



08-21-2016  
08-27-2016

### AVOCADOS



Prices are starting to inch down; although the California season is winding down, Mexican stocks are increasing. Domestic quality is excellent: oil content is highest in California. RSS Avocado Chunks and Halves are sporadic; packer label is being substituted

### ASPARAGUS



Prices are a bit higher than last week; volume will dip until harvesting transitions from Central Mexico to Baja. Quality is best in Mexico

### BROCCOLI



Supplies are good on both crowns and bunches with an equal demand. Bunch sizing is ranging from 2 to 3 per on 14s depending on location and shipper. Stalk sizes are ranging from 25 to 50 cent diameters. Some samples continue to show up with a branchy and knucky appearance. Mechanical, irregular sizes, cat-eye, spurs, leafy, spread and lite purple cast continue to be reported here and there.

### CARROTS



Great quality and good supply!

## CAULIFLOWER



Supplies are good with little demand. Defects include rough curd, soft shoulder, spread, loose pack, yellow cast, leafy and occasional hollow core. Samples have also been showing up Irregular sized and or undersized. Color has been mostly off white depending on shipper and location. Weights are ranging from 29 to 31lbs on 12's depending on shipper and field location.

## CELERY



Supplies are good with good demand in all growing areas. Common defects on samples are few light pith, leafy, secondary growth, bow, twist, bruise, growth crack and occasional insect damage. A few samples have also showing up with irregular sizes and close trim

## LETTUCE



Supplies are good but demand continues to be low. Common issues include brittle, insect damage, misshapen, big vein and mechanical with an occasional sample showing mildew, weak tip and puffy heads. Solidity has been irregular and ranges from fairly firm to firm. Head sizes range from medium to medium plus depending on shipper and location. Weights are mostly ranging from the high 30's to mid 40's depending on shipper and field location.

## LEAF LETTUCE/ROMAINE



Supplies continue to be good with little demand. Insect damage, brittle, fringe burn, light dehydration, frog skin, seeder, occasional leggy continue to be common defects showing up in all growing areas with all leaf items. A few samples have also been showing up with weak tip, mildew and mildew stain here and there. Weights range from 20 to 24lbs on red leaf and green leaf with romaine ranging from the low 30's to low 40's depending on shipper and field location.

## PEPPERS/CUCUMBERS/SQUASH



**Peppers --** The market is stable. Supplies are adequate in California and Michigan; weather problems have reduced volume in other regions



**Cucumbers --** Are in plentiful supply in the East (Michigan, New York, New Jersey). Production in Baja California is off by as much as 40 percent due to hot weather earlier this month, which caused the fruit to mature early and resulting in damage to blossoms on the vines (bloom drop). Availability in the West is not expected to improve until September.



**Radish --** Supplies are a little on the light side. Have heard of some insect damage showing up, so inspect carefully.



**Squash --** The market is up. Demand is strong for California supplies; the main harvest is past its peak. Heavy rains have reduced stocks in other regions. California quality is best; East Coast stocks may exhibit bruising, scarring, and softness

## POTATOES



The potato is a relative of tobacco and the tomato. Potatoes require less water to grow than other staple foods such as wheat, rice and corn. Up until the late 18th century, the French believed that potatoes caused leprosy. The potato is the fourth most important crop in the world after wheat, rice and corn. Who knew, I thought potatoes were 5th just behind marijuana

## ONIONS



The California crop is coming to an end. Demand has been consistent, and the Idaho / Oregon region is shipping reds and yellows in all colors and sizes right now. On quality, we have heard "So far, so good. We have been fortunate that Mother Nature has been pretty good to us this year."  
. Demand has been fairly light the first part of the week We're expecting demand to pick up with California and New Mexico winding down.

## TOMATOES

### ROUNDS

The West Coast markets are steady; stocks are adequate. Prices are higher in East Coast regions due to heavy rain. Quality is very good on both coasts

### CHERRY & GRAPE

The market is lower. Plenty of supplies in all areas, with shippers looking to move heavy volume. Demand on the light side, giving shippers plenty of hold-over product. Quality is good to fair  
Cherry: The market is steady / lower. 4 main areas are in production, with good supplies. Michigan, Virginia, Maryland, Baja Mexico, and Central California. There are also smaller local areas in production, with supplies. Quality is Good

### ROMA

Supplies continue to come out of Baja and California. Demand is good. Quality has improved and pricing is slightly lower this week.



## APPLES & PEARS



Washington new crop galas are now being packed with good size and great color. The Northwest had great growing conditions for apples and the end result shows in the size, color and grade. The size profile that is peaking at is 72 - 88s.

The early gingergolds are finishing up and in the next few weeks golden delicious, red delicious and Fujis should start being packed.

Washington is expecting an estimated 130 million boxes of apples this season slightly higher than last year. In September we should see Romes, Jonagold, Braeburn, and finishing up with Pink lady.

As always there is some labor shortage, but growers should have enough time to get all their apples off the trees. Without any major weather issues this should be a great year for apple growers.

With Bartlett pears being packed size and color look great. There were no weather issues during the growing season so the pears are peaking on size 90-110.

## STRAWBERRIES



Conventional and Organic production stay in good supply as they down trend week over week, until Oxnard production ramps up the beginning of September. Growers in Watsonville/Salinas have decided to discontinue packing strawberry long stems for the season. Post peak expectations of quality should be adjusted; we expect a slightly elevated level of bruising, QA has implemented new specs to avoid bruising and decay. Supply has dropped with good demand in all growing areas. The weather in all growing areas has been in the cool temps. Some samples are showing up with bruise, light bronze. White shoulder, water damage, over ripe and occasional dried calyx are issues that have been seen here and there. Sizing is small.

## LEMONS



Prices are high. New crop Mexican fruit is now available. High humidity, strong winds, and elevated temperatures have caused quality concerns in California crops.

## ORANGES



We are seeing this market firm up on smaller sizes. Vals are here!!! Quality is good.

## LIMES



The larger 110ct and 150ct are less expensive than the smaller sizes. Demand is good on all sizes across the board. Limes are peaking on the 150ct now. Quality is good overall with some leaf shading (yellow color) showing up. The overall supplies are lower than previous weeks and the trend looks to continue in this direction for the next few weeks. The market is higher on the limes and prices look to continue increasing.

## GRAPES



There are good supplies of Red, Green, and black seedless grapes. Movement has been excellent on all varieties. Red globes from Mexico are finishing up and we haven't started new crop from San Joaquin Valley. The market is stable; volume is high. Green seedless sugar levels range from 18 to 20 Brix; red seedless levels are 20 to 22 brix

## SPINACH



Supply is slightly below average, demand is strong. Quality is average, we are seeing some sun scalding and tip burn however we expect to see improvement in quality this week. Some reports of insects.

## CANTALOUPE & HONEYDEWS



The market is near the bottom; supplies are ample in the San Joaquin Valley. Quality is excellent. Mixed melon varieties are also now available, call for consolidation and assortment packs. Honey Dew -- The market is low; domestic stocks are ample. Quality is excellent: flavor is sweet. Sugar levels range from 10 to 12 Brix.

## WATERMELON



The market is unchanged; melons from Saint Libory, Ne. are plentiful. Although quality is very good, hot weather may cause some softer internal texture.

## SPOT LIGHT

### Brisket Tacos with Summer Salsa

Slow-cooker beef brisket and crunchy fruit salsa make these tacos a perfect blend of savory and sweet.

#### Ingredients

2 uncooked bacon slices, cut into 1-inch pieces  
1 medium-size white onion, chopped (about 1 cup)  
2 teaspoons kosher salt  
1 teaspoon freshly ground black pepper  
1 (3- to 3 1/2-lb.) beef brisket, trimmed  
1 cup reduced-sodium chicken broth  
3 canned chipotle peppers in adobo sauce  
3 tablespoons adobo sauce from can  
3 garlic cloves, peeled and smashed  
1 tablespoon ground cumin  
1 tablespoon Worcestershire sauce  
1 tablespoon honey  
1 teaspoon dried oregano  
2 tablespoons apple cider vinegar  
10-12 (8-inch) flour tortillas, warmed

#### Crunchy Summer Salsa

1 cup diced fresh peaches  
1/2 cup diced cucumber  
1 jalapeño pepper, seeded (if desired) and diced  
1 garlic clove, minced  
3 tablespoons chopped fresh cilantro  
2 tablespoons fresh lime juice  
1/2 teaspoon kosher salt

Stir together peaches, cucumber, jalapeño pepper, minced garlic, cilantro, lime juice, and salt in a small bowl.

#### Instructions

1. Place bacon and onion in a 6- to 8-qt. slow cooker. Stir together salt and pepper; sprinkle over all sides of brisket. Place brisket in slow cooker.
2. Process broth and next 7 ingredients in a blender for 30 seconds or until smooth; pour mixture over brisket. Cover and cook on LOW 7 hours or until brisket is fork-tender. Transfer brisket to a 9- x 13-inch baking dish; cover with aluminum foil to keep warm.
3. Pour sauce through a fine wire-mesh strainer into a medium saucepan, and cook over medium-high heat, stirring occasionally, 15 to 20 minutes or until reduced to 1/3 cup. Stir in vinegar.
4. Coarsely chop brisket; spoon over warm tortillas. Drizzle with sauce, and top with Crunchy Summer Salsa.

