

the Source +



Market Alerts

WESTERN SOFT VEGETABLES Extreme heat in California continues to affect availability, price and quality of **Eggplant, Red Bell Peppers and Cucumbers** for the Western half of the country. We recommend using **Choice Green Bell Peppers** for optimal cost and quality.

POTATOES As the storage crop winds down, **Idaho 80 CT potatoes** and smaller are the best buys, and will continue to be throughout the summer. Avoid **70 CT or larger** where possible. Quality is good across all sizes.

AVOCADOS The supply of product out of Mexico continues to be severely restricted, due to a combination of growing condition and import issues. Product from other sources, including California, is not plentiful enough to offset the Mexican shortage, and pricing continues to be much higher than normal.

APPLES Apples are also a storage crop, and some varieties are running low on small fruit. **Granny Smith** and **Golden Delicious** are currently the most impacted, with **88 CT** and larger being more available than **100 CT** and smaller. Consider using **Fujis** or **Galas** as an alternative where smaller sizes are needed.

MELONS **Cantaloupes and Honeydew** harvesting in California is very light due to last week's extreme heat. Quality is fair to poor, with spotting and scalding reported, and some orders may be shorted. **Watermelons** are approaching peak season and may be a good alternative.

A Peek at Peak Seasons

Locally Grown Products: The local growing season is starting up. Michigan Blueberries, Virginia Corn, New Jersey Peppers, Long Island Lettuces and other products are now available. Ask your distributor for this week's local farms list!

Stone Fruit: It's peak season for all Stone Fruit—Peaches, Nectarines, Plums are all approaching peak season. Supplies will be tight throughout the season. Specialty items such as Pluots, Apricots and Dinosaur Egg Plums are available—ask your distributor for recommendations.

Round Tomatoes: All sizes and grades on round tomatoes are good quality and pricing with increasing supply going into July. Roma tomatoes are more expensive than usual, so Rounds are a great alternative this week.

Corn: Corn on the Cob is available in time for 4th of July—great quality and pricing, and locally grown in many regions including New Jersey, Indiana, Long Island and Virginia.

Watermelon: Also in time for 4th of July, Watermelons (seeded and seedless) are at peak season, with locally grown product available in most of the country.

Weather Update

California: Temperatures remain well above normal in the inland regions, with cooler temps along the coast.

Mexico: Cooler temperatures and moderate to heavy rain is expected in Central Mexico, with Hurricane Dora moving to the northwest.

Southeast U.S.: Florida is expected to have seasonal temperatures, thunderstorms and light winds.



Commodities at a Glance

 APPLES	WA, ID and MI are at peak season on certain varieties. Quality is excellent.	 CELERY	Quality is good, pricing is higher.	 LETTUCE LEAF	Quality is good to fair, pricing is good.
 ASPARAGUS	Quality is good, pricing is higher on Western product.	 CITRUS (LEMONS)	Quality is good, pricing may be higher on certain sizes.	 MELON (CANTALOUPE)	Quality is poor, pricing is higher.
 AVOCADO	Pricing is slightly higher than normal, quality is good to fair.	 CITRUS (LIMES)	Quality and pricing are good.	 MELON (HONEYDEW)	Quality is poor, pricing is higher.
 BELL PEPPERS	Quality is good to fair, pricing is higher on Western product.	 CITRUS (ORANGES)	Quality is good, pricing may be higher on certain sizes.	 MELON (WATERMELON)	Quality and pricing are good.
 BERRIES (BLACKBERRIES)	Supplies better, quality is good. Pricing is higher.	 CUCUMBERS	Pricing is higher on some grades. Quality is good.	 ONIONS	Quality is good, pricing is higher.
 BERRIES (BLUEBERRIES)	Quality and pricing are fair.	 EGGPLANT	Quality is good to fair, pricing is much higher on Western product.	 PEARS	New crop is being harvested, quality is good, pricing is stable.
 BERRIES (RASPBERRIES)	Supplies are lighter, quality is fair. Pricing is higher.	 GARLIC	Quality is fair, pricing is higher.	 PINEAPPLES	Quality and pricing are good.
 BERRIES (STRAWBERRIES)	Supplies lighter, quality is fair. Pricing is higher.	 GRAPES (GREEN)	Quality is good, pricing is higher.	 POTATOES	Pricing is higher on 70 CT and larger. 80 CT and smaller are the best values.
 BROCCOLI	Quality and pricing are good/	 GRAPES (RED)	Quality is good, pricing is higher.	 POTATOES (COLORED)	All colors are at peak season.
 BRUSSELS SPROUTS	Quality and pricing are fair.	 GREEN ONIONS	Quality and pricing are good.	 SQUASH	Pricing is higher on Yellow than Green. Quality is good.
 CARROTS	Quality is good, pricing is stable.	 KALE	Quality and pricing are good.	 STONE FRUIT	Quality and pricing are good.
 CAULIFLOWER	Quality and pricing are good.	 LETTUCE ICEBERG	Quality and Pricing are good.	 TOMATOES	Quality is good. Rounds and Cherries are the best buys.

