



FRESH PICKS



As cooler fall weather settles in, soup season is officially here! Mid-October is the perfect time to bring hearty, produce-packed soups to the menu. From classic **butternut squash** and **pumpkin** to **potato**, **carrot**, and **tomato** soups, fresh produce adds seasonal flavor, color, and comfort to every bowl.

Stock up on versatile staples like **carrots**, **celery**, **onions**, **potatoes**, **squash**, and **leafy greens** to help bring your fall soup recipes to life. Whether you are preparing scratch-made soups, rotating seasonal specials, or building weekly menus, these produce essentials are a great way to make the most of the season. Order today and get ready for soup season!

NEW ARRIVAL



Cranberries are now in stock and ready for your upcoming holiday meals! Whether you're preparing classic cranberry sides or adding a festive touch to seasonal menus, be sure to stock up while supplies last. Order today to get ready for the holiday season!

IN SEASON!



Holiday Seedless
Grapes



Celery



Carrots



Fruit Update

Apples: **Apple** season is quickly approaching, and new crop will begin entering the market. For now, prices and supplies are firm. Fruit continues to skew larger in size, and foodservice sizes are currently running a little tight. 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 are firm but steady. Crop is currently coming from Mexico. Prices and demand are both firm, and production and supply are steadily increasing. 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 full 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 supplies out of both California and Mexico have been affected by weather. On top of the recent heat wave, Salinas and Watsonville seasons are also set to end in the next couple of weeks. Currently, quality is poor, and supply is down. Expect improved volume and quality in the next week or two as crop recovers from the affects of weather. The Baja season will also see improved production as the season 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 quality issues. Prices are still firm. Crop is currently coming from Mexico. Tight conditions are expected through 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 orange season is winding down and **navel** season will begin soon. Crop continues 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: The domestic **grape** season is also winding down, and imported crop will enter the market soon. For now, expect good quality and firm prices.

Pears: Washington **bartletts** are in full production. Quality is good, and prices are firm. However, foodservice sizes are tight.

Melons: Both **cantaloupe** and **honeydew** domestic seasons are winding down, and crop will begin coming from Yuma. Supplies are firming up, and prices are steady.

Tomatoes: **Tomatoes** are coming from California and Mexico. The domestic season is winding down. Conditions for **grapes** and **cherries** have tightened, and **rounds** are also tightening. Expect elevated prices this coming week as supplies have been affected by weather.





Vegetable Update

Asparagus: **Asparagus** has experienced some needed relief this week due to an increase in production and lowered demand. However, conditions are expected to tighten up again as production in Mexico was impacted by a hurricane. Quality is not still great, and prices remain elevated.

Bell Peppers: Conditions for **bell peppers** are firming up as the Bakersfield season is winding down. Lower supply has led to slightly increased prices, especially for **red bells**. Quality is good for now, but conditions will remain firm for the week and potentially into next.

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** have begun their transition, as well. Overall, supplies are holding steady, and quality is also good. Conditions are holding steady during the transition period.

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.





CREAMY CARROT SOUP

Quick Directions: Sauté chopped carrots and onion with garlic, add vegetable broth, and simmer until tender. Blend until smooth, then finish with cream or coconut milk and a pinch of ginger for a cozy fall soup.

DID YOU KNOW?

Potatoes are naturally fat-free and provide potassium and vitamin C, making them a hearty, versatile ingredient for fall menus.

PRODUCE TRIVIA

Which crunchy green vegetable is a classic ingredient in mirepoix, the French combination of vegetables used as a base for soups and sauces?



Answer revealed next week!

Answer to last week's riddle: Potatoes grow underground and are actually a modified stem rather than a root.

STORAGE TIP OF THE WEEK

Keep dried lentils in an airtight container in a cool, dry pantry. Proper storage helps preserve their quality and makes them easy to keep on hand for soups and stews.

For updated prices and availability, contact us at

(916) 441-6431

or

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