



# General Produce

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## FRESH PICKS



**Citrus** season has fully arrived, bringing some of the brightest, freshest flavors of the year into the winter months. **Oranges, mandarins, and grapefruits** are at their peak right now, offering that perfect balance of sweetness and acidity when we need it most.

As cooler weather settles in, **citrus** adds vibrant color and a burst of sunshine to produce departments, kitchens, and menus alike. With quality and availability at their best, now's the ideal time to stock up for the season.

## DON'T MISS



Last call for holiday poinsettias! Place your order while they're still available. Bring vibrant seasonal color to your displays before this festive favorite sells out. Secure yours today to ensure your holidays shine bright and cheerful.

## IN SEASON!



Collard Greens



Mandarins



Bartlett Pears

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## Fruit Update

**Apples:** All food service sizes for **apple** varieties are running tight. Prices are holding firm as demand is picking up. 125s and 138s are still limited, as well. There are plenty of 113s and 100s in supply. Conditions are expected to remain steady for this week and next.

**Avocados:** Demand for **avocados** remains soft, while supply is holding steady. Prices for California crop remain elevated as supply is low, but Mexican volume is seeing softer price points due to high volume. Quality for both regions is good. Expect steady conditions for the week.

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

**Blueberries** are continuing to come from Peru and Mexico. Production in Mexico has increased, keeping the outlook for the month of December steady. Expect prices to remain firm again this week. Quality is average. Expect steady conditions for remainder of the month.

**Raspberry** volume continues improving, but prices are also continuing to hold 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.

The **strawberry** struggle continues. Rainy weather impacted crop, limiting supply. Additionally, demand continues to outpace supply. Volume is expected to improve with the start of the Baja season, and good weather is also on the horizon, which will help production. Some relief is anticipated by the end of the month. Until then, expect high prices and low volume.

**Citrus:** **Lemon** 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 firm, and conditions are expected to remain firm for the remainder of the month. Quality is good.

**Navel oranges** remain the main variety available. Quality is good. Crop is currently peaking on 72 ct. Expect steady conditions this week. Quality is good.

**Grapes:** Conditions for **green grapes** are firm again this week. The domestic season has ended. Conditions for **red grapes** are firming up, as their domestic season is set to end by the end of the month. Prices are firm, and quality is fair.

**Pears:** **Pear** season continues steadily. **Anjous, boscs, bartletts,** and **reds** are all in good supply. Quality is also good for all varieties. 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 has shifted to Mexico. Prices are firming up, and quality is fair.

**Tomatoes:** **Tomato** production is steady, but lighter than last week. Crop is currently coming from Mexico. Quality is decent, with the exception of **Romas**, which are experiencing some quality issues. Expect firm prices.







## Vegetable Update

**Asparagus:** We are continuing to see an improvement in **asparagus** volume. Production in Peru and Mexico has increased. Quality is also improving. 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 out of California has slowed, but volume out of Mexico is increasing. For now, prices are firm, as volume is recovering. Relief is expected in the new year as Mexican production is expected to continue increasing. 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 for the week.

**Cauliflower** volume is improving, but conditions are tight as the Salinas season approaches its end. Relief is expected in the coming week, though. 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 extremely tight conditions again this week. Production has been impacted by insect damage and weather. Additionally, supply is also down due to a strike at the Mexico border impacting transportation. 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 tight again this week. Volume has been impacted by rain. Crop is currently coming from the Southern California region, and the Yuma season is not expected to start until late this month. Prices are high, and quality is average.

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

**Lettuces:** **Iceberg** conditions have improved, if just barely. Huron production has begun, and Yuma is also providing some volume. 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 also improved slightly. Production out of Yuma has increased, helping ease a tight market. Quality issues are still being reported due to weather and insect pressure. Expect firm prices and poor quality.

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

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

**Green onions** supplies are firm this week due to recent rain and transportation issues due to a strike at the Mexican border. Expect prices to remain firm again. Quality is average.

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





## ROASTED CARROT FRIES WITH LEMON-PARSLEY DIP

Quick Directions: Toss carrot sticks with olive oil, smoked paprika, garlic powder, and a pinch of salt. Roast at 425°F for 18-22 minutes until crisp on the edges. Serve with a simple dip made from Greek yogurt, lemon zest, chopped parsley, and a squeeze of honey.

### DID YOU KNOW?

Purple cauliflower gets its vibrant hue from anthocyanins, the same antioxidants found in blueberries and red cabbage. These pigments actually become brighter when lightly steamed—nature's color pop!

### PRODUCE TRIVIA

Which fruit is technically both a berry and classified botanically as an herb because the plant's stems never fully harden?



Answer revealed next week!

Answer to last week's riddle: Romaine lettuce can naturally regrow itself if you place the leftover base in a shallow dish of water.

### STORAGE TIP OF THE WEEK

Keep fresh ginger in the freezer. Store whole, unpeeled ginger in a resealable bag and grate it as needed. It lasts for months, stays aromatic, and is easier to grate when frozen.

**For updated prices and availability, contact us at**

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**or**

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