



General Produce

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Volume 40, Week 21

Monday,

TABLE MANNERS

Eating is an act of fueling the body with what it needs to function. **Sharing a meal with others** has far greater implications.

Sitting down at a table with another is an act of **social intimacy**. We get an up close look around a table at how other people view food and drink, along with a peek inside their culture and human engagement.

Table manners are one thing. Where to place a napkin, chewing with mouth closed or which fork to use should be mastered at an early age.

Dining with others later in life gives meaning to other important aspects of eating. We've lost some freedom to connect through food during COVID.

Very often, even when eating together individuals are more involved with **distractions** such as watching television or communicating externally through mobile devices.

The **soft social skills** when dining with others go far when trying to **build community**. The food at the table can become a topic of conversation. This leads to discovering **shared experiences** and **interests**.

We have excellent opportunity to know one another better through **breaking bread**. Meeting new friends, work colleagues and business associates is **fast-tracked** when the **bonding happens over food**.

Making **communal dining** a regular social ritual in our often chaotic lives has multiple positive outcomes. It can hold a space for conversation, understanding, storytelling and closeness.



Observing how others **interact with wait staff** may give insight into temperament and character.

Introducing **alcoholic beverages** into the equation spills more inside information.

Face-to-face meals lend themselves to good people watching and a lift to our psychological health.

Social distancing took its toll. We are now prepared to get back out into the cafes, restaurants, hotels and entertainment venues. We may have to relearn how to **interact with others**. Those lessons have been parked for a while as we regain the art of listening and speaking in the presence of others.

Recovering from social awkwardness stands a chance with an **invitation to dine**. Start small, with a few family, friends or co-workers. Give some latitude to be clumsy if out-of-practice behavior needs some tuning up.

Stretch the boundaries and stay open to new experiences. Keep in mind individual differences — there's a lot of variability. Not everyone needs to be in the limelight. Still, everyone deserves to be heard.

Eating a meal together boosts mood and self-esteem. Begin with less formal events if that helps reconnect. An outdoor picnic or backyard barbecue is suitable. **Church socials** and **community festivals** are also viable choices for plunging into *eating with others* options.

Say "yes" and then pull up a chair to someone worth chatting with. The story waiting to be told may do more for the soul than the belly. Either way, remember that **practice makes it more perfect**.





Apples & Pears: No real apple news as markets are steady. Small fruit is tight, varieties are dwindling on volumes. Small **Fuji** are scarce as the remaining pack out is skewing large. There are still deals on **Granny Smith**. Some

late storage season quality issues starting to pop up as shippers get into their last sets of rooms.

Stay with the last of good eating storage crop for school lunch programs and retail promotions. Call if you are looking for something to shine a light on.

There is still time for late season promotions on both **conventional** and **organic pears**. "Mix and Match" retail ads for good promotional activity. Cross merchandise and feature **USA Anjou**, **Bosc** and **Reds** for May's "Salad Month". **California Bartlett pears** are closer than you might think.

Avocados: Supplies are steady. Markets have reached the bottom, and will be expected to tick up next week as **Mexico** slows crossings into **USA**. **Peru** is right around the corner

Berries: Excellent **strawberry** growing conditions with good yields is putting downward pressure on the market. Quality is very good with good berry color and sizing.

Blackberry availability is beginning to open up with more product coming on. Quality defects such as red cell and leakers are still present in some lots. **West Coast blueberry** demand and pricing is up with **Florida** and **Georgia** product light. **Raspberries** remain limited with most shippers coming out of **Mexico**.



Citrus: Now in the middle of May, we have a few weeks left of **California Navel Orange** harvesting and shipping. Supplies remain limited as shippers slow down production to make their weekly goals and stretch out the season. Demand remains very strong.

We are now into all **Late**

Navels and size structure for the Lates is larger sized fruit., as usual. With that said, we will continue to see supply issues with small navels. As most transition into Lates or finish up their season altogether, we expect Navel pricing to remain very strong and the supply issue to get worse.

We are anticipating, just like the navels, **Valencia oranges** will have limited supplies available throughout the season. With the navels ending in a few weeks, Valencia will become the alternative until offshore navels start. Expect 113/138's to be fairly limited with good demand.

Lemon availability is very good with an active market. **California** is the primary source now through June, prior to the start of Imported fruit. Current crop is peaking on larger sizes, 115ct and larger. Smaller sizes are somewhat limited.

Limes are still high with increasing volume on small fruit. The crop is simply not sizing up. Growers expect to see improved size distribution by the middle of June. Until then, larger sized fruit will continue to be an issue. Flexibility is key for the near term.

Grapefruit volume is good with local availability. **Cara Caras** are winding down with limited supplies.



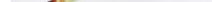
Grapes: **North American grapes** have started in a small way. Early **green seedless** are shipping from **Coachella** and **Nogales**. **Coachella** volume is very limited. **Red seedless** should start next Friday in **Nogales** and the week after next in **Coachella**. Imports are still in good supply on both coasts. If quality holds up, imports will ship thru the end of the month. Pricing is projected to stay at or near current levels. **California's Central Valley grapes** should start first week in July.

Melons: **Cantaloupe** volume out of **Nogales** is picking up quickly and **California** has started in a light way in the **Imperial Valley**. **Honeydew melon** volume out of **Nogales** is picking up quickly and putting severe downward pressure on the market. **California** has started in a light way in the **Imperial Valley**.

Watermelon supply increases are lower the market.

Seasonals: **Bing cherry** variety

harvest has started and will continue in this district with limited supplies. **Santa Clara** is estimated to start harvest with **Royal Hazels** by the 23rd and **Bings** by May 26th and ending as soon as June 14th.



California cherry supplies will become

more and more limited each day as we finish with the **Corals** and transition into mostly **Bings**. This is due to the light crop set on the Bings in the **Stockton**, **Lodi** and **Linden** district. Supplies will be good for the first part of the week and then become limited from May 20th–28th until **Santa Clara** really ramps up in harvest.

Rainiers have started harvesting and will have a decent two week **California** run. **Organic cherries** had a very light set this year, there will be availability over the next ten days. Expect the first two weeks in June to provide a good **Bing cherry** boost from **Santa Clara** as **California** finishes and the **Northwest** harvest begins.

There are lots of **small peaches** available; light on 56's and larger. **Nectarines** and **apricots** are still fairly tight. This market will ease in ten days.

Broccoli, Cauliflower & Celery: Broccoli supplies continue to be very good in *Salinas*, *Santa Maria*, and *Mexico*. Look for this market to stay steady going into the weekend. **Cauliflower** supplies continue to be slightly limited as quality has lowered yields. Look for the cauliflower market to adjust slightly lower going into the weekend. Light **celery** supplies continue to be the story. Growers are dealing with seeder issues. Yields are down. Production in *Salinas* will not begin until late June to July.



Lettuces: Iceberg demand has slowed down. Overall quality has been fair with some issues of decay, brown butts and misshapen heads being reported.

Romaine, as well as all leaf items, are steady in the market. Fringe and tip burn as well as some smaller length leaf items have been reported. Slight decay has been seen as well. **Romaine hearts** continue with ample supplies. The weather has cooled down and has slowed the growth pattern of the plants. Overall demand is off. Expect ample supplies on all leaf items for the entire week.

Mixed Vegetables: Brussels Sprout supplies continue to be very limited. The heat in *Mexico* has stunned the growth and has caused crew shortages. Look for supplies to remain tight for the next couple of weeks until the local domestic supply begins.

Other row crop veggies are transitioning north to *Baja* and *California* districts. Green and colored bell peppers, summer squashes, cucumbers, chili peppers and green beans are migrating to new fields over the next ten days.

There are good supplies on all Persian cucumbers, both conventional and organic. Hot weather means it is a perfect time to promote and feature on menu items.

Asparagus supplies continue to improve with more domestic product coming on strong. Markets are trending lower. Jumbo and cello carrots are still in light supplies due to smaller sizing being harvested in current fields. *Bakersfield*, CA districts will begin in late May. *Baja* eggplant will start mid-June. Product is now available out of *Coachella*. Green Onion supplies continue to be steady. Look for this market to remain stable with good quality going into next week.

Onions & Potatoes: Domestic Texas onion season is winding down. Mexican grown onions are available. The *California* desert is winding down. The *Central Valley*, California crop has started with some yellow and reds. Whites and sweets will start up next week.

Norkotah russets are becoming scarce. Sheds are limiting runtime to extend the Burbank season. Burbank pricing is active; supplies are limited.



Cooking Oils- As prices continue to rise on all cooking oils, a new factor is now impacting canola oil produced in Canada. Recent heavy rainfall produced flood conditions along the Red River near Bunge's crush facility in Altona, Manitoba. Flood waters impacted the sole rail line used by the Canadian Pacific Railway (CP) to access the Altona facility. At this point, no Bunge Canola Oil is being shipped.



RHUBARB TART WITH ORANGE GLAZE

INGREDIENTS:

- 1 cup fresh orange juice
- 1 tablespoon fresh lime juice
- 1/2 cup sugar
- 3/4 pound rhubarb stalks, thinly sliced diagonally (1/8 inch)
- 1 sheet frozen puff pastry (from a 17 1/4-ounces package), thawed
- 1/2 teaspoon grated orange zest
- Accompaniment: vanilla ice cream



METHOD: Preheat oven to 400°F with rack in middle.

Stir together orange juice, lime juice, and sugar in a bowl. Add rhubarb and let stand, stirring occasionally, 10 minutes. Cut pastry in half lengthwise, then roll out each piece into an 11-by 7-inch rectangle on a lightly floured surface with a floured rolling pin. Arrange pastry rectangles side by side on a large ungreased baking sheet.

Make a 1/2-inch border around each pastry rectangle by lightly scoring a line parallel to each edge (do not cut all the way through). Prick pastry inside border all over with a fork. Strain rhubarb mixture through a sieve set over a bowl, reserving liquid. Top 1 pastry rectangle (within border) with half of rhubarb, overlapping slices slightly. Repeat with remaining pastry and rhubarb.

Bake until pastry is puffed and golden (underside of pastry should also be golden), about 30 minutes.

Boil reserved rhubarb liquid in a small saucepan, skimming foam if necessary, until reduced to about 1/4 cup, 15 to 18 minutes. Transfer tarts to a rack. Brush rhubarb and pastry with glaze and sprinkle with zest. **SERVES 8**

Recipe courtesy of **Epicurious**



Enjoy this week's update



MARKET REPORT

For updated prices and availability contact

GENERAL PRODUCE

916.441.6431

E-Mail: solutions@generalproduce.com



“We should look for someone to eat and drink with before looking for something to eat and drink.”

– Epicurus

