



General Produce

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FRESH PICKS



From roasted vegetables to savory sides and sweet treats, **Thanksgiving** is a feast that brings family and friends together. It's also a moment to appreciate the effort behind every ingredient, from the farmers who grow them to the hands that prepare them.

By choosing **seasonal and locally sourced produce**, we can make our holiday meals both delicious and more sustainable, helping everyone give thanks in more ways than one.

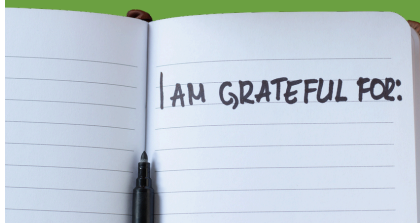
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ALERT



Strawberries have been severely impacted by rain. Production is down significantly, and quality is extremely poor. Demand also continues to outpace supply. Relief is not expected until sometime in December. Until then, expect elevated prices, low volume, and poor quality.

IN SEASON!



Giving Thanks



Pie



Turkey Trots



Fruit Update

Apples: All **apple** varieties are still producing great volume and quality. 125s and 138s are becoming more limited, though, while there are plenty of 113s and 100s in supply. Prices are holding firm as demand is picking up. Conditions are expected to remain steady for this week and next.

Avocados: Demand for **avocados** has softened, while supply is holding steady. Prices for California crop remain elevated, but Mexican volume is seeing softer price points. Quality for both regions is average. Expect steady conditions for the week.

Berries: **Blackberry** supply is currently coming from Central Mexico and Baja. Prices are holding firm. Conditions are expected to be firm for the week, as volume continues to stay consistent, and demand is also expected to hold steadily into the week. Quality is good.

Blueberries are continuing to come from Peru and Mexico. Production in Mexico is expected to increase, keeping the outlook for the month of December steady. Expect prices to remain firm again this week, though, as demand is strong. Quality remains excellent.

Raspberry supply is currently coming from Central Mexico and Baja. Volume has improved, but prices are still holding firm. Quality has also improved over the last several weeks. Expect volume to continue increasing as Mexican production steadily continues.

Strawberries continue to see worsening conditions after several days of rain. The Santa Maria region is done for the season. While Central Mexico is seeing an increase in production, demand is outpacing supply. Volume is expected to improve in December with the start of the Baja season. Until then, expect high prices, poor quality, and low supply.

Citrus: Lemons are currently coming from the Southern California and Arizona deserts. Production in the San Joaquin Valley is picking up. 140 ct. and smaller size crop are continuing to be extremely hard to find. Prices are holding firm. Quality is average.

Limes have been impacted by rain but continue to peak in medium and large sizes while smaller sizes are limited. Production is expected to slow before the end of the month. For now, quality is good, and prices are soft.

Navel oranges remain the main variety available. Quality is good. Crop is currently peaking on 113 ct, 88 ct, and 138 ct. Expect steady conditions this week with soft price points.

Grapes: Conditions for **green grapes** are firm again this week. The domestic season is coming to an end, and supply is slowing. Conditions for **red grapes** are steady. Expect firm prices again this week. Quality is still good.

Pears: **Pear** season continues steadily. **Anjous**, in particular, are strong with high production and good quality. Other varieties, like **red, bartlett**, and **bosc** are also in good supply and good quality. Expect steady conditions along with firm pricing for the week.

Melons: **Cantaloupe** and **honeydew** are experiencing firm conditions again this week. Supply is down due to weather, especially for cantaloupes, and prices are holding firm. Quality is about average.

Watermelon production is shifting to Mexico. Prices are firming up, and quality is fair.

Tomatoes: **Tomato** production was also affected by rain. **Romas**, in particular, have been impacted. Conditions are firming up this week as supply is down. Quality is good.





Vegetable Update

Asparagus: We are continuing to see an improvement in **asparagus** volume. Production in Peru and Mexico has increased. However, quality issues have been reported. While prices have softened compared to the last few weeks, they are still firm as supply is recovering. Expect steady conditions for the week.

Bell Peppers: Conditions for both **red** and **green** bell peppers have tightened. Production was impacted by rain, and supplies have decreased. **Red bell pepper** volume, in particular, is down. Conditions are expected to improve, though, by early December. Until then, expect firm prices and lower volume. Quality is good.

Broccoli & Cauliflower: After weeks of needed relief, conditions for **broccoli** have shifted. Production in Salinas is beginning to slow as the season ends. Additionally, crop has been impacted by rain and wind. Expect conditions to firm up again. Prices will be trending higher due to low volume. Quality issues are being reported.

Similarly, **cauliflower** volume is slowing due the Salinas season approaching its end. Expect conditions to tighten this week as volume decreases. Similar to broccoli, quality issues are being reported.

Brussel Sprouts: **Brussel sprouts** are also still experiencing tight conditions this week due to insect damage. While production out of the Salinas region has helped provide some volume, prices are trending higher due to limited supply and high demand. Expect tight conditions again for the week. Quality issues are also being reported. Relief is not expected for at least another week.

Carrots: **Carrots** continue their steady conditions again this week. Supply is steady, as is demand, and prices are soft. Quality is good. Conditions are expected to hold through the week.

Celery: **Celery** conditions are firm again this week. Volume has been impacted by rain. Crop is currently coming from the Southern California region, as the Yuma season has yet to start. Demand has also increased due to the Thanksgiving holiday. Expect high price points and low supply. Quality is average.

Cucumber: **Cucumber** production remains steady this week as production is shifting from Baja to Central Mexico. Prices are firm, and quality is good. Conditions are expected to remain steady for the week.

Lettuces: **Iceberg** conditions remain tight again this week. While Huron production has begun, conditions are still tight. Demand and quality issues are keeping prices firm. Expect prices to remain escalated again this week. Quality is below average.

Conditions for **romaine, and green and red leaf lettuces** have improved. Production out of Yuma has increased, helping ease a tight market. Quality issues have also been reported due to weather and insect pressure. Crop is also currently coming from the Huron and Salinas regions.

Tender leaf lettuce supplies are also impacted by insect damage and bad weather. Crop is currently coming from Oxnard and Mexico. Prices are firm. Quality is fair.

Onions & Potatoes: **Onions** continue coming from the Washington and Idaho regions. Prices are down. Quality is good.

Green onions supplies continue to improve. Expect prices to remain firm again this week. Quality is good.

Potatoes are continuing to experience steady conditions. Prices are firm, and quality is excellent.





HONEY-LIME ROASTED SWEET POTATOES

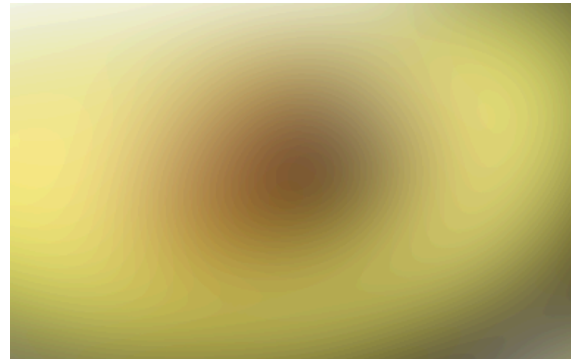
Quick Directions: Toss diced sweet potatoes with olive oil, a drizzle of honey, fresh lime juice, chili powder, and salt. Roast at 425°F for 25-30 minutes until caramelized. Finish with a squeeze of lime and chopped cilantro for a bright, sweet-savory side.

DID YOU KNOW?

A single mature broccoli plant can produce smaller side shoots even after the main crown is harvested—extending its productivity far beyond the first cut.

PRODUCE TRIVIA

Which fruit ripens faster when stored next to bananas?



Answer revealed next week!

Answer to last week's riddle: Red bell peppers contain more Vitamin C per serving than an orange.

STORAGE TIP OF THE WEEK

Keep carrots crisp by removing the leafy tops and storing them in a sealed container with a slightly damp paper towel. This prevents moisture loss and keeps them firm much longer.

For updated prices and availability, contact us at

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