



FRESH PICKS



Fresh herbs are harvested for their leaves, making them one of the most flavorful ingredients in the produce department. During the summer months, warm weather helps herbs develop their signature aromas and vibrant flavors, making this an ideal time to enjoy them at their peak

To extend freshness, trim the stems and store tender herbs like **basil** at room temperature, while heartier herbs such as **parsley** and **cilantro** can be refrigerated. Proper storage helps preserve both flavor and shelf life, ensuring every dish gets the most from these seasonal favorites.

DON'T MISS



Summer is sweeter with **pluots**! This unique plum-apricot hybrid is prized for its juicy texture, naturally sweet flavor, and colorful appearance that catches shoppers' attention. Available for a limited time while in season. Order today while supplies last!

IN SEASON!



Celery



Strawberries



Grapes



Fruit Update

Apples: **Apple** conditions are still predictably the same. **Gala and Granny Smiths** are experiencing steadier supply, while other varieties are lower in volume. Crop continues to skew larger in size, making smaller size crop less available. Expect similar conditions for the next several weeks.

Avocados: Both increased production in California and Peru are helping maintain a steady **avocado** market. Prices are trending downward as supply is meeting demand. The Mexico season is wrapping up, but volume should be steady this week and into next. Production is expected to maintain momentum for another week, helping keep conditions and prices steady.

Berries: **Blackberry** conditions have shifted as the California season is coming to an end. Additionally, Mexican crop is poor quality, leading to low supply. Expect tight conditions this week as volume is down, and quality is fair. Relief isn't expected for at least another week when the Pacific Northwest season picks up. Prices will be elevated this week and potentially into next.

Blueberry conditions have eased as the Pacific Northwest season has increased production. Prices are firm again this week, but quality is good. Expect conditions to improve over the next week as the Oregon and Washington seasons gain momentum.

California's **raspberry** supply has also been affected by weather, leading to a dip in volume. Prices are firm this week. Expect firm conditions again this week and into next when California production picks back up. Quality is fair.

Strawberry production has picked up momentum. Conditions are steady, and supply is only expected to increase. Crop is coming from California. Expect steady volume and prices, and good quality. Volume will improve more next week.

Citrus: Conditions for **lemons** remain tight. Ventura and Oxnard are the current growing regions. Supply is down, leading to tight market conditions. Crop continues peaking in larger sizes, making smaller sizes hard. Expect firm prices again this week.

Limes are steady again this week. However, crop continues peaking in smaller sizes, making larger sizes scarce and higher priced. Crop is currently coming from Mexico. Conditions are expected to remain steady for this week and into next.

Valencia oranges are now the main variety available and continue peaking in larger sizes. Small sizes are limited and will most likely remain so for the remainder of the season, 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 has seen an increase in production. Prices remain firm, and quality is good.

Pears: Sacramento Delta **bartlett pears** are here! Volume should pick up in the next week. Until then, current supply is tight, quality is fair, and prices are firm.

Melons: **Cantaloupe** remains tight after being impacted by disease. Expect high prices, low supply, and poor quality. Similarly, **honeydew** supplies have also been affected by pest pressure. Prices are firm, but quality is good.

Tomatoes: **Roma** and **grape tomato** volumes have improved, and all other varieties are experiencing steady conditions. Crop is currently coming from California and Mexico. Quality is good.





Vegetable Update

Asparagus: Both California and Mexico's asparagus supplies are down. Larger sizes are limited, while smaller sizes are more readily available. Expect tight conditions this week and into next. Volume is down, quality is poor, and prices are high.

Bell Peppers: Conditions for bell peppers are firm this week. The Bakersfield season has started production, and volume is picking up. Prices are holding firm. Crop is also peaking in larger sizes, but quality is good. Expect similar conditions for the week.

Broccoli & Cauliflower: Broccoli conditions are firm again this week. Crop is currently coming from Mexico and Salinas. While quality has improved, volume is down slightly. Prices are holding firm this week. Expect good quality, firm prices, and steady supply.

Cauliflower has also improved after several weeks of poor quality. Crop continues to come from Mexico and the Central Valley. Quality has improved, but prices are going to be firm this week due to a dip in supply. Similar to broccoli, expect good quality, firm prices, and steady supply.

Brussel Sprouts: Brussel sprout supplies have slowed but remain steady. Prices are firm again this week, but quality is excellent. Expect prices to potential rise in the next week due to the dip in volume.

Carrots: Carrots are continuing to see steady, predictable conditions. The Bakersfield season is well underway, and while jumbo sizes are still tight, we're continuing to see an overall improvement in both sizing and availability. Prices are down, and conditions are expected to remain steady for the foreseeable future.

Celery: Celery supply is steady, and quality is great. Smaller sized crop is finally being more readily available, easing price points. Conditions are expected to be steady 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 supply continues to improve after several weeks of low volume and poor quality. Crop is currently coming from Salinas. Prices are still firm, but quality is improving. Expect conditions to also keep improving this week and into next.

Romaine is also experiencing improved conditions. Meanwhile green and red leaf lettuces are continuing steadily. Expect firm prices for all varieties. Quality is also continuing to improve, but conditions are firm this week.

Tender leaf lettuce supplies are continuing to improve. Crop is currently coming from Oxnard, Yuma, and Mexico. Prices are firm, and quality is also 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. Conditions remain steady, but prices are firm.





CLASSIC BASIL PESTO

Quick Directions: Blend 2 cups fresh basil, ½ cup Parmesan cheese, ⅓ cup pine nuts, 2 garlic cloves, and ½ cup olive oil until smooth. Toss with pasta, spread on sandwiches, or drizzle over grilled vegetables.

DID YOU KNOW?

There are more than 60 varieties of basil, each with its own unique flavor profile ranging from sweet and peppery to hints of cinnamon, lemon, or licorice.

PRODUCE TRIVIA

Which herb is also known as coriander, although that name usually refers to its seeds?



Answer revealed next week!

Answer to last week's riddle: Pears ripen best after it's picked and becomes sweeter as it softens at room temperature.

STORAGE TIP OF THE WEEK

Wrap parsley loosely in a damp paper towel and store it in a sealed bag in the refrigerator to help maintain freshness.

For updated prices and availability, contact us at

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or

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