



This Week's Specials

11 . 23 . 2009

Gold Pineapples Maui 7-Count	Jumbo Red Yams CA-Grown 38#	Brussels Sprouts 25# Case	Satsuma Rising C Ranch
\$11.95 / case	\$12.50 / case	\$20.80 / case	\$29.50 / case

MARKET NOTES

- Excellent Value: **Avocado** – smooth with good oil content
- **Artichokes:** Product is tight with light supplies for the remainder of the month
- **Tomato** supplies will be diminished through December
- **Leaf Lettuces & Romaine:** weather related defects are still showing up, including brown butt, brown ribbing, fringe burns and internal damage
- **Romaine Hearts:** pricing will be in the high range of \$50 - \$60 per case
- **Kumquats** and **Key Limes** are available
- **Stem Strawberries** are limited and will be for this month
- **Broccoli & Cauliflower:** high prices and short supplies
- * **Grapes:** Black seedless is essentially finished and Green is showing signs of amber. Red Crimsons are the best bet for now



So that our employees can enjoy Thanksgiving dinner with their families, we will be closed both Thursday and Friday.

We will resume our regular deliveries on Saturday.

From all of us at VegiWorks, we wish you a **Happy Thanksgiving.**

November 26th

Thursday
Thanksgiving's Day
CLOSED

November 27th

Friday
Day After Thanksgiving's
CLOSED

November 28th

Saturday
Regular Service
OPEN

GOLDEN KUMQUATS

Kumquats can appear in markets from October through June. They are now available from the Coachella Valley in California. Kumquats have a very distinctive favor. The peel is the sweetest part, while the pulp contains the seeds and juice, which is sour. The entire kumquat is consumed in a bite or two. It is the only citrus that can be eaten "skin and all." Tiny, entirely edible kumquats look like miniature oval oranges. They are approximately one-to-two inches in size and add tart citrus-like contrast to foods such as cheesecakes, green salads, and roasted poultry. Marmalade is another ideal application. Because of their size and color, they are great used as cocktail drink garnishes.



VegiViews
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VegiWorks, Inc.
1910 Jerrold Avenue
San Fran., CA 94124
415.643.8686
415.643.5640 fax
sales@vegiworks.com

Market-at-a-Glance

MISC. VEGGIES

Production has been off for the **Mexican Asparagus** harvest due to Hurricane Rick. Six week's worth of crop was damaged from the October storm. Also, due to the Thanksgiving demand, prices have inched upwards for **Peruvian Asparagus**. Prices for **Bunched Broccoli, Broccoli Crowns** and **Cauliflower** continue to climb. Demand has increased as retailers search for alternatives to lettuce items. In addition, planting gaps have occurred as the result of rainfall that occurred in October. Tight supplies will continue until we reach full production. Prices will remain steady for **Celery** during the Thanksgiving demand period. Availability continues to tighten for large-sized **Jumbo Carrots**; look for additional price increases next week. **Yellow Bell Pepper** production is slowly increasing in the Coachella Valley. Supplies and quality have been excellent on both **Green Zucchini** and **Yellow Squash**. The California desert should be ending within the next few weeks, with Baja staying in production until late-December. As we approach the harvest area transition from Central California to the southwestern desert areas, various items are in tight supply, including **Bunch Spinach, Curly & Italian Parsley, Red Cabbage, Chinese Napa Cabbage** and **Bok Choy**. Consider using best buy items like **Fennel, Celery Root, Leek, Kale,** and **Green Cabbage**.

LETTUCE | SEASONAL MIXES

A convergence of events has pushed prices to extreme levels for **Romaine**, and to a lesser extent, **Iceberg** and **Leaf Lettuces**. Unseasonable weather conditions during September and October in Central California (rain, heat, wind and humidity) caused significant crop damage resulting in shortages for the end-of-season harvest in the Salinas Valley. This week, we are seeing a major supply gap for **Iceberg** and **Romaine** lettuces. Yuma and California desert growers are just starting their first harvest, but yields are well below normal. That gives us another 2-3 weeks of inflated prices. The yields are well below half of a normal harvest. Of all the Lettuces, **Romaine** appears to be in the most portentous situation, both in availability and quality. This will keep prices, especially for **Romaine Hearts**, at much higher than normal levels. Size and weights are well below normal.

Prices are steady for **Seasonal Mixes**. Overall quality is good, but mildew damage is limiting many varieties. End-of-season quality continues to be variable for both **Baby Spinach** and **Arugula**.

ONIONS | POTATOES

As the Onion harvest moves up to the Pacific northwest, overall sizing will be smaller. The quality for **Onions** are excellent. Good availability on **Red, Yellow** and **Whites**.

There have been more incidences of hollow heart in **Russet Potatoes**. It is believed to be caused by too much water at the wrong time of tuber growth. This year, the crop in the Northwest had a lot of early rainfall. In general terms, hollow heart can occur when the potato plants recover too quickly after a period of environmental or nutritional stress. When the tubers begin to grow rapidly, the tuber pith pulls apart leaving a void in the center. Available Specialty fingerling potatoes: **Russian Banana, French,** and **Purple Peruvian**. They will add wonderful color to your dish.

TOMATOES

The current shortfall in production for tomatoes will not see any significant increase in availability until the harvest begins in Mexico. Until then, high prices will continue. Prices for **Round, Slicing Tomatoes** are at the extreme range, while **Romas** offer a slightly better value, which have been expensive over the past four weeks.

APPLES | PEARS

Washington apples now available: **Gala, Golden Delicious** and **Red Delicious**. Special apples, including the famed Honeycrisp variety, are still in good supply. Ample supplies of California and Washington Pears: **Bosc, Forelle, French Butter, Seckel, Comice** and **Red Pears**.

AVOCADOS

Chilean Hass is at peak season for oil content, providing for excellent taste. Mexican Hass also has great flavor. New crop Hass from California will become available by mid-December.

BERRIES

Strawberries are in tight supply once again, as the Watsonville-Salinas season finishes, with only moderate production coming from Santa Maria, Oxnard, and Central Mexico. White shoulders and white tips are persistent problems. Production continues to increase

for Mexican **Blackberries** and **Raspberries**. **Blackberries** stocks are average and quality is good; mold is a minor problem. **Raspberries** prices are high; stocks are limited in California and Mexico. The California season will end in late-November. Expect elevated prices for another month. **Blueberry** prices are steady. Products are coming in from California, Chile, and Florida.

CITRUS

The **California Navel Orange** harvest is in full production. All sizes are now in good supply, with the exception of the small sized 138s. The **California Grapefruit** season is essentially finished. **Clementines** and **Fairchild Tangerines** are now available from California, Chile and Spain. The harvest is underway in Texas for domestically grown **Hamlin Oranges, Juicing Valencias, Navels** and **Grapefruit**. Also being available are **Mexican Valencia Oranges** and **Tangerines**. Supplies have tightened for **Mexican Limes**, as we are currently in a period of transition between growing areas, along with moderate price increase. Availability is plentiful for the mid-to-large sized desert **Lemon** crop. The small sized 200s & 235s are in limited stock. New crop California **Pumelos** is now available. Flavor is very similar to that of grapefruits. Coming into season are **Buddha Hand Citrons, Key Limes** and **Kumquats**. We have **Satsuma Mandarins** from *Rising C Ranch* on special this week: **\$29.50** per case.

MELONS

The fall **Cantaloupe** harvest is winding down in Central and Western Arizona. Large sizes are in tight supply. Cooler weather has kept the sizing of **Cantaloupes** on the smaller side, 12/15ct is the norm. Overall fruit quality remains decent with moderate sugar levels. **Honeydew** prices are holding steady. Market is slightly better on the larger sizes. Great prices on **Watermelons** due to ample stock.

MISC. FRUIT

It is the end of the California Grape season. Southern Hemisphere Grapes from Brazil and Chile have begun, but cold weather in both of those growing regions has slowed production. This could mean some supply gaps. Seedless **Red** and **Green Grape** supplies are limited with escalating prices. Coloring for **Red Crimson** variety is lighter than normal. **Fuyu** and **Hachiya Persimmons**, along with **Pomegranates** are in season.

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

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