



FRESH PICKS



Persimmons are in season and bringing their sweet, rich flavor to the fall lineup. From snacking to salads and desserts, these seasonal favorites are a great addition to autumn menus and displays.

Pomegranates are also in season, adding vibrant color and a burst of flavor to fall dishes. Stock up on these classic fall favorites today and make the most of the season!

ALERT



Iceberg lettuce supplies continue to vary by growing region, with Santa Maria seeing improved volumes while Salinas remains tight due to disease pressure, reduced plantings, and lighter, smaller heads. Cooler weather in Salinas may further slow growth in the short term. We will continue monitoring quality and sourcing from regions that best support current demand.

IN SEASON!



Tomatoes



Bell Peppers



Pumpkins



Fruit Update

Apples: Apple season is quickly approaching, and new crop will begin entering the market. For now, prices and supplies are tight for **Fujis, Pinks, Reds, Granny Smiths** are also firm. Meanwhile, **Honeycrisp** is steady with more crop underway. Fruit continues to skew larger in size. Expect firm conditions and prices again this week. Quality is good.

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 remain firm this week. Crop is currently coming from Mexico. Prices are firm, and demand is staying high despite lower supply. Relief isn't expected until mid-October. Until then, expect tight market conditions due to low volume.

The Pacific Northwest **blueberry** season has 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 fully into imported crop. Quality is good.

Raspberries are doing well. We are transitioning into Mexican crop, and supply is good. Volume is expected to continue increasing. Quality is also good, and conditions are expected to be steady this week.

Strawberry conditions are steady. Salinas and Watsonville seasons are set to end in the next couple of weeks. Currently, quality is fair. The Baja season has begun, and all crop will slowly start coming from there. Expect improved volume and quality in the next week or two.

Citrus: Conditions for **lemons** are steady. Ventura and Oxnard are the current growing regions. Both regions are in full production, leading to steady supply. Crop continues peaking in larger sizes, making smaller sizes hard to find. Expect firm prices for the week. Quality is fair.

Limes are still experiencing production and quality issues. Prices are still firm. Crop is currently coming from Mexico. Tight conditions are expected throughout September as seasons transition, and we move into Peru's crop. Additionally, crop is skewing smaller in size, and larger sizes are becoming hard to source.

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.

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. All varieties are steady with good quality. Expect conditions to hold steady for the week.





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, and quality is good. Expect similar conditions for this 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 escalated again this week and into next 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. Relief is not expected this week or next.

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 into next week, too. Expect good supply, good quality, and good pricing.

Cucumbers: **Cucumber** production has improved. Crop is currently coming from Baja, and prices are firm again this week. Quality is good. Expect firm conditions this week as supply continues increasing. Demand is keeping prices firm.

Lettuces: **Iceberg** is experiencing extremely 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 very poor. Prices are elevated. Expect 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 iceberg. Expect firm prices for all varieties and poor quality. Expect firm conditions again 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.

Onions & Potatoes: Conditions for **onions** are firm, and prices are elevated due to strong demand and low supply. Crop is leaning toward smaller sizes, making larger sizes more scarce.

Green onions are experiencing tight conditions due to low production and supply.

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





ROASTED POTATO & BELL PEPPER HASH

Quick Directions: Dice potatoes, bell peppers, and onions. Toss with olive oil, salt, pepper, and your favorite seasoning, then roast at 425°F for 25-35 minutes, stirring halfway through. Serve as a breakfast side or alongside grilled chicken or steak.

DID YOU KNOW?

Onions have been cultivated for thousands of years and are grown on every continent except Antarctica.

PRODUCE TRIVIA

What produce item is often associated with fall and has a sweet, honey-like flavor when ripe?



Answer revealed next week!

Answer to last week's riddle: The squash family includes varieties like butternut, acorn, delicata, and spaghetti.

STORAGE TIP OF THE WEEK

Store firm persimmons at room temperature until they reach your desired ripeness. Once ripe, refrigerate and use within several days.

For updated prices and availability, contact us at

(916) 441-6431

or

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