

Fuel for School



August 11, 2025



What kids can eat to think better, feel better, and learn more.

School takes brainpower. Whether it's math, reading, or remembering where they put their homework—kids' brains are working hard.

And just like their muscles need food to run and play, their brains need the right food to think clearly and stay focused.

Here are some kid-friendly brain foods for your favorite first grader to eat before school, at lunch, or as a snack:

Berries

Blueberries and strawberries are sweet and fun to eat. They help with memory and focus. Toss them in cereal or yogurt!

Leafy Greens

Spinach and kale are full of vitamins. Add them to eggs or blend them into a smoothie. Kids won't even taste them!

Avocados

Avocados have healthy fats that help blood flow to the brain. Try them mashed on toast or added to a sandwich.

Fruit

Bananas, apples, and grapes give quick energy without the crash. They're perfect before a test or after school.

Don't forget water!

Drinking enough water helps every brain stay sharp. Make sure your kids are bringing their refillable bottle to school.

When kids eat well, they learn well. So start the day with a smart snack or breakfast, and give their brains what they need to shine in school!

And don't worry, there won't be a test on this.





Fruit Update

Apples & Pears: It's another steady week for **apples**. All varieties are holding steady in pricing and demand. Supply has picked up slightly, keeping prices firm. Market conditions are expected to continue holding firm into the week. Quality is good.

The California **bartlett**, **bosc**, and **red pear** are steadily continuing. We are seeing much better conditions for **pears** after months of tight supply. The start of the California and Washington seasons have helped ease market conditions, but prices are holding firm as volume continues to recover.

Avocados: The California **avocado** season continues to provide volume, and while it initially helped provide steady market conditions, it is slowing down and expected to end in several weeks. Sizes are peaking around 60 ct. and 70 ct. Prices will remain firm as domestic supply is slowing. Quality is good.

Berries: **Blackberry** supply is still lower than demand. While the California season has begun, production is down significantly compared to years past. Crop from Washington and Mexico are expected to help ease tight conditions, but until then, prices will remain elevated until volume increases and quality improves.

Blueberries are still seeing increased supply with the start of the Oregon and Washington seasons. Imported crop from Peru is also helping increase supply. Quality is good, and prices are expected to hold firm.

Raspberry supply is currently coming from Central Mexico, but volume remains light. The Central California season started a couple of weeks ago and has helped increase volume, but demand is also expected to increase. Prices are firm. Expect elevated conditions for the week. Quality is average.

Strawberries continue coming from the Salinas and Watsonville areas. Volume is decreasing, though, and demand is also expected to increase with the start of the school season. Expect prices to rise and hold firm into the coming weeks. Relief is not expected until late August. Quality is good.

Citrus: **Lemon** supply continues to come from the Oxnard and Ventura areas. 165 ct. and smaller size crop are becoming extremely hard to find. Expect prices to be high and hold firm for the week. Quality is good.

Limes are also experiencing tight conditions. Small fruit is becoming increasingly harder to find, while larger fruit is more readily available. Overall supply is lighter than years past, causing prices to increase. Quality is good.

Valencias remain the main **orange** variety available. Production is in full swing, peaking around 113 ct. and 88 ct. Quality is good, and prices are holding firm.

Grapes: It's yet another excellent week for grapes! Both **reds** and **greens** have seen improved supply and quality. The California harvest is expected to provide ample volume. Prices are low, volume is 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 conditions are holding steady. Supply has tightened slightly, leading to firm prices. Quality remains great.

Tomatoes: Overall quality and supply for all **tomatoes** remains steady. Prices are trending lower. Crop is currently coming from California, and quality is good.





Vegetable Update

Asparagus: **Asparagus** conditions are tightening. Supply has been impacted by weather in Peru and a transitional season in Mexico. Price points are trending higher as crop is less readily available than weeks past. Expect conditions to be tight again this week and into next.

Broccoli & Cauliflower: **Broccoli** conditions have improved as volume continues to recover after insect damage in the Salinas region wiped out entire fields, and poor weather in Mexico also heavily affected production. Expect prices to remain firm as volume is recovering, and demand is holding strong. While some quality issues have been reported, overall quality is good.

Cauliflower conditions have also improved. Weather in Mexico impacted production, putting more pressure on the Santa Maria and Salinas regions to produce. Demand is strong, keeping prices firm. Quality is good. Expect conditions to hold steady again this week.

Brussel Sprouts: **Brussel sprouts** are also affected by weather in Mexico, which has caused quality issues as well as lighter production. Production out of the Salinas region is low and not meeting high demand. Quality issues also continue to affect harvest. Conditions are tight again this week and will remain so into next week, too.

Carrots: Similar to weeks prior, market conditions for **carrots** are holding steady and are expected to remain the same for the foreseeable future. Size remains consistent. Prices are trending lower, 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 holding firm. Expect steady conditions for the week and into next week, too.

Cucumber: **Cucumber** supply continues to increase, helping ease market conditions. 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 remain tight. Supply is down, and prices are high. Quality is average. However, conditions are expected to ease into the week as crop becomes more readily available. Weights are averaging 39-44 lbs. Expect unsteady conditions for the week.

Conditions are steady for **romaine, and green and red leaf lettuces**. Overall quality is average with some issues reported, keeping prices firm. Expect conditions to hold for the week.

Tender leaf lettuce supplies have recovered after bad weather in Mexico. Expect prices to hold firm, though. Quality is good.

Mixed Vegetables: Both **red and green bell peppers** are seeing steadier conditions after several weeks of tight volume and high prices due to a transitional season. Volume is now steady, but prices are holding firm. Quality is good.

Onions & Potatoes: **Onions** are currently coming from the San Joaquin Valley and New Mexico. However, those seasons are expected to end by the end of the month. Prices are trending lower due to ample volume. Quality is good.

Green onions are experiencing steady conditions again this week. Prices are firm, and quality remains good.

Potato conditions have tightened. 40 ct. - 70 ct. continue to be tight. The upcoming Idaho season should help ease conditions. Crop is reportedly excellent quality. Until then, prices are firm.





Ingredients

- 3/4 cup extra-virgin olive oil
- 6 tbs red wine vinegar
- 1 tbs. minced Calabrian chiles
- 1 1/2 tsp. coarsely ground black pepper
- 1 1/2 tsp. coriander seeds, finely crushed
- 1/2 tsp. kosher salt
- 1 small red onion, halved
- 1 (1-lb.) block feta cheese, cut crosswise into 1/4-inch-thick slabs
- 1 focaccia or ciabatta loaf (14 to 16 oz.), split horizontally
- 1 large heirloom tomato, thinly sliced
- 2 Persian cucumbers, thinly sliced lengthwise (about 1 cup)
- 8 oz. thinly sliced deli turkey (optional)
- Microgreens

Recipe and photo courtesy of Food & Wine.

Instructions

Whisk together olive oil, vinegar, chiles, black pepper, coriander, and salt in a medium bowl. Thinly slice one onion half into rings; reserve remaining onion half for another use. Scatter about half of the onion rings over bottom of a 9- x 13-inch baking dish; pour half (about 2/3 cup) of olive oil mixture over top. Arrange feta slabs in an even layer over onions. Scatter remaining onion rings over feta, and top with remaining olive oil mixture. Cover and chill in the refrigerator for at least 2 hours, flipping feta after 1 hour.

Place focaccia, cut sides up, on a work surface. Spoon about 3 tablespoons feta marinade evenly over each bread half. Arrange feta and onion slices evenly on bottom half of bread; top with tomato, cucumbers, turkey (if using), and microgreens. Drizzle additional marinade (1 to 2 tablespoons) over microgreens; sandwich with top bread half. Cut into quarters, and serve.

**For updated prices and availability, contact us at
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