



General Produce

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FRESH PICKS



Root vegetables bring hearty flavor and natural sweetness to winter menus. **Carrots, beets, turnips, parsnips, and sweet potatoes** all thrive in cool weather, concentrating their sugars as temperatures drop.

As we move deeper into winter, now is a great time to place orders and secure consistent supply on these seasonal staples. Demand tends to rise as kitchens shift toward comfort-forward dishes, and early ordering helps ensure smooth planning and reliable availability.

ALERT



There is a strike at the Mexican/USA border, causing delivery delays. Some trucks are being blocked from crossing the border. Transportation for Mexican products, like avocados, green beans, and tomatoes, has been impacted.

IN SEASON!



Carrots



Turnips



Beets

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Fruit Update

Apples: All **apple** varieties are still producing great volume and quality. Prices are holding firm as demand is picking up. 125s and 138s are becoming more limited, though, while there are plenty of 113s and 100s in supply. 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** prices are holding firm. Supply is currently coming from Central Mexico and Baja. 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. Quality remains excellent.

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

Strawberries continue to struggle. Rainy weather impacted crop, limiting supply. The Santa Maria region is also done for the season. While Central Mexico is seeing an increase in production, demand is outpacing supply. Volume is expected to improve with the start of the Baja season. Until then, expect high prices, poor quality, and very low supply.

Citrus: **Lemons** production in the San Joaquin Valley is picking up. Supply is also coming from the Southern California and Arizona deserts. 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 slowing, as expected. Prices are firming up. Quality is good.

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 holding firm 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 are still firm. 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: Conditions for **broccoli** remain firm again this week. Production in Salinas is beginning to slow as the season ends. Additionally, crop has been impacted by rain and wind. Quality issues are being reported. Prices are firm due to low volume and poor quality. Expect firm conditions again for the week.

Similarly, **cauliflower** volume is slowing due the Salinas season approaching its end. Expect conditions to remain firm this week as volume decreases. Similar to broccoli, quality issues are being reported, and prices are also expected to hold firm for the week due to low volume.

Brussel Sprouts: **Brussel sprouts** are experiencing worse conditions this week. Production has been impacted by insect damage and weather. While volume 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.

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 is expected to slow after the holiday weekend, but prices will hold firm. 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 are firming up due to recent rain. 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.





SAUTÉED SNAP PEAS WITH LEMON & PARMESAN

Quick Directions: Heat a splash of olive oil in a pan over medium-high heat. Toss in snap peas and sauté 3-4 minutes until bright and slightly blistered. Remove from heat; sprinkle with lemon zest and Parmesan. Season with salt and pepper.

DID YOU KNOW?

Celery is naturally high in water—about 95%—and was historically grown as a winter luxury vegetable in Europe. In the 1800s, fancy restaurants even displayed it in ornate “celery vases” on the table.

PRODUCE TRIVIA

Which vegetable can naturally regrow itself if you place the leftover base in a shallow dish of water?



Answer revealed next week!

Answer to last week's riddle: Avocados ripen faster when stored next to bananas.

STORAGE TIP OF THE WEEK

Keep radishes crisp longer by trimming off the greens, placing the radishes in a jar of cold water, and putting in the refrigerator. They'll stay snappy and crunchy for up to two weeks, much longer than in a bag.

For updated prices and availability, contact us at

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