



FRESH PICKS



Carrots are at their winter best—crisp, vibrant, and naturally sweet thanks to cooler temperatures that bring out their flavor. They're a dependable seasonal staple that shine in everything from **hearty roasts** to **fresh salads, soups, and juice blends**.

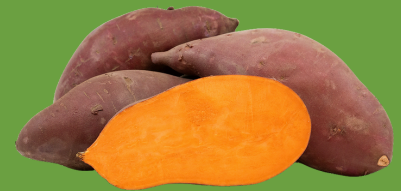
With strong availability and excellent shelf life, they're an easy win for kitchens and markets looking to add color and versatility to their winter lineup. Their nutritional benefits, bright appeal, and consistent quality make them a standout ingredient for holiday menus.

DON'T MISS



Fresh herbs, like **thyme** and **rosemary**, are an easy way to brighten winter cooking, adding vibrant flavor, aroma, and color to everything from soups to roasts. Stock up now to enjoy peak-fresh bundles that elevate simple meals into something truly delicious.

IN SEASON!



Sweet Potatoes



Spinach



Celery



Fruit Update

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

Avocados: Demand for **avocados** remains soft, while supply is holding steady. Supply out of Mexico is seeing softer price points due to high volume. However, an upcoming Mexican holiday may impact harvest. Quality is good. Expect steady conditions for the week.

Berries: Blackberry conditions are holding steady again this week. Supply is currently coming from Central Mexico and Baja. Conditions are expected to be steady into next 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 about average with some issues being reported. Expect steady conditions for remainder of the month.

Raspberry production has been affected by cold temperatures. Crop is currently coming from Central Mexico. Prices are firming up as supply dips. Expect firmer market conditions going into the week. Quality is good.

The **strawberry** struggle is seeing some much needed relief. Rainy weather impacted crop, and demand also outpaced supply, making for extreme market conditions. However, volume is starting to pick up, and demand has slowed slightly. The start of the Baja season has provided some volume to help ease conditions. Prices are still firm, but with good weather, production outlook is good. Quality is also good.

Citrus: Lemon production in the San Joaquin Valley is picking up. Supply is also coming from the Southern California and Arizona deserts. Pricing is firm, and quality is average. Conditions are expected to hold through the week.

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

Navel oranges remain the main variety available. Crop is currently peaking on 88 ct, 72 ct, and 56 ct. Expect steady conditions this week. Quality is good.

Grapes: The domestic **grape** season is officially over, and imported grapes are now in the market. Prices for both **red** and **green grape** imports are notably higher than domestic, which is expected to hold for the rest of the year and into January. Quality is good.

Pears: The Washington state **pear** season continues steadily. **Anjous, boscs, bartletts**, and **reds** are all in good supply. Foodservice sizes are increasingly available. 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. Production is shifting from Northern Mexico to Southern Mexico. Quality is good, and prices are firm.

Domestic season has ended, and **watermelon** production has shifted to Mexico. Prices are firm due to low supply, and quality is fair.

Tomatoes: Tomato production is steady. Crop is currently coming from Mexico. Quality is good, and prices are holding firm. Conditions are expected to hold steady for the next two weeks.





Vegetable Update

Asparagus: We are continuing to see an improvement in **asparagus** volume. Production in Peru and Mexico has increased. Quality is still average at best, though. 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 **red bell peppers** have shifted. The California supply is down due to cold temperatures, and supply out of Mexico is also down. Prices have firmed up. Relief is expected at the end of the month.

In contrast, **green bell peppers** are experiencing steady volume and good quality. Prices are firm. Quality is good.

Broccoli & Cauliflower: Conditions for **broccoli** have finally improved. As the Salinas season was ending, crop was impacted by bad weather. Volume from Mexico has helped provide needed relief. Expect firm conditions as volume recovers. Quality is average. Steady conditions are expected for the week.

Cauliflower volume is also improving, despite the Salinas season ending. Prices are softening, and conditions are expected to be steady for the week. Quality issues are being reported, though.

Brussel Sprouts: **Brussel sprouts** are experiencing extremely tight conditions again this week. Production has been impacted by insect damage and weather. Supply is also being impacted by a strike at the Mexican border, affecting transportation. Prices are trending higher due to limited supply and high demand. Quality issues are being reported.

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 firm for the next two weeks.

Lettuces: **Iceberg** conditions have improved. However, production is being impacted by rain. Weights are currently averaging 38 lbs. - 43 lbs. 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 with the exception of **white onions**. Quality is good.

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

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





CRISPY PARMESAN BROCCOLI BITES

Quick Directions: Toss small broccoli florets with olive oil, a light sprinkle of cornstarch, garlic powder, and grated Parmesan. Roast at 425°F for 12-15 minutes until crisp and golden. Serve with lemon wedges or a quick yogurt dip for a snack-worthy veggie side.

DID YOU KNOW?

Celery was originally cultivated as a medicinal plant long before it became a kitchen staple. Ancient Greeks used it to make tonics and even wove celery crowns for athletes and festival winners.

PRODUCE TRIVIA

Which vegetable's leaves were once used to wrap and preserve butter before refrigeration existed?



Answer revealed next week!

Answer to last week's riddle: Bananas are technically both a berry and classified botanically as an herb because the plant's stems never fully harden.

STORAGE TIP OF THE WEEK

Store whole broccoli upside down in the refrigerator—stems up, florets down. This prevents condensation from sitting on the florets, helping them stay firmer and fresher for several extra days.

For updated prices and availability, contact us at

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