



FRESH PICKS



Lettuce supplies continue to vary by growing region, with **iceberg, romaine and leaf lettuce** all seeing some pressure. Salinas remains challenged by ongoing INSV and disease pressure, reduced plantings, and inconsistent yields, while Santa Maria is currently seeing somewhat better availability. Smaller, lighter heads and variable quality continue to be factors in the market.

As the industry prepares for the seasonal transition into Yuma, we may see some continued fluctuations in availability, quality and pricing. Transitions between growing regions can create short-term challenges as shippers adjust to new fields and growing conditions. We will continue to monitor the market closely and keep you updated as conditions develop.

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!





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 Mexico. Market conditions are steady. Both supply and prices are similar to last week. The California season has ended, but supply out of Mexico is holding steady. Expect similar conditions this week and into next.

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

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 of 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 supply has been affected by heat. Salinas and Watsonville seasons are set to end in the next couple of weeks. Currently, quality is poor due to the warm temperatures. 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 firm again this week 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: **Green grapes** are firming up as their season is ending soon. Prices have increased slightly. Meanwhile, **red grapes** are steady. Quality is good for both.

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. Conditions for **grapes** and **cherries** have tightened, and **rounds** and **romas** are also expected to firm up as the domestic season is winding down.





Vegetable Update

Asparagus: Currently, **asparagus** supply out of Peru is down due to weather. Crop is also coming from Mexico, which has seen a slight increase in production. Quality is not still great, and prices remain elevated. Conditions may get worse before they get better.

Bell Peppers: **Bell peppers** are experiencing steady conditions again this week. The Bakersfield region continues providing good supply, and prices are holding firm. Quality is good for now, but the heat may impact quality in the coming weeks. Expect steady conditions this week, though.

Broccoli & Cauliflower: **Broccoli** supply has improved slightly, but conditions are still tight. Crop is currently coming from Mexico and Salinas. Salinas fields have been affected by pest pressure, and the recent heat wave has also affected quality. Expect average or below average quality, and prices will hold firm again this week and into next.

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. Supply is expected to improve in the coming weeks, though.

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.





POMEGRANATE SALSA

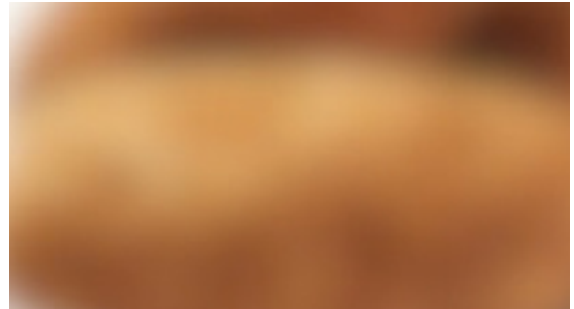
Quick Directions: Mix pomegranate arils with diced cucumber, red onion, cilantro and lime juice. Serve with tortilla chips or spoon over grilled chicken or fish.

DID YOU KNOW?

Did you know Brussels sprouts are part of the same family as cabbage, kale and broccoli? They're essentially tiny cabbages growing on a stalk!

PRODUCE TRIVIA

Which vegetable grows underground and is actually a modified stem rather than a root?



Answer revealed next week!

Answer to last week's riddle: Pomegranates are technically a berry and are known for their jewel-like seeds.

STORAGE TIP OF THE WEEK

Keep leafy greens dry and refrigerated. A paper towel in the bag or container can help absorb excess moisture and extend freshness.

For updated prices and availability, contact us at

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or

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