



FRESH PICKS



As summer begins to wind down, produce markets are starting to transition into fall crops. Over the next several weeks, expect gradual changes in growing regions as some summer favorites slow down and fall commodities build. These seasonal transitions can bring temporary fluctuations in pricing, availability, and quality.

The good news is that the transition also brings a fresh lineup of seasonal favorites. California will remain an important source of **grapes, apples, pears, squash, and peppers**. Meanwhile, other fall commodities, like **apples, pears, and squash** will start beginning to take center stage.

ALERT



Salinas and Watsonville are reporting strawberry yields are down about 50% compared to last week due to heat, and quality is just fair. Currently, demand is exceeding supply. Expect higher prices this week. Conditions should improve after a week or two. The Baja season is set to start in September.

IN SEASON!



Grapes



Blackberries



Carrots



Fruit Update

Apples: With the start of school season, we're seeing some movement for **apples**. While **Fujis** and **Pinks** are steady, supplies are light. Prices are also firm for **Reds** and **Granny Smiths**. Crop continues to skew larger in size, making smaller size crop less available. Expect firm conditions and prices again for the week and into the start of the school year.

Avocados: **Avocados** continue coming from both California and Mexico. Market conditions are steady. Both supply and prices are similar to last week. The California season has slowed down, leading to lighter supply than weeks prior but volume continues to hold steady. Expect similar conditions this week and into next.

Berries: **Blackberry** conditions are steady, and the market has softened as supply is slightly exceeding demand. Crop is currently coming from the Pacific Northwest. Prices are steady, and conditions are expected to be steady for this week and into next week.

The Pacific Northwest **blueberry** season is set to wrap up soon. All crop is expected to start coming from Mexico and Peru by early September. Until then, prices will hold firm, and quality is good. Expect steady conditions for the week. Prices may continue firming up as we transition into imported crop.

Both California's and Mexico's **raspberry** supplies have increased, keeping conditions steady. Supply is high, prices have softened, and quality is good. Expect steady conditions this week and into next week, too.

Strawberry demand continues exceeding supply. Furthermore, crop is experiencing a gap in production due to extreme heat in Salinas and Watsonville, and quality is fair. Conditions are expected to improve in another week. The Baja season is set to start in September.

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 to find. Expect firm prices yet again this week.

Limes are steady again this week. Crop is currently coming from Mexico. Conditions are expected to be steady for the next several weeks. We will most likely experience tighter conditions in September as seasons transition, and we move into Peru's crop.

Valencia oranges are still 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, making prices firm. Quality continues to be poor, and firm market conditions are expected again this week.

Grapes: Both **red** and **green grapes** continue to have a great season. Crop is coming from California, and both varieties are excellent quality with firm prices. Expect good quality fruit for a good price point.

Pears: The Washington pear season has begun, and **bartletts** are in full production. Quality is good, and prices are firm.

Melons: **Cantaloupe** conditions are steady. Expect firm prices and good quality. Similarly, **honeydew** supplies and quality are also steady, and prices remain firm. Crop is currently coming from California.

Tomatoes: **Tomatoes** are coming from California and Mexico. Mexico is expected to increase production soon. Supply of all varieties is steady, and quality is good. Steady conditions are expected this week and into next.





Vegetable Update

Asparagus: Both California and Mexico's asparagus supplies are down. Peru is also experiencing tight supply. Warm temperatures are affecting production and leading to poor quality. Market conditions are expected to remain tight for the next few weeks, and relief is not expected until fall.

Bell Peppers: Bell peppers are experiencing steady conditions again this week. The Bakersfield region continues providing good supply, and prices are holding firm. Crop is also peaking in larger sizes, but quality is good. Organics are in good supply, too. Prices are soft at the moment as supply is exceeding demand. Expect similar conditions for the week and into next.

Broccoli & Cauliflower: Broccoli supply is firm this week. Crop is currently coming from Mexico and Salinas. Quality is average, and prices are firming up due to lighter supply. Expect prices to be firm this week. However, conditions should ease into next week as production picks back up.

Cauliflower is experiencing steady conditions this week. Crop continues to come from Mexico and the Central Valley. While both quality and volume are steady, prices are still firm again this week. Expect similar conditions next week.

Brussel Sprouts: Brussel sprout supplies have slowed but remain steady. Prices are firm again this week, but quality is excellent. Crop is skewing larger in size. Expect steady conditions this week and into next.

Carrots: Carrots are continuing to see steady, predictable conditions. The Bakersfield season is well underway, and we're continuing to good sizing and strong availability. Prices are soft due to high supply.

Celery: Celery supply has improved this week after some yields suffered from pest pressure. Quality was also impacted. Crop is currently coming from Salinas and Oxnard. Conditions are expected to be firm this week, but prices will lower as volume and quality recover.

Cucumbers: Cucumber production is steady. Crop is currently coming from Baja, and prices are firm. Quality is good. Expect steady conditions this week.

Lettuces: Iceberg supply is steady, and production is set to increase throughout the week. Crop is currently coming from Salinas. Prices are still firm, but expect steady conditions this week and into next week. Quality is about average.

Romaine, and **green and red leaf lettuces** are continuing steadily. Expect firm prices for all varieties with decent quality. Expect steady conditions this week.

Tender leaf lettuce supplies are also experiencing steady conditions. Crop is currently coming from Oxnard, Yuma, and Mexico. Prices are firm, and quality is good. 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 elevated due to lower yields.

Green onion supply has been impacted by weather in Mexico. Expect firm conditions for the next two to three weeks. Prices will be elevated.

Potatoes are still experiencing firm conditions. Crop is peaking in medium sizes, and large sizes are beginning to tighten. Quality is good.





TOMATO BRUSCHETTA

Quick Directions: Dice ripe tomatoes and toss with basil, garlic, olive oil, salt, and pepper. Spoon onto toasted baguette slices and finish with balsamic glaze.

DID YOU KNOW?

Grapes are technically considered berries because they develop from a single flower and contain seeds.

PRODUCE TRIVIA

What fruit grows on a vine, comes in all shapes and sizes, and can be orange, green, yellow, or white on the inside?



Answer revealed next week!

Answer to last week's riddle: Cucumbers grow on a vine and are related to watermelon, squash and pumpkins.

STORAGE TIP OF THE WEEK

Store whole melons at room temperature until ripe, then refrigerate. Once cut, keep melon refrigerated in a covered container and use within 3-5 days. Avoid leaving it at room temperature for extended periods.

For updated prices and availability, contact us at

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