



FRESH PICKS



Watermelon is a true summer icon, loved for its juicy sweetness, vibrant color, and refreshing flavor. Naturally hydrating and packed with summertime appeal, it's a favorite for everything from backyard BBQs to picnics and outdoor gatherings. Whether enjoyed by the slice or served chilled, watermelon is one of the season's most refreshing treats.

Beyond snacking, watermelon is incredibly versatile in the kitchen. Add it to fruit salads, blend it into smoothies and mocktails, freeze it into popsicles, or pair it with feta and mint for a fresh summer salad. Its bright flavor and eye-catching appearance make it a fun, delicious addition to any warm-weather menu.

ALERT!



Cantaloupe continues to face significant challenges as disease pressure and widespread whitefly infestations have devastated growing regions, resulting in limited supplies and inconsistent quality. Availability remains extremely tight. Expect elevated pricing with premium fruit commanding top dollar in the current market.

HAPPY
FATHER'S
DAY



Fruit Update

Apples: **Apple** conditions are, yet again, the same. Supplies are declining as the season is winding down. **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: While both California and Peru product are providing some relief to a tight **avocado** market, prices will still be elevated this week as supply struggles to meet demand. The Mexico season is wrapping up, and conditions are firm. Relief is not expected this week.

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 dominating the market. Expect steady conditions again this week and into next week. Enjoy!

Blueberry conditions have tightened. California production is slowing as the season is wrapping up, and the Oregon season is set to begin soon. Volume is down due to a gap in the seasons. Prices are firming back up, but quality is good. Expect tight conditions for this week and potentially next 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 regions continue to provide supply. Quality is good.

Strawberry production has picked up momentum due to warm weather in Salinas and Watsonville. Conditions are steady with supply exceeding demand, and prices will most likely start trending downward. 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 again this week. Relief is not anticipated for several weeks.

Limes are steady again this week after a volatile start to the summer. However, crop continues peaking in smaller sizes, making larger sizes scarce and higher priced. Supply continues to gain momentum. Conditions are expected to remain steady for the week.

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 within the next week! Crop should enter the market soon. 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 since 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 steady this week. The Coachella season is winding down, and the Bakersfield season has started production. Volume is picking up, and prices are firm. Crop is also peaking in larger sizes. Quality is good.

Broccoli & Cauliflower: **Broccoli** continues to experience steady conditions. Supply is gaining momentum yet again, and quality has improved. Crop is currently coming from Mexico, the Central Valley, and Salinas. Prices are trending downward, and conditions are expected to be steady through the week and into next week.

Cauliflower has also improved after several weeks of poor quality. Crop continues to come from Mexico and the Central Valley. Quality has improved, and prices are trending downward. Conditions are expected to be steady this week and into next.

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.

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 and into next.

Onions & Potatoes: California and New Mexico are currently the primary growing regions 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.





CHERRY CAPRESE SKEWERS

Quick Directions: Thread fresh cherries, mozzarella balls, and basil leaves onto skewers. Drizzle with balsamic glaze.

DID YOU KNOW?

The coolest part of a cucumber can be up to 20 degrees cooler than the surrounding air, which is why they're so refreshing on hot days.

PRODUCE TRIVIA

Which fruit contains more potassium than a banana?



Answer revealed next week!

Answer to last week's riddle: Peaches are a member of the rose family, along with apples and strawberries.

STORAGE TIP OF THE WEEK

Leave cherry stems attached until ready to eat, as they help cherries stay fresher longer.

For updated prices and availability, contact us at

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or

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