



08-28-2016  
09-03-2016

### 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 continue to be good on both crowns and bunches with low 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 knuckly appearance. Some other issues reported are mechanical, irregular sizes, immature bead, cat-eye, spurs, spread, lite purple cast and few hollow core in all growing areas.

### CARROTS



Great quality and good supply!

## CAULIFLOWER



Supplies are good with little demand. Defects include rough curd, soft shoulder, spread, loose pack, yellow cast 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 33lbs on 12's depending on shipper and field location.

## CELERY



Supplies are plentiful with a low demand in all growing areas. Some common defects are few light pith, leafy, secondary growth, bow, bruise, twist, occasional growth crack and occasional insect damage. A few samples have also showed up with irregular sizes and close trim. Weights are ranging from the low 50's to mid 60's depending on shipper and field location.

## 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 low 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 internal tip burn, mildew and or mildew stain here and there. Weights range from 20 to 25lbs on red leaf and green leaf with romaine ranging from the low to high 30'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.

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



Supply has dropped but is steady with good demand in all growing areas. The weather in all growing areas continues to be in the cool temps. Few samples have been showing up with bruise, white shoulder, seedy, occasional water damage, occasional over ripe and occasional dried calyx. Mildew has also been seen occasionally. Sizing is small, counts are ranging mostly from 20 to 28 in Santa Maria and 21 to 32 counts in Salinas/Watsonville per one pound clamshell. QA has implemented new specs to avoid bruising and decay. Cooler weather has contributed to larger fruit size

## 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.

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 California's San Joaquin Valley are plentiful. Although quality is very good, hot weather may cause some softer internal texture.

## SPOT LIGHT

### Easy Mango Pudding (Lactose-free)

This mango pudding is one of the best I've tried. What makes it extra good is the fact that it is made with coconut milk instead of whipping cream or evaporated milk. Unlike dairy products, coconut milk brings out and enhances the taste of the mango, plus adds that touch of richness you're looking for in a pudding. And there's another benefit too: it's healthier for you (lactose free, plus it provides healthy fats). Finally, this Thai recipe for mango pudding is really easy to make - you'll have it whipped up and in the refrigerator in just a few minutes. Great for company!

#### Ingredients

2 medium to large ripe mangoes  
(for tips on buying fresh mangoes, see below)  
1 packet gelatin (3 tsp.)  
1/2 cup hot water  
1/3 cup white sugar  
1 cup good-quality coconut milk  
(\*see below for substitutions)

#### Instructions

1. Bright orange or yellow and fairly soft. Scoop out the fruit, including around the stone. Place the fruit in a food processor or blender and blitz to create a smooth mango puree. Leave the mango in the processor/blender.
2. In a saucepan, heat up the water until it reaches a rolling bowl. Remove from heat. While stirring the water with a whisk or fork, sprinkle the gelatin over the surface of the water and stir briskly in order not to have any lumps.
3. Add the sugar to the hot water/gelatin mixture and stir to dissolve.
4. Add this mixture to the mango in the food processor/blender. Also add the coconut milk. Blitz briefly until ingredients are combined.
5. Pour into dessert bowls or cups and place in the refrigerator for at least 2 hours (or up to 24 if making ahead of company coming). Serve cold on its own, or with some fresh fruit, and ENJOY!

\*For Coconut Milk Substitutions: Instead of coconut milk, you can also use 1 cup evaporated milk (regular milk will work too). For a richer pudding, use 1 cup whipping cream, OR 1/2 cup whipping cream and 1/2 cup milk.



Recipe: Darlene Schmidt, About.com Guide

