



## FRESH PICKS



As Lent is here, many foodservice and healthcare operations shift toward meatless menu features, creating increased demand for fresh vegetables, salads, and plant-forward ingredients. Items like **broccoli, cauliflower, zucchini, eggplant, peppers, tomatoes, and avocados** become center-of-the-plate options rather than side dishes.

With winter crops still in play and Mexican-grown vegetables helping maintain supply, this is an ideal time to plan ahead and lock in volume. Staying proactive on core vegetable items can help manage costs, maintain consistency, and ensure you're ready to support seasonal menu adjustments in the weeks ahead.

## DON'T FORGET



We still have goat cheese available, including cheddar goat cheese in bulk sizes, featuring convenient 2 lb. options. It's a great choice for adding bold, creamy flavor to salads, flatbreads, omelets, and more. Reach out to secure your supply while inventory lasts.

## IN SEASON!



Kale



Cabbage



Sweet Potatoes



## Fruit Update

**Apples:** Apple season continues and so does the shortage of small sizes. Foodservice sizes for **Galas** and **Granny Smiths** are tight, and prices for those varieties are holding firm.

**Honeycrisp** is also limited. Conditions for all other varieties are expected to remain steady for this week, although all varieties continue to skew in larger sizes. Quality is good.

**Avocados:** Demand for **avocados** is steady this week. Supply out of Mexico is seeing softer price points due to high volume. Market conditions should remain steady for the week, and prices are holding firm. Quality is good.

**Berries:** **Blackberry** conditions remain fairly steady. While cold weather in Central Mexico has affected harvest, leading to lower supplies, low demand is also keeping the market steady. Expect similar conditions for the week. Quality is good.

**Blueberries** conditions remain firm for the week, and prices continue to trend higher. Weather in Florida, Georgia, and Texas has affected production and supply for the East Coast. Mexico's supply is attempting to fill demand for both the East and West Coasts, but cold weather is affecting harvest, leading to lower supplies. Expect low supply and firm conditions again this week. Quality is good.

**Raspberry** production has also been affected by cold weather. Crop is currently coming from Central Mexico. Prices are holding steady, though, as demand remains lower than supply. Expect steady market conditions for the week. Quality is good.

**Strawberries** are experiencing a shift as supply is high and demand is low, a pretty typical post Valentine's Day trend. Expect lower pricing than weeks past. Some quality issues are being reported, though.

**Citrus:** The San Joaquin Valley continues being the primary growing region for **lemons**. The Southern California and Arizona growing regions are ending their seasons. Oxnard is expected to begin production in March. For now, conditions are steady with firm pricing and average quality.

**Limes** are currently coming from Mexico and are skewing on the smaller side. Some quality issues are being reported due to weather. Prices are expected to remain firm for the month as crop is transitioning. Relief is expected in March. Until then, expect firm prices and scattered sizes, mostly on the smaller side.

**Navel oranges** remain the main variety available. Crop continues skewing larger in size, making smaller sizes exceedingly limited. Quality is average at best, and firm market conditions are expected for this week.

**Grapes:** Supply for both imported **red** and **green grapes** is holding steady. Prices are firm, and quality is good. Steady conditions are expected for the remainder of the month.

**Pears:** The Washington state pear season continues. **Anjous**, **bosc**s, and **reds** are all in good supply. Quality is also good. Expect steady conditions along with firm pricing. Imported **bartletts** are expected to start in March.

**Melons:** **Cantaloupe** and **honeydew** are continuing to experience firm conditions. Quality is good.

**Tomatoes:** Tomato production in Florida has been impacted by cold weather, putting pressure on Mexican harvest. Conditions for **rounds**, **grapes**, and **romas** are firm again this week. Quality is good, and prices are expected to remain elevated. Relief is not expected until mid-March or early April. Until then, expect firm market conditions.





## Vegetable Update

**Asparagus:** Asparagus supply is down amid high demand. While conditions are improving, quality is still average at best, and crop is peaking in smaller sizes. Larger sizes remain scarce. Prices are holding firm. Expect average quality and firm price points again for the week.

**Bell Peppers:** Conditions for bell peppers are still firm. Cold weather in Florida has significantly affected supply, and Mexican crop is attempting to fulfill demand on both the East and West Coasts.

**Green bell peppers**, in particular, are in short supply. Expect increased pricing, as supply is down. Conditions are expected to be firm for several weeks.

**Broccoli & Cauliflower:** Conditions for broccoli are firm as we continue to experience the impact of storms that affected planting in November and December. Volume is down but holding steady, and prices will also remain steady but firm. Quality issues are being reported.

**Cauliflower** volume is also experiencing the impact of November and December storms, as planting gaps are causing a decrease in supply. Prices are also firming up, and quality issues are being reported.

**Brussel Sprouts:** Brussel sprout supplies are seeing some slight improvement. Production was impacted by insect damage and weather. Crop is also still peaking in smaller sizes. Prices are steady, and quality issues are being reported.

**Carrots:** The California carrot market continues to be rattled by cold weather and rain. Harvest has been severely affected, and supplies are expected to remain tight well into March. Current volume is coming from Mexico. Prices are firm. Relief is not expected for a couple of weeks.

**Celery:** Celery conditions are still tight, and relief is not expected for several weeks. Crop is skewing toward smaller sizes, and supply is currently coming from the Southern California and Yuma regions. Prices are firm.

**Cucumbers:** Cucumber supply has started to pick up but is still low. Market conditions are fairly steady. Crop is currently coming from Mexico. Quality is good.

**Lettuces:** Iceberg conditions are becoming more steady after a rough couple of weeks. Crop has been impacted by weather, and quality was also poor. Expect steady conditions for the week as supply is holding even with demand. Quality is improving.

Conditions for romaine, and green and red leaf lettuces are also steady. 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 average quality.

**Tender leaf lettuce** supplies have also been impacted by weather. Crop is currently coming from Oxnard, Yuma, and Mexico. Prices are firm, and quality is okay. Expect firm but steady conditions for the week.

**Onions & Potatoes:** Onions continue coming from the Washington and Idaho regions. **White onions** are experiencing better conditions than the last several weeks. Prices are steady and supply is up.

**Green onions** supplies are tight again this week but are continuing to improve. Prices are firm, and quality is average.

**Potatoes** are currently coming from Washington and Idaho. Conditions remain steady. Prices are firm, and quality is excellent.





## HONEY LIME JICAMA SLAW

Quick Directions: Whisk lime juice, honey, olive oil, salt, and chili flakes. Toss with sliced jicama, sliced bell pepper, and cabbage. Let sit 15-20 minutes before serving. Crisp, refreshing, and perfect alongside grilled proteins or tacos.

### DID YOU KNOW?

Broccolini isn't baby broccoli. It's actually a hybrid of broccoli and Chinese kale, developed for its sweeter flavor and tender stems, and the entire stalk is edible from floret to tip.

### PRODUCE TRIVIA

What common kitchen staple was once used as currency in ancient Egypt?



Answer revealed next week!

Answer to last week's riddle: Avocados have more potassium per serving than a banana.

### STORAGE TIP OF THE WEEK

Store fresh herbs like parsley and cilantro upright in a container with an inch of water (like a bouquet), loosely cover with a plastic bag, and refrigerate. Change the water every couple of days to extend shelf life and maintain freshness.

For updated prices and availability, contact us at

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or

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