General Produce

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FRESH PICKS



Thanksgiving side dishes are often the stars of the holiday table. From classic mashed potatoes and green bean casserole to roasted Brussels sprouts, glazed carrots, and sweet potato dishes, fresh produce plays an important role in bringing holiday menus together.

Whether you're planning traditional favorites or trying something new, we have the fresh ingredients to help make your holiday menu a success. Stock up on **potatoes, green beans, Brussels sprouts, carrots, sweet potatoes**, **squash**, and more to keep your Thanksgiving sides fresh, flavorful, and ready for the celebration!

NOW OFFERING



Scented pine cones are a holiday decorating staple, adding a festive touch to seasonal displays while filling the air with the warm, nostalgic scents of the holidays. Perfect for creating a cozy, welcoming atmosphere, they're a simple way to bring the spirit of the season into any space. Order today and start getting festive!

IN SEASON!



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Fruit Update

Apples: **Apple** season is in full swing, and volume on all varieties has improved. For now, prices and supplies are holding firm. Fruit continues to skew larger in size, but foodservice sizes are slowly becoming more available. Quality is good.

Avocados: **Avocados** are coming from Mexico, where market conditions remain tight due to a workers strike several weeks ago. Both supply and prices are still firm after volume took a dip. Quality is still good, and conditions will be firm again this week, but supply is expected to improve over the coming weeks.

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

Berries: **Blackberry** conditions are steady. Crop is currently coming from Mexico. Prices and demand are both firm, while production and supply are continuing to increase. Expect steady 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. Additionally, production in Mexico and Baja are off to an extremely slow start. Currently, quality is poor, and supply is down. Expect elevated pricing and tight market conditions this week.

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.

The **navel orange** season is in full swing. Crop is starting to become more available in smaller sizes, helping ease foodservice conditions. Quality is still fair, though, and market conditions are expected to be firm but steady this week and into next.

Grapes: The domestic **grape** season is also winding down, and imported crop has started entering the market. For now, expect good quality and firm prices. Volume is steady.

Pears: **Pear** season is also here, and crop is skewing larger in size, making smaller sizes harder to source. Quality is good, though, and prices are firm.

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 currently coming from Mexico, where conditions are still tight. **Grapes, cherries, romas,** and **rounds** are all experiencing low supply and quality issues. Expect elevated prices for the next several weeks. Relief isn't expected until December.



Vegetable Update

Asparagus: **Asparagus** is still struggling and will not experience any relief until after Thanksgiving. Production in Mexico was impacted by a hurricane, and production in Peru has gotten off to a slow start. Demand is also rising due to the upcoming holiday, further increasing prices. Quality is not great.

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.

Broccoli & Cauliflower: **Broccoli** supply continues to improve, but conditions are still firm. Crop is currently coming from Mexico and Salinas. Pest pressure is still affecting some yields and impacting quality, but volume is starting to recover after a rough month. Prices will hold firm this week.

Cauliflower conditions will be firm this week as crop is transitioning from Salinas to Yuma. Similar to broccoli, fields 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 tight firm conditions until the full transition to Yuma is complete.

Brussel Sprouts: **Brussel sprout** supply and production are experiencing improved conditions after being affected by pest pressure. Quality has also improved. Prices will be firm this week, though, as volume recovers, and demand is also increasing due to the upcoming holiday.

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** is a bright spot entering the upcoming holiday demand. Volume is steady, and quality is good. Crop is currently coming from Salinas and Oxnard. Conditions are expected to be steady for the holiday.

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 still experiencing extremely tight conditions as fields have been affected by disease pressure. Additionally, the Salinas season is winding down. Volume has been impacted significantly, and quality is very poor. Prices are elevated again this week and will remain so for at least several more 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 along with some quality issues.

Tender leaf lettuce supplies are experiencing steady conditions. Crop is currently coming from Yuma and Mexico. Prices are steady, 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 finally seeing improved conditions. Prices are beginning to lower as volume is picking back up.

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



GARLIC PARMESAN GREEN BEANS

Quick Directions: Sauté fresh green beans with butter and minced garlic until crisp-tender. Finish with fresh Parmesan and a squeeze of lemon.

DID YOU KNOW?

Did you know pecans are the only major tree nut native to North America? They're a popular ingredient in classic Thanksgiving desserts.

PRODUCE TRIVIA

Which Thanksgiving staple is actually a member of the grass family?



Answer revealed next week!

Answer to last week's riddle: Potatoes come in 4,000 varieties worldwide.

STORAGE TIP OF THE WEEK

Fresh cranberries can last up to a month in the refrigerator when kept dry. You can also freeze them for longer storage!

For updated prices and availability, contact us at

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or

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General Produce
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