



# This Week's Specials

Organic Meyer  
Lemon

\$1.25 / lb

Lacinato Kale  
12ct

\$17.50 / cs

Asian Pear  
1 layer

\$14.50 / cs

Italian Parsley  
60ct

\$ 12.50 / cs

2 . 22 . 2010

## MARKET NOTES

### Limited

French Beans  
Yellow Wax Beans  
Thai Basil  
Arugula - Bunched & Baby  
Curry Leaves  
Broccolini

### Best Buys

Green Cabbage  
Carrots  
Green Onions  
Broccoli

### Done

Pink Honeydew  
Moro Blood Orange-  
(3wks left)

### New Items

**Wasabi Oil -**  
This Horseradish based oil will bring tears to your eyes and excite your palate 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 as well as 5 gal tubs in stock.



**VegiViews**  
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# Market-at-a-Glance

## **ASPARAGUS :**

Product out of Salinas, CA on hand currently being packed in 11 lb cones. Delta grass is about a week away.

## **TOMATOES :**

Romas - Slight blemishes on the skin but flavor is decent. Overall color is good.

Slicers - Quality is good but product coming in has been light in color.

Cherry Tomatoes - Sweet 100's and Sugar Plums are your best choices right now. Regular Cherry tomatoes continue to come in without much color.

\*\*\*\*\*Freeze in Florida and rain in Mexico expected to drive prices up.

## **MISC. VEGGIES :**

**BELL PEPPERS : QUALITY HAS BEEN CONSISTENT. SUPPLY MAY DRY UP A LITTLE AS BOTH COASTS ARE PULLING PRODUCT FROM THE SAME REGION. REDS ARE THE SWEETEST OF THE BUNCH.**

**BROCCOLI : QUALITY IS VERY GOOD. NICE COLOR WITH TIGHT HEADS. EXCEPTIONAL VALUE.**

**CAULIFLOWER : BOTH PRICE AND QUALITY HAS BEEN STEADY.**

**CELERY : THINGS ARE STARTING TO SHAPE UP. PRODUCT COMING IN HAS A LITTLE MORE WEIGHT TO IT.**

**LETTUCE : ISSUES WITH PINK RIBBING AND RUST STILL SEEN. HOPEFULLY THE DRY WEATHER WILL GIVE THE CURRENT FIELDS TIME TO YEILD BETTER QUALITY. LEAF LETTUCES ALSO STILL SHOWING SIGNS OF DAMAGE FROM THE PAST RAINS BUT THINGS ARE IMPROVING.**

**SPRING VEGGIES - ENGLISH PEAS, GREEN GARLIC AND FRESH GARBANZOS. PLEASE CALL FOR AVAILABILITY AND ORDERING PARAMETERS. LOCAL SPRING ONIONS ARE EXPECTED TO ARRIVE BY WEEKS END.**

**ZUCCHINI - GOOD COLOR ON BOTH EXTRA FANCY AND MEDIUM. YELLOW SQUASH CONTINUE TO BE HIT AND MISS IN TERMS OF COLOR AND QUALITY. PRICE OF YELLOW SQUASH WILL REMAIN ON THE HIGH SIDE.**

**ONIONS - WHITE ONION ARE VERY LIMITED WITH DECENT QUALITY. YELLOW'S ARE OUT OF STORAGE UNTIL NEW CROP STARTS. SWEETS' HAVE GOOD BALANCE OF SUGAR AND ACIDITY.**

**BEANS - SUPPLIES ARE LIMITED ON YELLOW WAX AND HERICOT VERT. BLUELAKES ARE STARTING TO SHOW DAMAGE FROM THE RAIN.**

## **AVOCADOS :**

Overall quality and flavor is good.

## **BERRIES :**

**Strawberry** - Things are starting to improve as the fields get time to dry up. Supplies beginning to increase and overall quality is good. Some moisture is expected this week but should not hamper the current crop.

**Raspberry** - Quality is good with fairly steady supplies. Driscoll is still the main shipper / packer.

**Blackberry** - Product is limited with decent quality. Not expected to change anytime soon.

**Blueberry** - Quality is on an upswing. Hopefully the berries will start to show more "plumpness"

## **CITRUS :**

**Lemons** - Quality has been good with steady supplies. Meyer Lemons are as good as it gets right now and it's on SPECIAL this week so don't miss out.

**Limes** - Supplies have lightened due to rain in Mexico.

**Cocktail Grapefruits** - very tasty. Sold by the lb.

**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 and Gold Nuggets available. Pixies a couple weeks away.

**Kumquats** - supply is steady.

## **MELONS**

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

## **GRAPES**

The supply chain from Chile has hit a snag. Both Red and Green grapes may see gaps. Quality and availability of the Black

## **Tropical - "PICK of the WEEK"**

**Peruvian Mangoes**

**Hawaiin Papayas**

**Costa Rican Gold Pineapples**