

This Week's Specials

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9 . 14 . 2009

Calif. Lemon, Choice 140s	\$ 22.75 / cs
Organic Peaches, 2-layers	\$ 19.50 / cs
Russet Potato, New Crop 90-ct	\$ 12.50 / cs
Butternut Squash, 35#	\$ 14.50 / cs



Market Notes

Muscat Grapes have arrived

New crop **California Bartlett Pears** has started

Green D'Anjou Pears are now available

Washington is also starting on **Honeycrisp Apple...**
please call to inquire on the availability

California Fuji and **Gala Apples** have started but is
always a very small crop.

new "**Jonnee**" **Heirloom apples** are crisp and has a
white flesh with red blush

Citrus from New Zealand available by pre-order. Varieties include: **Cara Cara Oranges**, **Blood Oranges** and **Tangerines**. Other imported citrus include **Navel Oranges** from Chile, Australia and South Africa.

Call for pricing.

Market for both **Japanese and Italian Eggplants** are extremely tight. However, plentiful of local **Eggplant**. **Jumbo Asparagus** continues to be extremely tight. Mexican **Cucumber** production remains very light.

The high heats in all the growing in past weeks will likely cause some issues on
Lettuces and **Romaine**:
namely fringe burns on the tips of leaves

Plentiful supplies on
Leek, Kale, Endive and **Escarole**

Marchini Ranch **Syrah Wine Grapes**.
Packed whole clusters with grape leaves



Pomegranate

A ripe, ready-to-eat pomegranate is a luscious jewel of a fruit, capable of transforming any meal into an extraordinary experience. And although this delicious fruit may seem exotic, it's wonderfully easy to enjoy.

Packed inside are hundreds of ruby-red arils – sweet, tart, gem-like juice sacs, bursting with pure flavor. Enjoy these little beauties as is, toss them into savory or sweet dishes, or use them as a brightly colored garnish.

Since it is still early in the season, prices will be on the high end and the color is not as vibrant as it will be in the coming weeks.

Preparation for Usage

Place whole fruit in a bowl of water. Cut off crown and score skin lightly into quarters. Gently scoop and remove juice sacs with fingers. Discard pithy membranes and strain seed clusters into bowl.

Sourced: Pomegranate Council

VegiViews
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Market-at-a-Glance

MISC. VEGGIES

Peru is currently the primary source for **Asparagus** as areas in Mexico are currently in transition. Peru has picked up production on jumbos in particular. The **Asparagus** market for Mexican product currently is stable. Supplies of **Green Bells** are slowly improving as Stockton and Lodi areas are starting into new fields along with Santa Maria. The Gilroy and Hollister area will remain steady in production through the month. Even though the **Red** and **Yellow Bell** production currently is steady with crops out of Gilroy/Hollister and the Oxnard areas, the market is beginning to inch up. Santa Maria and Salinas continue to be the main areas of production for **Cauliflower**. Quality is outstanding with bright white, heavy heads. **Bunched Broccoli** is in good supply at reasonable prices, while **Broccoli Crowns** are priced a bit higher. Production continues to be variable on **Organic Baby Spinach**. Late season production volume has dropped for **Baby Bok Choy**, **Chinese Napa Cabbage** and **Snow Peas**. Prices have moved sharply upward. **Green Onion** price continues to inch upward.

LETTUCE | GREENS

Head sizes are ranging from medium to medium-plus for **Iceberg Lettuces**. Supplies have become much better on **Romaine** and **Romaine Hearts**. **Green** and **Red Leaf Lettuces** are stable as we start out the week. Expect prices to rise by the end of the week as high temperatures are lowering yields. High Salinas Valley temperatures are causing some issues with fringe and internal burns. Additionally, some puffiness will be seen on lettuces out of certain lots. **Organic Baby Spinach** continues to be in short supply. The production on **Bloomsdale Spinach (curly/savoy variety)** is extremely tight. It's expected to fluctuate daily through early September.

ONIONS | POTATOES

Idaho and Oregon continues with very good availability this week on **Red Onions** and **White Onions**. Quality is good and the skins have already begun to have better color. **Jumbo Yellow Onions** are in plentiful supply, with lesser availability on the large sized **Colossal** and **Super Colossal**. The harvest is in full swing for new crop **Russets** in Idaho. New crop **Norkotah Russets** are going strong with very good quality. **Burbanks** are done until the new crop comes abroad by the end of October or early November. **California Colored Potatoes**

will finish by next week with limited availability. Washington is going with good availability on **Reds** and **Yellows**.

TOMATOES

The Tomato market is holding steady with adequate volume. The California season will run through November. Supplies are generally plentiful for all **Round Slicing Tomatoes**. However, due to a reduction in planted acreage, **Roma Tomatoes** continue to be in tight supply. **Cherry** and **Grape** variety tomatoes are in plentiful supply. **Vine-Ripened Tomatoes** are in plentiful supply with numerous growing areas now in production.

APPLES | PEARS

Pink Pearl Apples are on hand. Other Heirloom apples are coming in. New crop **Gala** and **Golden Delicious** are available in Washington, along with storage crop **Red Delicious**. **Bartlett Pears** are available from California, along with Granny Smith Apples. **California Fuji** and **Gala** apples are winding down. New crop **Bosc**, **French Butter**, and **Seckle** are all available. **Green D'Anjou** expected in another week or so.

AVOCADOS

California's **Avocado** season is over. Current supplies are being sourced from Mexico and Chile, but rains have slowed harvest in Mexico. Volumes will be lighter going into next week. Chilean Hass offers a significant value to the new crop Hass from Mexico. Ripening is very uniform and quality is excellent.

BERRIES

Strawberry production has increased significantly compared to last week. Prices have eased. Please keep in mind that this *late season fruit* has varying degrees of softness and shorter shelf life - - please order accordingly. **Raspberries** continue to feel the effects of recent hot weather, with no relief until late-September. **Blackberries** will continue with tight supplies until November, when the harvest will begin in Mexico and Guatemala. The **Blueberry** season is winding down in Oregon and Washington. Stocks are becoming tight and we can expect this to continue until we start to see the offshore fruit due around early-October from Argentina.

CITRUS

California Lemons prices are rising along with diminishing stocks. Supplies of large size (115s) **Lemons** continue to tighten. Availability continues to look good on 140s

and 165s. Summer demand continues to keep prices steady. The **Chilean Lemon** season will be finished by late September. The Arizona desert season will begin next week. **Limes** supplies will be tighter due to the rainfall in Mexico which curtailed harvesting. Larger sizes (110s and 150s) still limited. The California **Grapefruit** harvest continues with moderate volume. The **California Valencia Orange** market continues to be extremely tight. Demand is strong, especially for 113s and 138s. Availability has improved for the larger sizes 72s and 88s. The shortage is the result of an ongoing decline in planted acreage, as growers remove Valencia groves from production in favor of more consistently profitable crops. In addition, the recent late summer heat wave has caused a drop in yield. However, the outlook is good for the upcoming **California Navel** crop. It's expected to be in full swing by mid October.

MELONS

Cantaloupes look to be peaking on the smaller 12s and 15s sizes, while the large sized 9s are in tight supply at comparatively higher prices. Fruit quality remains very good with high sugar levels. **Honeydew** supplies look to remain steady again this week. Quality continues to be very good. Local **California Watermelons** are still available, but supplies continue to drop off. Mexico is slated to start in mid-October. Quality is very good for all available regular and personal sized watermelons.

MISC. FRUIT

Seedless Red Grapes are going strong with the Crimson and Ruby varieties. **Seedless Green Thompsons** are excellent. Cooler nights will keep up the good sugar levels. Growers are now nearing the end of the harvest, and prices will start to go upward. **New Zealand Kiwi** is still going strong and they are in good quality and supply. **Chilean Kiwi** remains available but in light supply as we start September. The **Pineapple** market is holding steady despite limited supplies. Expect rising prices and tight stocks until October.

STONEFRUIT

Peaches remain in light supplies. **Nectarines** are steady this week. The season for conventionally grown stone fruit will last into October. The nectarine harvest will finish in September. **Black Angelino Plums** are still available; this is the final plum variety to be harvested this season. **Red plums** are finished.

AS ALWAYS, WE SINCERELY APPRECIATE YOUR BUSINESS. HAPPY EATING!

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