



# VegiViews

## BUYS OF THE WEEK

While Supplies last!



**Jumbo Carrots**  
25lb  
\$9.88 / sk



**Hawaiian Pineapples 8ct**  
\$13.88 / flt



**Organic Toybox Cherry Tomatoes**  
\$32.88 / case (pints)



**Yellow Squash**  
22 lb  
\$15.88 / case



**WEATHER ALERT:** Near average temps along the Coast. Northern Mexico may get some moisture. Central Mexico is starting to cool off a bit.

### ~ NEW ITEMS ~

Coming Soon

*Yellow Organic Romano Beans - 10 #*  
*New Crop Bartlett and Red Pears*  
*Local Black Watermelon*  
*Orange Gypsy Peppers*  
*Australian Daisy Tangerines*

Available Now:

Baby Corn w/ Husks (CA)  
Open Pint Sweet 100s' and Sungolds  
CA Butternut and Kabocha Squash - new crop  
CA Sunchokes - new crop  
Marchini Ranch Nectarines both White or Yellow in 10lb flats  
Org Serpent Cucumbers  
Org Armenian Cucumbers

### ~ LIMITED/GAPPING ~

*Yellow Wax Beans*  
*Cranberry Beans*  
*Black Mission Figs*

### ~ DONE ~

*Organic Asparagus*  
*Frog Hollow Apricots*  
*Green D'Anjou Pears*  
*Navel Oranges*  
*Kumquats*

### ~ TIGHT MARKET ~

Iceberg lettuce

Red Cabbage

Regular Romaine

Rasperry

~2-3 DAY PRE-ORDER BY 8 AM~

Ronde Nice Squash and Full Size Sunburst Squash

Horn Melons

\*\*\*\*\*SELL BY CASE ONLY\*\*\*\*\*

Yellow Oyster Mushrooms 3-lb cs.  
Lemon Verbena 1-lb bg.  
Fresh Garbanzo Bean 12-lb cs.

Organic Watercress - *Sausalito Spring*  
*(Available for delivery on Wednesday and Saturday only.)*  
2-lb bag

## VEGETABLES



**SEASONAL VEGETABLES** - Both Yellow Wax and Cranberry Beans gapping this week.



**ASPARAGUS** - Sizing out of Mexico starting to get more consistent. Quality has been good.



**BRUSSELS SPROUTS** - Plentiful out of Salinas / Oxnard area. Heads have been very



**CAULIFLOWER-** Supplies have tightened up due to demand.



**BROCCOLI-** Strong market and very good



**CARROTS** - Heavy production out of Bakersfield. Jumbos are sizing up very nicely.



**CELERY** - Demand has been somewhat flat. Supplies are abundant. Minimal quality issues.



**ONIONS** - Production out of Central Ca and New Mexico. Sizes trending towards small to medium due to heat. Market is fairly steady.

Green Onions: Reports of light browning or yellowing tips with shipments out of Baja / Salinas.



**LETTUCE ROMAINE / ICEBERG / LEAF** - Romaine & Romaine Hearts:

Market on regular heads have tightened with reports of slight tip and fringe burn. Hearts are plentiful.

Iceberg: Pink Ribs / Spotting / Light Heads are still issues being reported.

Leaf: Red and Green both abundant. Heads are very good size.



**HARD SQUASH-** Cochella reporting heat related issues.



**SOFT SQUASH-** Very nice quality coming out of Fresno, CA.

## VEGETABLES / FRUITS



**SEASONAL FRUITS** -

New Crop Bartletts and Reds due in mid-week. Black Missions Figs may be available by end of July



**AVOCADO** -

Supplies remain tight as CA is only at 40-50 % of capacity.



**CITRUS** -

Lemons: Ventura is the main supplier

Limes: Great supplies but mostly on small sizes. Great price

Oranges: Overall quality is only fair. Navels are winding down.



**BERRIES**.

Strawberries: Watsonville is the main supplier. Berries are running small but flavor and color is very good.

Blueberries: Supplies out of the Pacific Northwest is steady.

Raspberries: CA crop is winding down quickly. Supplies will be limited moving into July.



Blackberries: Santa Maria / Oxnard finishing up with Salinas / Watsonville starting the ramp up production. Quality is good.



**MELONS** -

Casaba, Crenshaw, Orange Flesh Honeydew, Santa Claus and Galias currently available.

Cataloupes - desert crop is done.

Honeydew- San Joaquin Valley harvest has begun



**GRAPES** -

New Crop out of Arvin starting to trickle in.

**TOMATOES** -

Plenty of Heirloom and Toybox Cherry Tomatoes from local growers.

Demand has been strong on Romas and Slicers. Good color coming in with firm fruit. Heat has caused harvesting shortages.