



VegiViews

BUYS OF THE WEEK

While Supplies last!



**Organic Charentais
Melons - 7 count**
Durst Farms
\$21.88 / cs



Organic Lacinato Kale
24ct
Coke Farms
\$25.88 / cs



Whole Peeled Baby Carrots
5 lb tray
\$13.88 / tray



Black Mission Figs
12 pint cs
\$34.88 / 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

Concord Grapes

Available Now:

New Crop Yukon Potatoes
New Crop Red Potatoes
Chilean Pomegranates
Donut Nectarines 2 lyr
Sharlyn Melons
Organic Nantes Carrots - 25#
Champagne Grapes
Local Gold Bar Squash
Organic Charantais Melons
Dapple Dandy Pluots

~ LIMITED/GAPPING ~

Indian and Thai Eggplant
Organic White Spring Onion
Lakeville Mache

~ DONE ~

Dried Butter Bean
Donut Peaches
Cherries
Medium Orange Yams
Plumogranates

~ TIGHT MARKET ~

Iceberg
lettuce

Raspberry

Regular
Romaine

CA Red
Endive

~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

****Bakersfield has started with Yukon and Red Potatoes.**

****Thai and Indian Eggplant very limited.**

****Italian Frying / Padron / Gypsy / Santa Fe and Red Cherry Bomb Peppers all available. Nice little mix of mildly sweet and surprisingly spicy peppers.**



CAULIFLOWER- Salinas/Santa Maria production is very strong. Quality is good with occasional spotting



BROCCOLI- Great value on Crowns. Heads are tight and good size.

EGGPLANT - Quality has improved with lower temperatures.



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. Heat keeping production down.



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. Gold Bar Zucchini starting up. Mixed Toybox Squash looking very nice.

VEGETABLES / FRUITS



SEASONAL FRUITS -

Black Mission Figs are in !!
Sharlyn and Charantais Melons on hand.
Very nice Packham Pears on hand.
Oregon Red Currants available with 2 day Pre-Order
Last Week for Cherries !!



AVOCADO -

Supplies remain tight as CA is only at 40-50 % of capacity. Prices remain on the high end.



CITRUS -

Daisy Tangerines from Australia. Very tasty but has a few seeds.

Oranges: Quality of Valencias improving.

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, Sharlyn, Charantais and Galia all available.
Cataloupes - desert crop is done.
Honeydew- San Joaquin Valley harvest has begun
Watermelon - Yellow, Red and Black on hand



TOMATOES -

Plenty of Heirloom and Toybox Cherry Tomatoes from local growers. Riverdog Farms has started with Early Girls and Vine Ripe 2 lyr Tomatoes.