



FRESH PICKS



September brings a mix of late-summer favorites and the first flavors of fall. **Apples, pears, winter squash,** and other fall crops are beginning to build in volume. Meanwhile, some **stone fruit, melons,** and other summer commodities are gradually winding down as growing regions transition.

Grapes, tomatoes, peppers, and other California-grown favorites continue to offer excellent quality and availability. As we move through the month, expect some markets to shift as crops transition between regions. We'll continue monitoring conditions and working with our customers to navigate these changes and find the best options available.

REMINDER



We will be observing **normal business hours** on Labor Day (Monday, September 7th). Our Sales Office will be open from 8am - 5pm, and pre-cuts will need to be ordered by 3pm. **Deliveries will follow normal schedules.**

IN SEASON!



Carrots

Celery

Bell Peppers



Fruit Update

Apples: School demand is putting some pressure on **apples**. Prices and supplies are firming up for **Fujis, Pinks, Reds,** and **Granny Smiths**. Meanwhile, **Honeycrisp** is steady with more crop underway. Fruit continues to skew larger in size, making smaller sizes less available. Expect firm conditions and prices again for the week.

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 will be coming to an end soon, but supply out of Mexico is holding steady. Expect similar conditions this week and into next.

Berries: **Blackberry** conditions have firmed up. Crop is currently coming from the Pacific Northwest, and the California season has ended. Prices are firm, and conditions are expected to be firm for the next week or two.

The Pacific Northwest **blueberry** season has also ended, and all crop is coming from Mexico and Peru. Prices are still firm, and quality is good. Expect steady conditions for the week. Prices may continue firming up as we transition into imported crop.

We are beginning to transition from California **raspberries** to Mexico's crop. Expect firm prices this week and into next. Mexico is providing good volume, though, and supply is expected to be steady.

Strawberry demand continues exceeding supply. Salinas and Watsonville seasons are ending earlier than usual, and quality is fair. Conditions are expected to improve in another week with the start of the Baja season. Santa Maria should also start experiencing improved production next week, helping ease conditions. Until, expect conditions to be firm with elevated prices.

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 experiencing quality issues, and prices are still firm. Crop is currently coming from Mexico. We will most likely experience tighter conditions through early September as seasons transition, and we move into Peru's crop. Quality should improve in another week or two.

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: Mexico's **asparagus** supply is down significantly. 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 October.

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 steady. Expect similar conditions for the week and into next.

Broccoli & Cauliflower: **Broccoli** supply is still tight this week. Crop is currently coming from Mexico and Salinas. Salinas fields have been affected by pest pressure. Quality is average, and prices are firming up due to lighter supply. Expect prices to be firm again this week. Relief is expected in another week.

Cauliflower is also experiencing firm conditions again this week. Crop continues to come from Mexico and the Central Valley. Similar to broccoli, fields in the Central Valley are experiencing pest pressure, leading to lower supply and tighter market conditions.

Brussel Sprouts: **Brussel sprout** supply and production have been affected by Diamondback moths. Supply is down, and quality is poor. Expect tight conditions again this week and into next week.

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

Celery: **Celery** supply is still steady this week. Crop is currently coming from Salinas and Oxnard. Conditions are expected to be steady again this week. Expect good supply, good quality, and good pricing.

Cucumbers: **Cucumber** production has slowed due to weather. Crop is currently coming from Baja, and prices are firm. Quality is good. Expect firm conditions this week and potentially into mid-September.

Lettuces: **Iceberg** is seeing tight conditions as fields are being affected by disease pressure. Additionally, the Salinas season is starting to wind down. Volume has been impacted significantly, and quality is extremely poor. Prices are elevated. We anticipate tight market conditions for several weeks.

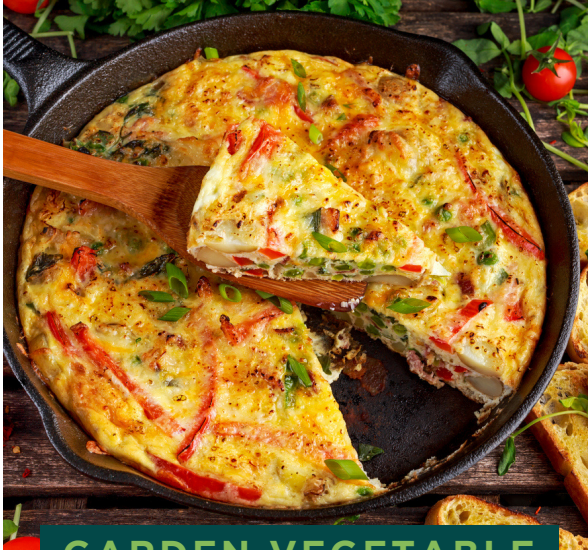
Romaine, and **green and red leaf lettuces** are also being affected by disease pressure but not as intensely as we're seeing with iceberg. Expect firm prices for all varieties and poor quality. Expect tight conditions this week.

Tender leaf lettuce supplies are 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.

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 strong demand and lower supply. Crop is leaning toward smaller sizes, making larger sizes more scarce.

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





GARDEN VEGETABLE FRITTATA

Quick Directions: Sauté bell peppers, spinach, and onions. Pour over beaten eggs, sprinkle with cheese, and bake at 375°F until set, about 12-15 minutes.

DID YOU KNOW?

Bell peppers are part of the nightshade family, along with tomatoes, potatoes, and eggplant.

PRODUCE TRIVIA

What leafy green contains so much water that it changes size dramatically when cooked?



Answer revealed next week!

Answer to last week's riddle: Watermelon is technically a botanical berry.

STORAGE TIP OF THE WEEK

Wrap celery tightly in foil and refrigerate. The foil helps retain moisture while allowing some ethylene gas to escape. If celery starts to go limp, place the stalks in ice water for a short time to help restore some crispness.

For updated prices and availability, contact us at

(916) 441-6431

or

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