



9 . 28 . 2009

> > > This Week's Specials

Organic **Sugar Pie Pumpkins**, "Riverdog

\$.75 / lb

French Fillet Beans, "Dwelley Farms" 14#

\$ 32.50 / cs

Calif. **Bosc Pears**, 36#

\$ 27.50 / cs

Calif. **Pomegranates**, 36-Count

\$ 32.50 / cs

F a l l Decoratives

Please inquire for current availability. Some items will require pre-ordering. For special uniform sizing, 48-hours is required.

Autumn Leaves ~~ Corn Stalks
Gourds ~~ Indian Corn
Wheat Bundles ~~ Mini Hay Bales
Bales of Straw ~~ Candy Apples
White Pumpkins ~~ Strawberry Corn

Pumpkins:
Sugar Pie ~~ We-Be-Little
Mini Orange ~~ Mini White

Blue Hubbard Squash



Hard shell

squash harvest begins in August and runs through March, but the peak season is from October through January. Other winter squashes include the acorn, buttercup, butternut, kabocha, spaghetti, and pumpkin.

This week, we are featuring the **Blue Hubbard Squash**. This is a great choice for a sweet tasting winter squash. It has a very hard, dusky gray-blue skin. The flesh of this variety is deep brilliant orange. The flesh is dense and starchy. Its taste is very similar of that of a sweet potato. It can range from 10 to 20 pounds and averages approximately 12 -inches in diameter.

The best preparation is either to steam or bake it. It can be simply roasted and topped with brown sugar or maple syrup and a pat of butter right in cavity for a easy side dish. Or, it can also be mashed or puréed with butter and seasoning for a savory side.

The best way to break open a Hubbard is to place it in a large plastic or paper bag and drop it on the ground! Yes, that's correct, but watch out for them toes!

Market Notes

▶ All **Yellow-Flesh Peaches** are pretty much done (this includes Frog Hollow and Marchini Ranch). Also finishing up are **Nectarines** and **White-Flesh Peaches**. Still available are **Black Angelino Plums**. Now is the time to switch over to Apples and Pears

▶ Local **Heirloom Tomatoes** are finishing up its season

▶ Varietal Melons are on its last legs... still on hand are **Galia**, **Casaba** and **Orange-Flesh Honeydews**

▶ Available **Heirloom Apples**: Mutsus and Jonathans from Deveto... Baldwin, Reinette Pippin, and York Imperial from Gowan

▶ **Mangoes** - Brazilian Tommy Atkins and California Keitts are arriving very firm and hard

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Market-at-a-Glance

MISC. VEGGIES

Cooler fall weather is expected to slow production for **Broccoli** and **Cauliflower**. Prices have climbed slightly for **Bunched Broccoli**, **Broccoli Crowns** and **Cauliflower**. As the last of the current crop winds down, Broccoli is showing purple caste, along with hollow core. Hollow core will become less evident in as we start getting cooler nights. The market has improved for **Celery** as we head into fall. Prices are a bit higher for the larger 24-count sizes. The best quality **Asparagus** are coming from Peru. Production in Central Mexico is winding down, with new crop becoming available in mid-October. The market for Mexican product has eased up slightly on large and standard sizing. Jumbo sizing however has increased in price as availability is extremely limited. A reduction in planted acreage, combined with recent hot weather, has resulted in a significant shortage on **Chinese Bok Choy** and **Chinese Napa Cabbage**. Availability has tightened for **Sugar Snap Peas** and **Snow Peas**. California squashes are unchanged. **Cucumber** prices have spiked to extreme levels in California as production has dropped substantially. Growers in the San Joaquin Valley hope to see an improvement in availability as we move into October. The **Red Bell Pepper** crop in California is now in peak production.

LETTUCE | GREENS

The market for **Leaf Lettuces** is easing; supplies are abundant. The warm weather is causing slight internal burn. California **Icebergs** are also having minor issues with fringe burns and sunscalds. Heads are slightly smaller as some growers are removing the outer damaged leaves. **Seasonal Mixes** prices are steady.

ONIONS | POTATOES

Prices have eased slightly for **Yellow Onions** from Oregon, Idaho and Washington. Good supplies of **Red** and **White Onions**. Supplies are tighter than normal for the large sized **Super Colossal Onions**. All **Castle Rock Potatoes** are done. We will be using the Kracaw label from Winnemucca, NV until early November. Kennebecs transitioning from old crop Bakersfield to Oregon. 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.

TOMATOES

The heat wave that hit growers in the Northern San Joaquin Valley during August caused some damage to the **Slicing Tomato** crop that is now materializing. Tomato production is below normal levels. The price disparity between **Romas** and round slicing tomatoes continues to increase.

APPLES | PEARS

California **Bartlett Pear** prices are high as the season is ending. **Bosc Pears** are a bit more plentiful with very good quality. **Pink Pearl Apples** are on hand. Gold apples are extremely tight right now with the transition from early Gold varieties and the new crop **Golden Delicious**. **D'Anjou Pears** are still limited. Washington new crop APPLE harvest has begun. New crop **Gala** and **Red Delicious** apples are available. California **Fuji**, **Braeburn**, and **Granny Smith** apples are in good supply.

AVOCADOS

California season is officially over. We will be primarily using Chilean fruit until Mexico's quality improves from the recent rain storms. Quality is very good in Chile and average in Mexico. Prices have begun to ease from recent peak levels for the larger 48-count size. Prices remain steady for the smaller sizes: 60s and 70s.

BERRIES

Strawberries from Salinas and Watsonville are tight. Quality is fair as extreme heat has caused softness and bruising. Strawberry prices remain firm. The Oxnard season will start in early October. The early-fall Driscoll strawberry crop will continue with production in Watsonville-Salinas through early October. The late season harvest in Oxnard will resume at that time. **Raspberries** are in adequate supply, with tight avail-

ability on **California Blackberries** and **Pacific Northwestern Blueberries**. Blackberries will be scarce until the harvest starts in Central Mexico and Baja California in late October. Blueberry availability will improve with the beginning of the harvest in Argentine in mid October, followed by the harvest in Chile.

CITRUS

Overall **Lemon** prices are high. Quality is merely fair. The Arizona/California desert season will begin this week. We can expect stocks to increase by early October. The **California Valencia Orange** and **Lemon** seasons are both ending. **California Navel** will be on the market shortly. The local summer **Ruby Red Grapefruit** season is finishing in Southern California. The Florida grapefruit season is getting underway. Availability has also improved for **Limes**.

MELONS

Cantaloupe prices are holding steady...12- to 15-count fruit is most plentiful. Quality is good. **Honeydew** prices are unchanged and all sizes are limited. The San Joaquin Valley season is wrapping up. Harvesting will start in Bakersfield later this week. The California **Watermelon** market is steady with higher pricing this week; supplies are tight, especially on larger 5- and 6-counts and seedless varieties.

MISC. FRUIT

The availability is tight for seedless **Green Thompson Grapes**, with the 16-lb cartons now the predominant pack size. Seedless **Red Crimson Grapes** are waiting to get back into the fields for the second harvest. The **Mango** market has been very "iffy" lately. Quality is questionable at best. Expected to continue for another 2-3 weeks.

New Zealand Kiwi Fruit will remain light into next week and the **Chilean Kiwi Fruit** is finishing fast. The **Pineapple** market continues to be tight. It is expected to increase by mid-October or November. Pomegranates and Persimmons are available.

STONEFRUIT

The bounty of summer is coming to an end. Prices for all stone fruit are high. Stocks are nearly depleted. The season will end within two weeks. Stonefruit from Marchini Ranch is finished.

New Items

Fresh Cranberries
Persimmons
Pomegranates
Quince..... >>>



SQUASH HARVEST

Pumpkins and Hard Squashes are on hand. Time to get a jump on the competition by introducing squashes like Banana, Blue Hubbard, Butternut, Delicata, Green Acorn, Kabocha, Red Kuri, and Spaghetti to your menu.

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

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