



FRESH PICKS



As summer temperatures rise, staying hydrated becomes more important than ever. Luckily, many seasonal favorites are naturally packed with water, making them a refreshing way to beat the heat. **Watermelon, cucumbers, berries, cantaloupe, and stone fruit** all deliver hydration along with fresh flavor and vibrant color.

Whether served as a snack, fruit salad, or refreshing side dish, these summer staples offer a fun and delicious way to stay cool. Their natural sweetness and crisp textures make them perfect additions to summer menus, outdoor events, and warm-weather dining.

ALERT!



Supplies of **iceberg, romaine, and romaine hearts** remain significantly constrained, keeping the lettuce market at historically high levels. The combination of severe shortages and a prolonged period of elevated pricing continues to create challenges across the industry. Relief is not expected any time soon.

IN SEASON!



Zespri Organic
Gold Kiwi



Green Beans



Corn



Fruit Update

Apples: **Apple** conditions are, yet again, the same. Supplies are declining at the start of summer. **Granny Smiths**, however, are experiencing steadier supply. Crop continues to skew larger in size, making smaller size crop less available. Pricing for food service sizes is still elevated. Expect similar conditions for the next several weeks.

Avocados: Peru product has provided some relief to a tight **avocado** market. Prices will still be elevated this week as supply is down. The Mexico season is wrapping up, while the California season has begun. While conditions are firm, prices are beginning to trend downward as supply is picking back up.

Berries: **Blackberry** season is still going strong. Crop is currently coming from California, and supply is excellent. Quality is good, and prices have lowered due to plenty of domestic product entering the market. Expect steady conditions again this week and into next week.

Similarly, **blueberry** conditions are holding steady. California production is slowing slightly as the season is wrapping up, and the Oregon season is set to begin soon. Prices are firming back up but remain steady. Quality is good.

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 regions continues to provide supply. Quality is good.

Strawberry production remains steady after weather and rain in the Salinas and Watsonville areas. Conditions are steady for now, but prices will most likely start trending downward. The upcoming heat wave usually quickens the strawberry season, so look out for a rise in volume. Expect high volume, lower prices, and good quality.

Citrus: The Ventura and Oxnard regions are the primary growing regions for **lemons**. Supply has tightened, leading to tight market conditions. Crop continues peaking in larger sizes, making smaller sizes hard. Expect firm prices for this week. Relief is not anticipated for several weeks.

Limes are continuing to see more stable conditions. However, crop continues peaking in smaller sizes, making larger sizes scarce and higher priced. Supply continues to gain momentum. Outlook is good, and more relief is expected in July.

Valencia oranges are now the main variety available and are still peaking in larger sizes. Small sizes are limited, causing prices to escalate. Quality continues to be poor, and firm market conditions are expected again this week.

Grapes: Supply of both imported **red grapes** and **green grapes** are steady, and the Central California season is picking up momentum. Prices remain firm, and quality is good.

Pears: The California **bartlett** season is set to begin near the end of June or early July. Until then, current supply is tight, quality is fair, and prices are firm.

Melons: **Cantaloupe** has been affected by disease, leading to impacted supply and poor quality. Expect high prices.

Honeydew supplies are steady. Prices are firm, and quality is good.

Tomatoes: **Tomato** conditions are holding steady. The market is trending downward with increased supply. While quality has improved, it's not great. Volumes are expected to continue increasing this week and into next as the California season has begun.





Vegetable Update

Asparagus: **Asparagus** supply is steady. Volume will continue increasing in the coming weeks. Crop is currently coming from Mexico and Peru. 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.

Bell Peppers: Conditions for **bell peppers** are firm again this week 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 doing well after several weeks of poor quality. Supply is gaining momentum again, and quality has improved. Prices are trending downward, and conditions are expected to be steady this week and into next.

Cauliflower has also improved after being affected by pest pressure. Quality has improved, and prices are trending downward. Conditions are expected to be steady this week and into next as quality continues improving.

Brussel Sprouts: **Brussel sprout** supplies are still steady after several weeks of lower than expected volume. Prices remain firm, and 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, and quality has improved. Smaller sized crop is finally being more readily available, easing price points. Conditions are expected to be steady 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 significantly impacted by weather, leading to poor quality, low supply, and higher price points. Crop is currently coming from Salinas. Expect tight market conditions again this week and for the foreseeable future.

Romaine is also 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 not expected this week either .

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 Idaho to Washington crop. Conditions remain steady, but prices are firm.





GRILLED PEACH & AVOCADO CROSTINIS

Quick Directions: Toast slices of baguette and top with mashed avocado, grilled peach slices, crumbled goat cheese, and a drizzle of honey. Finish with fresh basil for an easy summer appetizer.

DID YOU KNOW?

Cherries naturally contain melatonin, a compound that helps regulate sleep cycles. While the amounts are small, tart cherries in particular have become a popular ingredient in wellness beverages and nighttime snacks.

PRODUCE TRIVIA

What fuzzy summer fruit is actually a member of the rose family, along with apples and strawberries?



Answer revealed next week!

Answer to last week's riddle: Peaches are often called the "queen of fruits" in China and have been cultivated for more than 4,000 years.

STORAGE TIP OF THE WEEK

Treat asparagus like a bouquet of flowers. Trim the ends and stand the spears upright in a jar with about an inch of water. Loosely cover the tops with a plastic bag and refrigerate to help maintain freshness.

**For updated prices and availability, contact us at
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