



# This Week's Specials



**Watermelon  
Radish**

**\$1.25 / lb**

**Peeled Baby Carrots  
With Tops - 5# bag**

**\$16.50 / bag**

**Cara Cara Navel  
SunKist, 72-Count**

**\$24.00 / cs**

**Moro Blood Oranges  
38# case**

**\$29.00 / cs**

12 . 21 . 2009

## MARKET NOTES

The latest bout of heavy rains and frosts has cause damage in certain crops. Hard hit are **Strawberries**, **Frisée**, and certain varieties of **Micro Greens** from both Yah-Whooo and Fresh Origins

**Lettuces:** Wide range in price and quality (as much as a \$10.00 spread between premium labels and fair quality product). Finally, prices continue to drop

**Baby Beets:** still somewhat limited, filling in best we can on different labels and growers

**Broccoli...Cauliflower...Red  
Endive...Rainbow Chard**  
Cold Weather = Light Supplies

**Chanterelles** have been rained on and are soggy. **Hedgehogs** are a better option. Limited amounts of **Black Trumpets** are available

**Artichokes:** All have been "frost kissed" and supplies are still light

### Beans

**Blue Lake** offerings will be light. Limited availability of **Yellow Wax** and **French** (Haricot Verts)

**Red Bells** will be gapping for the next couple of weeks

**Citrus:** So far, no noticeable damages to the crops from the last frost with the exception of the more Northern regions. Lagier Ranch lost all his organic Satsumas. All Navels, Cara Caras, Moro Bloods, Meyer Lemons, Kumquats, Satsumas, Clementines are all good for now. Now Available are **Paige Mandarins** and **Heirloom Navels** from Rising C Ranch.

Winding Down:  
**Quince and Red Kuri Squash**

**Figs:** officially FINISHED for season

### NEW ITEMS

Chilean Stone Fruit:  
Peaches, 2-layer Case  
Nectarines, 20# Loose Packed  
Cherries, 11# Case



**December 25th**  
Friday  
Christmas Day  
**CLOSED**

**December 26th**  
Saturday  
Regular Service  
**OPEN**

**VegiViews**  
**VegiViews**

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# Market-at-a-Glance

## LETTUCES

The **Lettuce** market is still extremely unstable with wide ranges in pricing and availability from shipper to shipper. Issues on **Romaine** include such defects as brown spotting, brown and red discolorations up the rib, brown butts, fringe burn and internal burn. **Romaine Hearts** continue to be tight. The quality is marginal at best. Fringe burn is still being seen. The hearts are twisted in growth with some suppliers. **Red Leaf** supply is better. **Green Leaf** continues to be stable compared to last week. Continue to expect various defects on leaf items for the next couple of weeks. The **Iceberg** market is still volatile. There is a wide range in prices from shipper to shipper. The previous cold weather has kept the lettuce from sizing properly; hence weights have been lighter than normal. The weights continue to average 35 to 38 pounds, with the head size being on the small side. **Baby Spinach** availability will depend on the variable weather conditions.

## ONIONS | POTATOES

Demand for **Onions** remains light with good quality and ample supplies out of Idaho and Washington. The retail pull for potatoes is up this week with Christmas right around the corner. Both **Norkotahs** and **Burbanks Russets** are being packed. Washington Norkotahs are going strong with good quality and availability. Colorado is going strong with new crops as well. Washington has good availability on colored potatoes; product quality is excellent. North Dakota and Wisconsin have good supplies of **Red, Yellow** and **White Potatoes**. Available Specialty fingerling potatoes: **Russian Banana, French,** and **Purple Peruvian**.

## TOMATOES

It looks like the market has somewhat stabilized for **Round, Slicing** and **Roma** tomatoes. There are reports of some more rain that possibly affect some growing areas but it does not look to be as wide spread as system that came through. There are good supplies of **Cherry** and **Grape** tomatoes there as well.

## MISC. VEGGIES

**Asparagus** continues to be steady in both supplies and price. The product is coming out of Peru, Chili and Mexico. Prices remain steady. **Green Bells** from Coachella Valley are done for the season. Mexico production continues to increase and looks to have good volume for the next 2 to 3 weeks. **Red Bells** from Coachella are finishing up or done for the season. Mexico should start in 7 to 10

days. **Yellow Bells** remain very limited. **Cauliflower** prices are going higher. Supplies are tight, due to cold weather in the Santa Maria and Yuma growing regions. Growers have planted less acreage than in past seasons and this will inevitably cause volumes to be inconsistent. **Broccoli** supplies are light to moderate in the Santa Maria, Oxnard, and Yuma growing regions. This market is tight due to the cold weather, as it has slowed growth rates. Demand has also picked up for the up incoming Holiday pull. Supplies look to remain tight all week. Some defects that have been reported include yellowing, knuckling, and pale green appearance. California **Carrots** coming out of Bakersfield are still sizing slower due to cooler weather. Cold weather has caused extremely light in supplies for the **Celery** crop. Expect light availability over the next few weeks. Supplies of **Cucumber** from Mexico have dropped. **Green Onion** supply is steady but as the holidays season approaches supplies will get tight. **Green Zucchini Squash** from Mexico is finishing. Quality is ranging from fair to good. Prices have increased since last week.

## APPLES | PEARS

**Red Delicious, Gold Delicious** and **Granny Smith** along with most all varietal apples remain in short supply on small sized fruit. This will be a season long dilemma and each week the supplies get lighter. The Christmas school break will help to lighten the demand. **Anjou Pears** are in excellent shape with better supplies in Washington. **Bartlett** pears are still going strong. Other varietal pears available include **Bosc, Seckel, Comice** and **Crimson Red**.

## AVOCADOS

**Avocados** from Mexico and Chile have scaled back shipments in efforts to shore up the market. The over all supplies remain good. Both Chile and Mexico has reduced picking to let inventories catch up with demand. California fruit should begin with light harvest over the next 2 weeks. This year's crop forecast looks much larger than last year's.

## BERRIES

**Strawberries** and **Blueberries** will be very limited for the next couple of weeks. Demand for **Strawberries** exceeds supply on both coasts due to the Christmas pull and limited supply. Quality is fair at best. Issues include water-soaked fruit, light decay, white shoulders and bruising in all packs. **Raspberries** supplies are still limited. We should start to see some light supplies of raspberries coming

out of Chile in the next couple of weeks. Availability of **Blackberries** has started to dwindle. At this time, supplies are mainly coming out of Mexico. This will be hardest week for **Blueberries**. Argentina is done for the season and Chile is just getting started. We do not anticipate any Long **Stemberries** for New Year's.

## CITRUS

In season are **Buddha Hand Citrons, Key Limes** and **Kumquats**. **Lemon** demand is increasing and 140-count and smaller are getting tight in supply. Stock of **Limes** remain lighter due to cold wet weather in Mexico. Volume of larger sizes is picking up. Quality remains good. Rains this weekend has slowed the harvesting of **Oranges**. Crops continue to peak on fancy 72s and 88s followed by 56s and 113s. Supplies remain tight on 138s of grades: fancy and choice. Small fruit looks to be tight for this season. A great variety of citrus is available; including **Meyer Lemons, Moro Blood Oranges, Cara-Cara Navels, Satsuma Mandarins, Fairchild Tangerines, Pummelos, Oro Blancos, Clementine Mandarins, Minneola Tangelos, Paige Mandarins** and **Heirloom Navels**.

## GRAPES

Seedless **Red Crimson Grapes** are almost completely finished for the domestic season. There are still some left to ship this week, but only limited to day-to-day availability. The domestic seedless **Green** crop is finished for the season. There are now Chilean grapes available with the heaviest supplies being in the seedless Green Perlette variety. Overall supply on green seedless is very good right now. Supplies for red seedless, on the other hand, are extremely tight. Expect to see elevated prices on the Peruvian and Chilean red seedless this week.

## MELONS

Offshore **Cantaloupe** supplies from Guatemala continue to be plentiful. The prices remain at lower levels on the large size fruit. There are still only limited supplies of Mexico cantaloupes crossing through the Nogales, and that will remain the case on a day-to-day basis. Overall fruit quality for the offshore fruit is very good. Offshore **Honeydews** are mostly for the larger 4-ct/5-ct sizes. Supplies on small fruit are extremely limited. Colder weather in the **Watermelon** growing regions continues to slow production. Supplies are decent on seedless variety, but sizing remains on the smallish side.

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

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