



General Produce

Volume 43, Week 38

September 15, 2025

FRESH PICKS



Fall favorites have arrived. From **persimmons** to **pomegranates** to **squash**, these fall fruits and vegetables aren't just delicious—they're packed with nutrients and versatility.

Perfect for everything from **warm soups** and **roasted side dishes** to **fresh salads** and **seasonal desserts**. Eating in-season means enjoying produce at its freshest while celebrating the flavors of autumn

DON'T MISS!



Holiday fruit and nut trays are here. Fresh, flavorful, and ready to share. Beautifully arranged fruit and nut trays are perfect holiday treats or gifts.

Orders are due by **September 24th**.

IN SEASON!



Squash



Pears



Leeks

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Fruit Update

Apples & Pears: Apples continue shifting into the new crop. **Gala** and **Honeycrisp** volumes are beginning to pick up. More varieties, like **Granny Smith**, **Red Delicious**, and **Fuji**, will see an increase in production this month. Until then, volume is steady, and prices are firm.

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

Avocados: The California **avocado** season continues to provide volume, but is slowing down and expected to end in the coming weeks. Sizes are continuing to peak around 48 ct. and 60 ct. Prices will remain firm as domestic supply is slowing. Quality is good.

Berries: Blackberry supply has finally caught up with demand. Despite the California season's production being down significantly compared to years past, crop from Washington and Mexico have helped ease tight conditions with some increased volume. Prices are softening, and quality has also improved compared to the last several weeks.

Blueberries are experiencing a gap while transitioning from the Washington and Oregon seasons to the Central Mexico and Peruvian seasons. Supply is tightening and will remain so until early next month. Expect prices to firm up this week and remain elevated until October. Quality is fair.

Raspberry supply is currently coming from Central Mexico and Baja. Volume is holding steady, and prices have lowered due to lowered demand. Quality is great.

Strawberries continue coming from the Salinas and Watsonville areas, while the Santa Maria region is also beginning its season. Increased demand from schools is keeping prices firm. Expect prices to remain firm into this week as crop transitions to the Santa Maria and Oxnard regions. For now, quality is good.

Citrus: Lemons are transitioning to the San Joaquin Valley region. 165 ct. and smaller size crop are continuing to be extremely hard to find. Prices have eased as product from San Joaquin is entering the market. Quality is good.

Lime conditions have softened. Smaller fruit is becoming more easily available, but fruit continues to peak in medium sizes. Expect prices to ease this week. Quality remains average.

Valencias remain the main **orange** variety available. Production is in full swing, peaking on 88 ct. Prices are still firm along with demand. Quality is good. Expect conditions to remain firm into the week. Navel season is anticipated to begin at the end of next month.

Grapes: Grapes are still experiencing great conditions. The California season is in full production, and both **reds** and **greens** are experiencing a great harvest. Prices are low, volume is high, and quality is great.

Melons: Cantaloupe and **honeydew** conditions are firming up with some crop damaged due to weather. Prices are firm, and quality is still great.

Watermelon conditions remain steady. Supply has tightened slightly, leading to firm prices. Quality remains great.

Tomatoes: Grape, roma, and **round** tomato volumes are holding steady. Crop is currently coming from California. Prices are firm.





Vegetable Update

Artichokes: **Artichoke** supply will be tight for the remainder of the month due to a transition between seasons. Supply is expected to pick back up in October.

Asparagus: **Asparagus** conditions have improved as production in both Peru and Mexico is increasing. Smaller sizes are still more available than jumbo or large. Price points will remain tight but expect them to ease throughout the week.

Bell Peppers: Conditions have improved for **red** bell peppers. Price points have begun to trend lower as supply has strengthened. Quality is excellent.

Similar to last week, **green** bell peppers are experiencing steady conditions with ample supply and firm prices. Quality is also excellent.

Broccoli & Cauliflower: **Broccoli** conditions are tight again this week. Crop has been impacted by insects, particularly in Santa Maria and Monterey. Supply is down, and quality is average. Expect higher price points as supply recovers. Relief is still not expected for another week.

Unlike broccoli, **cauliflower** is experiencing great conditions. Supply is ample, and demand is strong, keeping prices firm. Quality is good. Crop is currently coming from the Salinas and Santa Maria regions.

Brussel Sprouts: **Brussel sprouts** are experiencing tighter conditions this week due to insect damage. While production out of the Salinas region has helped provide some volume, prices points are trending higher due to limited supply and high demand. Quality issues have been reported. Expect tight conditions throughout the week.

Carrots: Similar to weeks prior, market conditions for **carrots** are holding steady. Prices are trending lower, and quality is excellent.

Celery: **Celery** remains steady. 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 again this week.

Cucumber: **Cucumber** production has been impacted by weather. Baja remains the primary growing region until October. Prices have escalated as conditions have tightened. Expect conditions to remain tight for the week. Quality is average.

Lettuces: **Iceberg** conditions have improved slightly. School demand and quality issues are keeping prices firm. Weights are averaging 37-42 lbs. Expect prices to remain tight, though, due to limited supply and increased demand. Relief is not expected this week. Quality is average.

Conditions are still tight for **romaine, and green and red leaf lettuces**. School demand has increased prices, and quality issues have also been reported. Crop is currently coming from Salinas. Expect firm conditions again this week.

Tender leaf lettuce supplies are holding steady. Crop is currently coming from Oxnard and Mexico. Prices are holding firm. Quality is good.

Onions & Potatoes: **Onions** are now coming from the Washington and Idaho regions. Prices are trending lower as steady conditions are expected again this week. Quality is good.

Green onions are being impacted by weather in Mexico. Expect prices to trend higher due to low supply.

Potatoes are experiencing steadier conditions. Supply has improved, prices are firm, and quality is excellent.





ROASTED BRUSSEL SPROUTS WITH HONEY

Quick Directions: Halve Brussels sprouts, toss with olive oil, salt, and pepper, then roast at 400°F until crispy. Drizzle with honey and a squeeze of lemon before serving for a sweet-savory side.

STORAGE TIP OF THE WEEK

Keep carrots crisp by storing them in a sealed container of water in the fridge. Change the water every few days to keep them fresh and snappy.

PRODUCE TRIVIA

Which fruit can float on water because 25% of its volume is air?



Answer revealed next week!

Answer to last week's riddle: Lettuce was the first vegetable grown in space. NASA grew "Outredgeous" red romaine lettuce on the International Space Station in 2015!

DID YOU KNOW?

A single strawberry isn't a true berry—those tiny seeds on the outside are actually individual fruits, each with its own seed inside!

**For updated prices and availability, contact us at
(916) 441-6431**

or

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