

This Week's Specials



11 . 02 . 2009

Sugar Pie Pumpkins

\$.55 / lb

Butternut Squash, 35#

\$ 12.95 / cs

Fresh Japanese Yuzu Limes, by the #

\$ 4.25 / lb

Fresh Cranberries - 24/12-oz bags

\$ 39.80/ cs

Market Notes

- This time of year, weather can easily cause more volatile markets. When bad weather hits, the number of regional and local growing areas shrink. Supplies, quality and pricing will be impacted. Shelf life will be hampered as well. This is especially true for fragile items like **Leaf Lettuces, Spinach, and Arugula.**
- Due to the cold weather, **Yah-Whoo Micro Greens** will be out of stock until further notice
- **Strawberries** are very limited and will be for the next month
- **Tomatoes** supplies are extremely limited in California. Recent wet weather are causing harvesting delays, unripe fruit, and product shortages
- Lemon prices are easing as new crop harvesting has begun in the Arizona/California desert
- **Heirloom Tomatoes** are DONE
- **Figs:** Quality is questionable: "Hit or Miss" at this point

Fingerling Potatoes



Just as there are numerous conventional potato varieties, there are also wide ranges of fingerling potatoes. Fingerling potatoes have a complex flavor.

They run the gamut from creamy white to rich dark purple, and they come in waxy and starchy varieties. They are extremely suitable to accompany fall's heartier dishes. They tend to be elongated and slightly knobby. These flavorful potatoes can be used just like regular potatoes in an assortment of roasted, broiled, baked, grilled, or boiled dishes. To showcase their small size, they can be roasted or grilled whole as a side dish. Fingerlings are usually eaten whole, skin and all, since the skin is thin and tender.

In Season



- Fresh Cranberries
- Satsuma Mandarins
- Apples & Pears
- Pomegranates
- Pumelo
- Brussels Sprouts
- Turnips
- Rutabagas
- Beets & Radishes
- Salsify Root
- Quince
- Leeks & Fennel
- Chards & Kales
- Cabbage
- Persimmon
- Asian Pears
- Sun Choke
- Fingerling Potatoes
- Winter Hard Squashes
- Fall Decoratives

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Market-at-a-Glance

MISC. VEGGIES

Prices for **Asparagus** will climb due to the Thanksgiving demand. Good production numbers continue to be had on **Jumbo Asparagus** out of Peru. **Green Bells Peppers** from central and coastal California are decreasing, as they get closer to ending their season. The **Red** and **Yellow** production is also in their seasonal decline. Coachella is still weeks away from their start. Reduced production caused by cooler weather is causing tight markets for **Bunched Broccoli**, **Broccoli Crowns** and **Cauliflower**. Availability is tightening, and prices will continue to climb. Demand and pricing is also increasing for **Carrots** and **Celery** as we approach Thanksgiving. The cool weather in has resulted in smaller than normal size Carrots. Production has dropped on Jumbo Carrots and prices have inched up. It is expected to be in tight supply until January. Quality is excellent for **Cabbage**, **Kale**, and **Leeks**. Situation continues for **Chinese Napa Cabbage**: availability is tight. California **Summer Squash** crops are winding down and supplies will be in their last couple of weeks. **Cilantro**, **Tomatillo**, and **Red Fresno Chile Peppers** all have limited availability.

LETTUCE

Cool fall weather conditions have entered Central California growing regions with overnight lows dipping into the 30s and 40s. The result is very slow growth for Iceberg, Leaf, and Romaine Lettuces. Heads of Iceberg are much smaller. Leaf Lettuce production is down due to ice in the field, which has delayed harvesting. Some growers are reporting translucent water spots on all leaf items. Romaine will be in extremely short supply through at least early-November due to quality issues: fringe burn and brown discoloration on the outer leaves. Arugula will continue to be in extremely tight supply.

SPRING MIX

As it happens each year, harvest yields can really dip due to the cooler and wet weather conditions. We are seeing very tight supplies for Baby Arugula and Baby Spinach. These two greens are especially susceptible to quality issues during times of rain as they grow so low to the ground. We are expected to see extreme pricing on the available stock.

ONIONS | POTATOES

As reported earlier, Onion productions are down from last year so we will see some higher prices in this market. Good supplies of **Red**, **Yellow**, and **White potatoes** from both North Dakota and Washington. Available Specialty fingerling potatoes: **Russian Banana**, **French**, and **Purple Peruvian**. They will add wonderful color to your dish.

TOMATOES

Market volatility is expected for all tomato types, which includes **Cherry**, **Grape** and **Roma** Tomatoes. Production in Central California is on the decline. Volume is down. We can expect to see higher prices and less availability. Both **Roma** and **Grape Tomatoes** are tight.

APPLES | PEARS

Pink Pearl apples are finished. New crops of Washington apples now available: **Gala**, **Golden Delicious** and **Red Delicious**. A few California apple varieties still available are **Pink Lady**, **Fuji**, and **Granny Smith**. Varietal Pears now available: **Bosc**, **Forelle**, **French Butter**, **Seckel**, **Comice** and **Red Pears**.

AVOCADOS

Abundant supplies of **Avocado**, with heavy production in Mexico and Chile. A wide range in price exists according to size. We are seeing higher maturity levels from both countries. Oil content is increasing and taste continues to improve.

BERRIES

Blackberry, **Blueberry**, and **Raspberry** supplies from Argentina and California are limited; Mexican stocks are increasing from last week's low levels. **Strawberries** are expected to be in extremely tight supply at high prices through November. Last week's rain ruined most of the Salinas and Watsonville crops and delayed harvesting from the Oxnard and Santa Maria regions. Quality is poor: softness, bruising, and short shelf-life are issues. Fields are being stripped; harvesting is expected to begin anew next week. Expect high prices through November.

CITRUS

California **Valencia Oranges** are winding down. New crop **Navel Oranges** are in better supply this week, particularly for the larger sizes. The Texas **Grapefruit** and **Navel** harvest should be fully underway next week. New crop California **Pumelos** is now available. Flavor is very similar to that of grape-fruits. Coming into season are **Buddha Hand Citrons**, **Fairchild Tangerines** and **Satsuma Mandarins**. **Lemons** are in plentiful supply for most sizes, with moderate availability for the larger 95s and 115s. Arizona and California **Lemon** prices are inching down from elevated summer highs. The **Lime** harvest is in full production in Mexico. Prices continue to ease.

MELONS

Stock of new crop **Cantaloupes** is tight. Cool weather in Arizona has resulted in a reduction in availability, with growers anticipating lighter production in the coming weeks. Melons from Arizona are a bit tastier with more sugar level than those from California. **Honeydews** are scarce as harvesting is in transition. Market for **Watermelons** is stable. We expect to see higher prices by mid-November, when a gap in production will occur, with the harvest in Central Mexico not beginning until late December.

MISC. FRUIT

Mangoes are gapping. Prices for both seedless **Red Crimson** and **Green Thompson Grapes** are high; supplies are limited. Expect the market to continue rising next week. Also in limited stocks are seedless **Black Grapes**. Chilean **Kiwi Fruit** is available with limited supplies of new crop California. Central American **Pineapple** will continue to have variable availability through November. **Feijoa**, Orange **Fuyu Persimmons**, bright Red **Pomegranates**, and **Quince** are now available.

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

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