



FRESH PICKS



As we begin transitioning from the Central Valley into the Yuma and Mexico/Baja growing regions, customers may notice some changes in quality and availability as crops move between growing areas. During this transition period, supplies can be less consistent, with variations in sizing, appearance, shelf life, and overall quality as the new regions ramp up.

Pricing and availability may also fluctuate during the transition as supplies adjust and weather, transportation, and growing conditions come into play. We'll continue monitoring the markets closely and will keep you updated on changing conditions, availability, quality concerns, and pricing as the season progresses.

ALERT

Several markets are currently experiencing critical shortages and price increases due to ongoing pest and disease pressure, including:

- **broccoli**
- **green onions**
- **iceberg** and **romaine lettuce**
- **cabbage**
- **asparagus**

Tight conditions are expected to continue in the short term, resulting in elevated pricing and inconsistent quality on the limited product available. We will continue to monitor conditions closely and, as always, keep you updated as market conditions evolve.

IN SEASON!



Carrot Juice



Pumpkins



Green Kiwi



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, **Honeycrisps** are 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 is ending, but supply out of Mexico is holding steady. Expect similar conditions this week and into next.

Berries: **Blackberry** conditions have improved slightly. Crop is currently coming from Mexico. Prices and demand are both firm, and supply is recovering after a couple of weeks of low volume. Expect firm conditions this week as supply continues to recover.

Blueberries are coming from both Mexico and Peru. Prices are still firm, and quality is good. Expect steady conditions for this week and into next. Prices will remain firm with the ending the domestic season and transition to imported crop.

Raspberries are doing well. Crop is coming from Mexico as the domestic season had ended. 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 as the Baja season continues to gain momentum.

Citrus: Conditions for **lemons** are firming up as the Ventura and Oxnard seasons are coming to an end, and crop is transitioning to the Yuma region. 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 into October as seasons transition, and we move into Peru's crop. Additionally, fruit 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. Production is transitioning to the Yuma region.

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: Currently, **asapargus** supply is down, and an impending hurricane may further impact production. Crop is coming from Mexico, while some volume is coming from Peru. Expect conditions to worsen before they get better. Quality is not great, and prices are escalating. Stay tuned for more excitement.

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 also been affected by pest pressure. 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 firm pricing.

Cucumbers: **Cucumber** production is also steady. Crop is currently coming from Baja, and prices are firm again this week. Quality is good. Expect firm conditions this week as demand is keeping prices firm but steady.

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.

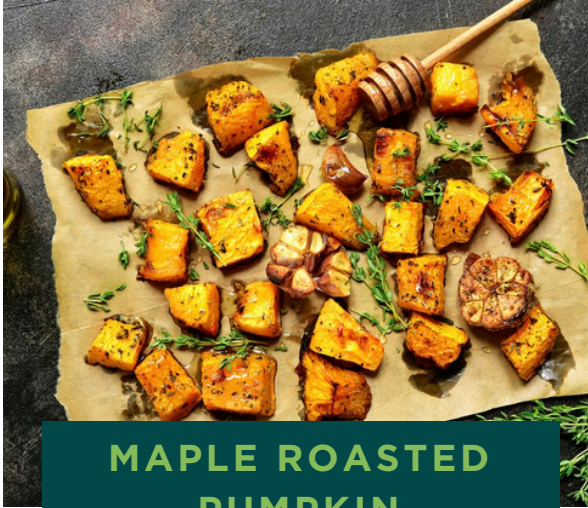
Tender leaf lettuce supplies are experiencing steady conditions. Crop is currently coming from Oxnard, Yuma, and Mexico. Prices are firm, and quality is good.

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 still experiencing tight conditions due to low production and supply. Prices are elevated.

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





MAPLE ROASTED PUMPKIN

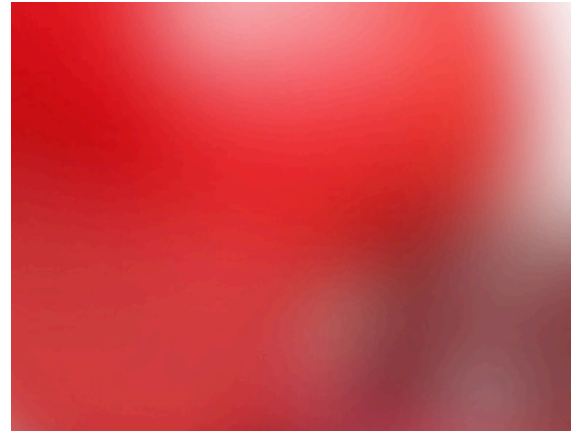
Quick Directions: Cut pumpkin into bite-sized pieces and toss with olive oil, maple syrup, salt, pepper, and a little cinnamon. Roast at 400°F for 25-30 minutes until tender and caramelized. Eat as a snack or side dish, or add to salads.

DID YOU KNOW?

The deep orange color of many pumpkins comes from carotenoids, which are the natural plant pigments also found in carrots and sweet potatoes.

PRODUCE TRIVIA

Which fall fruit is technically a berry and is known for its jewel-like seeds?



Answer revealed next week!

Answer to last week's riddle: Persimmons are a fall produce item that have a sweet, honey-like flavor when ripe.

STORAGE TIP OF THE WEEK

Whole winter squash stores best in a cool, dry place away from direct sunlight. Once cut, refrigerate in an airtight container and use within several days.

For updated prices and availability, contact us at

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or

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