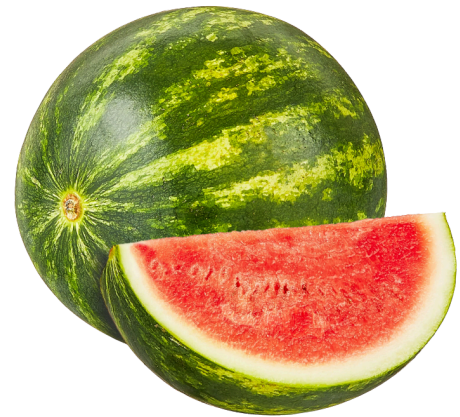




FRESH PICKS



DON'T MISS



Watermelon season is kicking off, bringing sweet flavor, refreshing crunch, and strong summer demand. Quality and supplies are improving as the season ramps up. Order today and get ready for peak summertime sales!

Stone fruit season has officially arrived, and summer is tasting sweeter already. Juicy **peaches, nectarines, plums, apricots,** and **cherries** are going to be hitting their peak with vibrant color, incredible flavor, and excellent quality. From snack trays to seasonal desserts, now is the perfect time to feature these customer favorites.

These fruits are a must-have for summer menus, displays, and grab-and-go options. Supplies are looking strong. Order today, and bring the taste of summer to your customers early this season.

IN SEASON!



Asparagus



Blackberries



Nectarines



Fruit Update

Apples: Apple conditions remain much of 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: Similar to last week, Mexican crop is declining, and prices are escalated as demand is also rising. While California supply is helping ease conditions, expect lower supply than normal for several weeks and elevated prices.

Berries: **Blackberry** season is here and looking great. Crop is currently coming from California, and supply is excellent. Quality is good, and prices have lowered due to an influx in domestic 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.

Like other berries, 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 to provide supply. Quality is good.

While **strawberry** production has improved, cooler weather and rain in the Salinas and Watsonville areas may potentially slow production. While both regions' seasons are underway, we may see a dip in volume in the coming weeks due to weather. Prices are firm while supply is trying to meet demand and will most likely remain firm for this week and next. Quality has also improved but may be impacted by weather.

Citrus: The Ventura and Oxnard 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 more stable conditions. However, crop continues peaking in smaller sizes, making larger sizes scarce and higher priced. Supply is gaining some momentum. Outlook is good and more relief is expected in July.

Valencia oranges are becoming more readily available but are also peaking in larger sizes. Small sizes are limited, causing prices to escalate. 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** are increasing, and the Central California season is expected to pick up momentum before the end of June. Until then, prices are firm, and quality is good.

Pears: The California **bartlett** season is set to begin before the end of June. Until then, current supply is tight, and prices are firm. Quality is good.

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

Tomatoes: **Tomatoes** are continuing to see relief. The market is trending downward with increased supply. Improved quality and volumes are expected to continue this week and into next week as the California season is set to begin soon.





Vegetable Update

Asparagus: **Asparagus** supply is improving. Volume is expected to continue increasing in the coming weeks. While imported crop from Peru is helping ease tight conditions, quality is still not great, and prices are firm again this week. Conditions should improve more this week, but we may see another dip in supply at the end of the month as the domestic season wraps up.

Bell Peppers: Conditions for **bell peppers** are have tightened as they experience a gap between seasons. The Coachella season is winding down, and the Bakersfield season is slowly going to start ramping up. Volume has been impacted, and prices are firm. Crop is also peaking in larger sizes.

Broccoli & Cauliflower: **Broccoli** is experiencing improved conditions after weeks of pest pressure. Supply is gaining momentum again, and quality is also improving. For now, expect firm prices. Conditions are expected to be steady this week and into next.

Cauliflower has also improved after being affected by pest pressure. While quality is getting better, prices are firm. Prices are expected to ease this week and next as quality continues improving.

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

Carrots: **Carrots** are continuing to see more relief after a long few months of low supply and poor sizing. The Bakersfield season has begun, and while jumbo sizes are still tight, we're seeing an overall improvement in both sizing and availability. Prices are adjusting down, and conditions are expected to trend downward.

Celery: **Celery** supply is steady, but quality is about average. Crop is peaking in larger sizes, making smaller sizes less available along with higher prices. Crop is currently coming from Southern California.

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 once again being impacted by weather, leading to poor quality, low supply, and higher price points. Crop is currently coming from Salinas. For now, expect a tight market this week and potentially into next week.

Romaine is still 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 currently the primary growing region for **onions**. For now, conditions are firm, and prices are being driven by transportation costs.

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. We are transitioning from Oregon to Idaho and Washington crop. Conditions remain steady, but prices are firm.





LEMON GARLIC ROASTED ASPARAGUS

Quick Directions: Toss asparagus spears with olive oil, garlic, salt, pepper, and fresh lemon juice. Roast at 425°F for 10-12 minutes until tender and slightly crisp. An easy side dish for any summer meal!

DID YOU KNOW?

Asparagus is one of the first vegetables harvested in spring and early summer, making it a seasonal favorite. It's also packed with folate, fiber, and vitamins A, C, and K!

PRODUCE TRIVIA

Which green vegetable can grow up to 10 inches in just one day during peak season?



Answer revealed next week!

Answer to last week's riddle: Watermelon is a classic picnic staple that is made up of about 92% water.

STORAGE TIP OF THE WEEK

Keep asparagus fresh by trimming the ends and standing the bunch upright in a container with a small amount of water. Store in the refrigerator loosely covered for best quality.

For updated prices and availability, contact us at

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or

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