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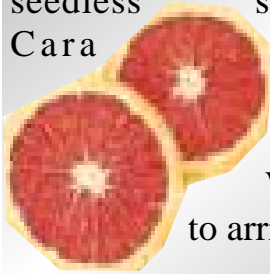
This Week's Specials



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

Cara-Cara Oranges

Cara Cara oranges are prized for their sweetness. Often called red or pink Navels, its flesh is brightly colored and looks similar to grapefruit. Medium in size, most have approximately 10-12 seedless segments per fruit. Substitute Cara Caras for any variety of orange. Great to eat out-of-hand, in fruit salads, cakes, and tarts.



We are expecting our shipment to arrive by December 3rd.

In Season

PEARS

Bosc
Forelles
Red Pears
Seckel
D'Anjou
Comice
French Butter

CITRUS

Clementine Tangerines
Meyer Lemons
Satsuma Mandarins
Star Ruby Grapefruit
Fall Glo Tangerines
Navel Oranges

ROOT VEGGIES

Celery Root
Kohlrabi
Salsify
Sunchokes

Hearty GREENS

Lacinato Kale (Black Dino)
Curly Kale
Rapini (Broccoli Rabe)

ONIONS & POTATOES

Cipollini Onions
Tri-Color Pearl Onions
Garnet Yams
Yellow Fingerling Potatoes
Purple Fingerling Potatoes
Okinawa Sweet Potatoes

FRUIT

Persimmons
Pomegranates
Quince
Cranberries
Wild Huckleberries

Sunchokes

Sunchokes are also known as Jerusalem Artichokes. It's a tuber with light brown, bumpy skin and looks very much like a piece of ginger root. The inner flesh is ivory-colored and crisp, much like Asian water chestnuts. Its favor has been described as a blend of artichoke hearts and salsify. Once peeled, it needs to be soaked in lemon juice or vinegar to prevent oxidation (brown spots). It can be served raw or cooked. Add crunch to salads, soups, stir-fries and casseroles. Lightly steam or sauté. Blanching mellows the flavor. To showcase its delicate favor, bake whole with roasts for a nutty-sweet flavor.

Its peak season is during the winter months.



VeggieViews

VeggieWorks, Inc.

1910 Jerrold Avenue
San Fran., CA 94124

415.643.8686

415.643.5640 fax

sales@vegiworks.com

Market-at-a-Glance

LETTUCES

The ongoing shortage of **Iceberg**, **Romaine** and **Leaf** items continues. As crops begin their transition to desert area fields, growing conditions this year have been less than optimal. With many growers moving straight to the desert regions, supplies will remain light for some time. Low yields in Central California have forced growers to enter the desert regions a bit early. Yields as low as 50% are common in the fields currently, as mildew and disease impact leaf and lettuce crops. These very low yields are causing a significant shortfall in production. This in turn will impact available supplies over the next few weeks. **Iceberg Lettuce** stands at the front end of the desert season will show smallish head size and lighter carton weights with marginal solidity and texture. Carton weights for Iceberg continue in a very wide range, with some labels weighing as little as 30 lbs, compared to normal weights that are 42-45 lbs. Prices continue to climb higher. **Romaine** and **Leaf Lettuces** are also showing light hearts with slightly dehydrated ribs. Cooler temperatures expected this week would curtail growth rates once again. We will likely not see full production in these desert fields until mid-December. This year looks to be especially challenging.

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

Round, **Slicing Tomatoes** will be in tight supply at high prices through the first weeks of December, at the earliest. The harvest is behind schedule in Central Mexico. Baja California growers continue to suffer low yields. The good news is that availability has improved for **Roma** tomatoes. **Grape Cherry Tomatoes** are also in extremely tight supply.

MISC. VEGGIES

Jumbo Asparagus is still in limited supplies. Prices should remain stable for the rest of the week. **Green Bells** are in plentiful supply and prices have eased. **Red Bells** from Baja and Coachella continues with fair volume, with size still an issue. Large sizes are limited. **Yellow Bells** remain very limited. California **Carrots** coming out of Bakersfield are still sizing up slower due to cooler weather. Prices for **Broccoli**, **Cauliflower**, **Celery**, and **Carrots** remain high. Tight supplies will continue until we reach full production in the desert

growing areas. 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**.

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

Mid-sized **Hass Avocados** (48s) from Mexico and Chile are in plentiful supply. Supplies have tightened on the smaller size 60. We are in peak season for oil content and taste.

BERRIES

Quality and appearance of new crop **Strawberries** from Mexico continues to improve. Berry-size is also on the increase. **Raspberries** production is starting to slowdown with the cool weather. **Blackberries** supplies continue to increase out of Mexico **Blueberries** from offshore are still somewhat sporadic. **Blueberries** from Argentina are in tight supply; the harvest has been adversely affected by heavy rainfall. The anticipated upcoming harvest in Chile is expected to relieve this current shortage by late December.

CITRUS

Once again, we are featuring **Satsuma Mandarins** from *Rising C Ranch* on special this week: **\$29.50** per case. Coming into season are **Buddha Hand Citrons**, **Key Limes** and **Kumquats**. Availability is plentiful for all sizes of new crop **California Navel Oranges**, including the small sized 138s. Quality for current harvest is outstanding. Availability for the smaller sized **Lemons** (200s & 235s) are limited. Growers are leaving the small fruit on the trees in order to wait for improved color and larger size. The **Mexican Lemon** season will be finished earlier than expected. New crop **Limes** from Mexico are in plentiful supply for the large sized 115s.

MELONS

The **Cantaloupe** harvest is winding down in Arizona. Large sizes are in tight supply, with moderate availability on the 15-count size. **Honeydews** are finished in Arizona, driving the market higher in Nogales. **Watermelon** production in Northern Mexico is gradually decreasing, with a significant gap in supply to develop in the coming weeks.

MISC. FRUIT

Fuyu and **Hachiya Persimmons**, along with **Pomegranates** are in season.

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

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