a bright, refreshing summer salad.

### DID YOU KNOW?

Leafy greens like spinach, arugula, and romaine are at their peak in late spring through early summer, offering the best flavor, texture, and nutritional value of the season.

### PRODUCE TRIVIA

Which leafy green was once used as a natural breath freshener in ancient civilizations?



Answer revealed next week!

Answer to last week's riddle: Cherry trees can produce up to 7,000 cherries in one season.

### STORAGE TIP OF THE WEEK

Keep greens crisp by storing them in the fridge with a paper towel to absorb excess moisture. For best results, store in a breathable bag or container and wait to wash until just before use.

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

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