

Cherry Cheat Sheet



July 21, 2025



How to find the sweetest cherries.

Cherry season doesn't last long—so make it count. Here's your cheat sheet to making sure you pick the juiciest cherries at the market.

The best cherries are usually ready in late spring to mid-summer, depending on your region.

When picking out cherries, look for deep red or dark purple cherries. They should be plump, shiny, and firm to the touch. Avoid ones with soft spots or shriveled stems.

Speaking of stems—keep them on! They help cherries stay fresh longer after picking.

Once you've filled your basket, head home and store them in the fridge. Don't wash them until you're ready to eat—water speeds up spoilage.

Now for the fun part: what to do with them!

Fresh cherries are perfect for snacking, of course. But try them in smoothies, salads, or yogurt bowls too.

Want to bake? Go classic with a cherry pie, or mix things up with cherry chocolate muffins or cherry crisp.

No time to cook? Pit and freeze them for later. They're great for winter smoothies or sauces.

Feeling adventurous? Simmer cherries with a splash of balsamic for a sweet-savory glaze. Delicious over grilled chicken or roasted veggies.

The truth is, sweet summer cherries don't need much. So enjoy them while they last. Happy cherry season!





Fruit Update

Apples & Pears: It's unsurprisingly another steady week for **apples**. All varieties are holding steady in supply and demand. Prices are holding firm. Market conditions are expected to remain the same for the remainder of July. Quality is good.

The California **bartlett** season has officially begun! Market conditions for **pears** have eased in the last several weeks due to imported crop. Additionally, the Washington season has helped restock supply after domestic production was down almost 50% for most varieties. The California **bosc** and **red pear** seasons are also set to start at the end of the month, helping further ease a tight market. Prices are holding firm, though, after months of extremely low supply. Quality is good.

Avocados: Meanwhile, the California **avocado** season will be winding down in the next several weeks. Sizes are peaking around 60 ct. and 70 ct. Prices will remain elevated as volume is still on the lighter side, and we are approaching another transition. Quality is good.

Berries: **Blackberry** supply remains lower than average. While the California season started last week, production was down significantly compared to years past. However, recently warmer temperatures have helped increase production. Pricing will remain elevated while volume continues to increase and quality improves. Expect conditions to remain tight for another week.

Blueberries are seeing an increase in supply as the Oregon and Washington seasons are underway. Quality is good, and prices are expected to hold firm. Expect conditions to remain firm for another week.

Raspberry supply is currently coming from Central Mexico and Central California. Volume is still light, and prices are holding firm. Quality is average.

Strawberries are beginning to transition from the Salinas and Watsonville areas to Santa Maria and Oxnard. Prices are holding firm during this transition. Supply is steady, and quality is good.

Citrus: **Lemon** supply continues to come from the Oxnard area. 165 ct. and smaller size crop remain harder to find. The Mexican season is expected to hit its peak in mid-July. Expect prices to hold firm, though. Quality is good.

Limes are seeing steady conditions. Supply of all sizes is more readily available than in weeks past. Prices have dropped as volume has increased. Quality is good.

Valencias remain the main **orange** variety available. Production is in full swing, peaking around 113 ct and 138 ct. Quality remains excellent, and prices are holding firm.

Grapes: It's another excellent week for grapes! Both **reds** and **greens** have seen improved supply and quality. The California harvest is expected to start ramping up this week, adding even more volume. Prices are low, volume will remain high, and quality is good.

Melons: Both **cantaloupes** and **honeydews** continue to experience excellent conditions. Weather helped increase supply and is also providing high quality crop. Prices are expected to continue to hold firm into the week.

Watermelon has seen a decrease in demand, helping ease prices. Expect ample volume with lower price points to continue for another week. Quality is great.

Tomatoes: Prices will rise for **tomatoes** due to a new tariff on Mexican imports. Mexico supplies nearly 70% of the U.S. tomato market. The new tariff is in effect after the U.S. withdrew from a longstanding trade agreement with Mexico.





Vegetable Update

Asparagus: **Asparagus** continues to experience great conditions. Supply is ample, with crop coming from both Mexico and Peru. Price points are trending lower as crop is more readily available than weeks past. Quality is good. Expect conditions to hold again through the week.

Broccoli & Cauliflower: **Broccoli** continues to experience tight conditions. Insect damage in the Salinas region wiped out entire fields, and poor weather in Mexico has also heavily affected production. Some relief is expected in the coming week. Expect prices to stay high as crop recovers and demand holds strong. Some quality issues have been reported.

Cauliflower conditions have improved. Supply is coming from the Salinas and Santa Maria regions. Prices have eased as supply has increased. Expect conditions to hold for the week. While some quality issues have been reported, overall quality is good.

Brussel Sprouts: **Brussel sprouts** were also affected by weather in Mexico, which caused quality issues as well as lighter production. While some volume is coming out of Oxnard, the Salinas region isn't expected to kick off harvest for several weeks. Quality issues are also currently affecting harvest. Expect conditions to remain tight and prices to remain elevated.

Carrots: Similar to weeks prior, market conditions for **carrots** are holding steady and are expected to remain the same for the foreseeable future. Prices are beginning to hold firm as some larger sizes are becoming unavailable. However, supply remains strong, and quality is excellent.

Celery: **Celery** also remains firm. Volume is currently coming from the Santa Maria, Oxnard, and Salinas regions. Crop is skewing larger in size. While some quality issues have been reported, overall quality is good. Prices are trending higher. Expect conditions to hold into the week.

Cucumber: **Cucumber** supply continue to be on the tighter side. Baja is now the primary growing region for the remainder of the summer. Prices are holding firm. Expect conditions to hold steady. Quality is good.

Lettuces: **Iceberg** conditions are set to improve in the coming week. Production in Mexico was impacted severely by weather, putting pressure on Southern California and the Salinas region. However, production has picked up, leading to higher volume than last week. Prices are holding firm but expected to lower as supply gains momentum. Quality is about average.

Conditions are holding steady for **romaine, and green and red leaf lettuces**. Some quality issues have been reported, and quality remains about average. Prices are holding firm. Conditions will hold for the week.

Tender leaf lettuce supplies have recovered after bad weather in Mexico. Prices continue to hold firm. Quality is good.

Mixed Vegetables: Both **red and green bell peppers** continue to experience tight conditions during their transitional season. Volume is down, and relief is not anticipated until the end of July or early August. Quality is good, but expect prices to remain elevated.

Onions & Potatoes: **Onions** are currently coming from the San Joaquin Valley and New Mexico, as the Idaho and Washington seasons are coming to an end. While some quality issues have been reported, overall quality is good. Prices are firm.

Green onion supply has improved this week. Expect firm prices. Quality remains good.

Conditions for **potatoes** have firmed up. Supply is becoming limited, and prices have escalated slightly. Quality is good.





PORK CHOPS WITH CHERRY-MISO MOSTARDA

Ingredients

- 1 tablespoon canola oil, plus more for brushing
- 1 shallot, minced
- 1 garlic clove, minced
- 1 cup dried sour cherries (5 ounces)
- 1/4 cup light brown sugar
- 1/4 cup unseasoned rice vinegar
- 2 tablespoons white miso
- 1 1/2 tablespoons whole-grain mustard
- Kosher salt
- Pepper
- Four 10-ounce bone-in pork chops, about 1 1/4 inches thick

Instructions

In a small saucepan, heat the 1 tablespoon of oil. Add the shallot and garlic; cook over moderate heat, stirring, until softened, about 3 minutes. Add the cherries, sugar, vinegar, miso, mustard and 1/2 cup of water; bring to a boil. Simmer over moderate heat, stirring occasionally, until the cherries are coated in a sauce, about 8 minutes. Season with salt and pepper. Scrape into a bowl and let cool; stir in a little water if too thick.

Heat a large cast-iron skillet. Brush the pork with oil and season generously with salt and pepper. Add the pork to the skillet and cook over moderate heat, turning once, until browned and an instant-read thermometer inserted in each piece near the bone registers 135°, 12 to 15 minutes. Transfer the pork chops to plates or a platter and let rest for 5 minutes. Serve with the mostarda.

Recipe courtesy of Food & Wine.

For updated prices and availability, contact us at

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