



General Produce

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FRESH PICKS



Fresh herbs are a holiday kitchen essential! With Thanksgiving and holiday menus just around the corner, now is the time to stock up on items like **thyme, rosemary, parsley, dill, bay leaves, and oregano**. These herbs bring plenty of seasonal flavor to roasted vegetables, stuffing, poultry, and more.

We offer multiple types of herb blends perfect for poultry, prime rib, and holiday meals. Herb blends help make holiday meal prep easy and flavorful. Order now to get ahead of the holiday rush!

ALERT



Strawberry supplies from both California and Mexico are facing weather-related challenges, including recent heat and rainfall that have slowed production in Mexico and Baja. Quality remains poor and supplies are limited, while steady demand is keeping prices elevated and market conditions tight.

IN SEASON!



California grown
navel oranges



Evercrisp
Apples



Little Potato Company

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Fruit Update

Apples: **Apple** season is here, and volume on almost all varieties has improved. For now, prices and supplies are holding firm. Fruit continues to skew larger in size, and foodservice sizes are currently running a little tight. Expect steady conditions and prices again this week. Quality is good.

Avocados: **Avocados** are coming from Mexico, where market conditions have tightened. Both supply and prices have firmed up compared to last week. Quality is still good. Expect conditions to hold firm for the week.

Bananas: **Banana** shipments have been impacted by hurricanes, leading to low volume and some quality issues. Expect tight conditions this week.

Berries: **Blackberry** conditions are firm but steady. Crop is currently coming from Mexico. Prices and demand are both firm, while 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 and then rainfall, production in Mexico and Baja are off to an extremely slow start. Currently, quality is poor, and supply is down. Meanwhile, demand is holding firm, leading to elevated pricing and tight market conditions.

Citrus: Conditions for **lemons** are steady 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, but conditions are set to improve by the end of the month. Crop is currently coming from Mexico and is transitioning to Peru, helping ease quality issues. Additionally, fruit is still skewing smaller in size, and larger sizes are becoming hard to source.

Valencia orange season is winding down and **navel** season is picking up. 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 is entering the market soon. For now, expect good quality and firm prices. Volume is steady.

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 is starting to come from Yuma. Prices are firming up due to the increased cost of transportation. Expect firm conditions.

Tomatoes: **Tomatoes** are coming from California and Mexico. The domestic season is winding down. Conditions for **grapes** and **cherries** have tightened, and **rounds** and **romas** are also tight again this week. Expect overall prices for all varieties to be elevated this week.





Vegetable Update

Asparagus: **Asparagus** is still struggling and will potentially continue to struggle until after Thanksgiving. Production in Mexico was impacted by a hurricane, and production in Peru has gotten off to a slow start. Quality is still poor, and prices remain elevated.

Bell Peppers: Conditions for **bell peppers** are tightening as the Coachella season is off to a very slow start. Production has been impacted by weather, and lower supply has led to increased prices. Quality is good for now, but conditions will remain firm for the week and most likely into next week, too.

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

Cauliflower conditions have also improved but remain firm. Supply continues to come from Mexico and the Central Valley. Similar to broccoli, fields in the Central Valley have been experiencing pest pressure, leading to lower volume and tighter market conditions. Crop is also still experiencing some quality issues, leading to firmer prices. Expect similar conditions throughout the week.

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. Prices are elevated.

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 also firm due to strong demand and transportation costs. Crop is leaning toward smaller sizes, making larger sizes more scarce.

Green onions are expected to see improved conditions soon. Prices are beginning to lower after months of tight conditions.

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





HOLIDAY HERB BUTTER

Quick Directions: Mix softened butter with chopped rosemary, thyme, parsley, garlic, and a pinch of salt. Spread over poultry, vegetables, or warm dinner rolls.

DID YOU KNOW?

Rosemary is part of the mint family, alongside herbs like basil, oregano, and thyme.

PRODUCE TRIVIA

Which leafy herb is commonly used in pesto alongside basil?



Answer revealed next week!

Answer to last week's riddle: Pumpkins are famous for their orange color, spooky jack-o-lantern faces, and creamy fall soups.

STORAGE TIP OF THE WEEK

Treat fresh herbs like flowers! Trim the stems of tender herbs like parsley and cilantro, place them in a jar of water, and loosely cover with a bag in the refrigerator.

For updated prices and availability, contact us at

(916) 441-6431

or

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