



This Week's Specials

2.15.2010

Minneola Tangelos
20# cs

\$11.50 / cs

Romaine Lettuce
24ct

\$9.80 / cs

Purple Peruvian
Fingerlings
20# cs

\$34.50 / cs

Greenleaf Lettuce
24ct

\$ 9.80 / cs

MARKET NOTES

Weather:

More wind and rain this past week put a slight damper on things and the forecast is for lower than normal temperatures to continue this week. However, the Southwest growing regions are expected to gradually warm up.

Limited

Best Buys

New Items

Wasabi Oil - This Horseradish based oil will bring tears to your eyes and excite your pallet at the same time. Individual bottles are \$6.00 for 3.17oz (which will go a long ways).

Organic Wheat Free Tamari - This product is made in the USA under strict Japanese guidelines. It has a very rich flavor and can be a salt substitute in many dishes. We currently have 20oz bottles in stock.



VegiViews
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Market-at-a-Glance

ASPARAGUS :

California grass is here! Quality has been steady on product coming across the border. Availability on all sizes is good.

TOMATOES :

Good color all around on slicers and Romas. Quality has been steady. The only blip has been on Cherry tomatoes which are coming in light in color. Sugar Plum Cherry tomatoes are a good sub although they are slightly smaller.

MISC. VEGGIES :

BELL PEPPERS : QUALITY AND COLOR HAVE BEEN GOOD AND STEADY. PEPPERS ARE FAIRLY FIRM WITHOUT MUCH SCARRING.

BROCCOLI : QUALITY IS VERY GOOD. NICE DARK COLOR WITH TIGHT HEADS.

CAULIFLOWER : QUALITY IS GOOD WITH TIGHT HEADS.

CELERY : DECENT QUALITY. OVERALL STALKS ARE ON THE THIN SIDE WITH BLEMISHES FROM THE COLD AND RAIN.

LEAF LETTUCE : MOST SHOW DAMAGE FROM THE RAIN. RUST ON THE STEM AND DAMAGED LEAVES ARE THE MOST NOTICEABLE. COLOR IS NICE AND DEEP ON RED LEAF.

GREEN GARLIC - BOTH CONVENTIONAL AND ORGANIC AVAILABLE.

ZUCCHINI - GOOD COLOR ON BOTH EXTRA FANCY AND MEDIUM. YELLOW SQUASH CONTINUE TO BE HIT AND MISS IN TERMS OF COLOR AND QUALITY.

AVOCADOS :

Growers in California have slowed their harvest in order to let the fruit size up. This will be the norm for the next few weeks but should not hamper supply. Oil content is good and consistent. The season in Chile is over.

BERRIES :

Strawberry - Growers continue to strip their fields of damaged fruit. We will continue to stock the best available but expect white shoulders and some spotting. Berries are not very uniform. This will continue until the rain lets up and gives the fields time to dry.

Raspberry - Quality is good with supplies on the rise. Driscoll is still the main supplier.

Blackberry - Product is limited with decent quality.

Blueberry - The cool and rainy weather that hit Chile last month is having an effect on the berry harvest. Hopefully supply as well as quality will start to rise.

CITRUS :

Lemons - Quality has been good with steady supplies.

Limes - Supplies have lightened due to rain in Mexico.

Oranges - so far so good. Sugar and acid balance is decent. Quality very good across the board.

Satsumas are finished but we have Florida Honey Tangerines as well as Murcotts available.

Kumquats - supply is steady.

MELONS

Cantaloupe and Honeydew continue to exhibit decent flavor. Watermelon is definitely hit and miss.

GRAPES

Good quality all around. Fruit is firm and in nice bunches with good sugar levels.



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Saints fans out there for their teams 1st Super Bowl victory !!!

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C o n -
g r a t s
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