



## FRESH PICKS



### ALERT



**Avocado** supplies are tightening quickly as Mexico's main crop season winds down and growers slow harvesting in anticipation of higher late-season pricing. With demand continuing to outpace available volume and California production still limited, field prices and overall market costs are escalating rapidly, with continued volatility expected in the weeks ahead.

This Memorial Day, we pause to honor and remember the brave men and women who have served and sacrificed for our country. We are deeply grateful for the courage, dedication, and selflessness of America's military heroes, whose service has protected the freedoms we enjoy every day.

As families and friends gather this weekend for BBQs, picnics, and time together, we hope you'll take a moment to reflect on the true meaning of the holiday and pay tribute to those who served. Here's to remembrance, gratitude, and the unofficial start of summer.

### IN SEASON!



Cherries



Blackberries



Blueberries



## Fruit Update

**Apples:** **Apple** conditions are predictably the same and on track for the usual summer decline. Supplies have tightened, but demand is also easing as other fruit seasons are picking up. Crop continues to skew larger in size, making smaller size crop less available. Pricing for food service sizes remains elevated. Expect steady conditions, including firm prices and good quality.

**Avocados:** Mexican crop is declining, and prices are escalating as demand is also rising. While California supply is helping ease conditions, expect lower supply than normal for several weeks and elevated prices.

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

Similarly, **blueberry** conditions are steady. California crop is in ample supply, 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 in full swing, helping keep conditions steady. Prices remain firm, though. Expect steady conditions this week and into next as the California season continues. Quality is good.

While **strawberry** production has improved, upcoming cooler weather in the Salinas and Watsonville areas is threatening to slow production. Both regions have begun their seasons, but we may see a dip in volume in the coming weeks. For now, prices are firm while supply is trying to meet demand. Quality has also improved but may be impacted by weather.

**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 continuing to see steadier conditions. Demand has eased, but crop continues peaking in smaller sizes, making larger sizes scarce and higher priced. Supply is gaining some momentum. However, growers are worried about upcoming hot weather, which may impact quality.

**Navel oranges** are still peaking in larger sizes, and small sizes are still very limited and will remain so. **Valencias** are becoming available soon but are also peaking in larger sizes. 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.

**Pears:** Prices are still firm for pears. **Bosc** and **reds** are going to wrap around the end of June when the California **bartlett** season picks up. Quality is also good, and conditions should remain steady.

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

**Tomatoes:** **Tomatoes** are continuing to see relief after weeks of extreme conditions. The market is trending downward with increased supply. Improved quality and volumes are expected to continue this week and into next week.





## Vegetable Update

**Asparagus:** **Asparagus** supply continues to struggle. Volume is expected to increase in the coming weeks but will still struggle to meet demand. While imported crop from Peru is helping ease tight conditions, quality is not great, and prices are firm again this week.

**Bell Peppers:** Conditions for **bell peppers** are going to tighten as they experience a gap between seasons. The Coachella season is winding down, and the Bakersfield season is slowly going to start ramping up. Expect volume to decrease, and prices to also increase. Quality is good, though.

**Broccoli & Cauliflower:** **Broccoli** is recovering after experiencing pest issues. Supply is gaining momentum again, but prices are still firm. Quality is poor with some issues being reported. For now, expect firm prices. Conditions are expected to improve in the coming weeks.

**Cauliflower** has also been affected by rainy weather and pest issues. Quality is improving, but prices are firm. Prices are expected to ease as more high quality product enters the market in the coming weeks.

**Brussel Sprouts:** **Brussel sprout** supplies are improving after several weeks of lower than expected volume. Prices remain firm, though, due to poor quality. Conditions are expected to continue improving in the coming weeks.

**Carrots:** Good news continues for **carrots!** Relief is getting even closer after a long few months of low supply and poor sizing. The Bakersfield season is set to start in the next week as the Imperial Valley season winds down, and we're finally getting closer to seeing an improvement in both sizing and overall availability. For now, conditions remain firm, and quality is fair, but conditions are set to improve soon. Yay!

**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 firm 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** is showing improvement after being impacted by rainy weather. Conditions are still firm with high price points, but quality is improving. Crop is currently coming from Salinas. For now, expect low supply, firm prices, and poor quality, but relief is on the way.

**Romaine** is experiencing tight conditions, and while **green and red leaf lettuces** are also in low supply, they are seeing better yields than romaine. Expect firm prices, average quality, and low supply for all varieties. 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.





### PATRIOTIC BERRY SKEWERS

Quick Directions: Layer strawberries, blueberries, and mini marshmallows onto skewers for an easy red, white & blue snack perfect for BBQs and holiday gatherings.

### DID YOU KNOW?

Grilling peaches caramelizes their natural sugars, making them even sweeter and perfect for summer desserts or BBQ sides.

### PRODUCE TRIVIA

What fruit is a classic picnic favorite and is made up of about 92% water?



Answer revealed next week!

Answer to last week's riddle: Avocados have more potassium than a banana and are known for their creamy texture and healthy fats.

### STORAGE TIP OF THE WEEK

Keep whole watermelons at room temperature until sliced. Once cut, store pieces in an airtight container in the refrigerator to keep them crisp, juicy, and picnic-ready.

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

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