



09-11-2016
09-17-2016

AVOCADOS



California harvest is declining rapidly, many shippers report that they will be done with any usable volume by the end of next week. This early end was brought on by the heavy harvest in June to make up for Mexico's lack of supply during that period. California is still peaking on 60's. Mexican: Rain continues to delay harvest and is beginning to affect supplies shipping to the States. Mexico's summer crop harvest is declining and the next crop is still very low in maturity and it looks like October before it will be ready to begin. September will be a very short supply month for avocado's and hopefully getting better by October.

ASPARAGUS



Asparagus market is lower in all regions. Quality is good in Northern Baja Mexico and Peru, and fair quality in Central Mexico.

BROCCOLI



The broccoli market is unchanged with plenty of supplies. Quality has been really good with average crown size and minimal yellowing from all growing regions.

CARROTS



Great quality and good supply!

CAULIFLOWER



The cauliflower market remains steady at current price levels. Supplies are also steady but with any type of demand the market will take off. Quality has been really nice with minimal bruising upon arrivals.

CELERY



Current production in the growing regions of Michigan as well as California has proven to be plentiful to meet all demand needs. In other words, this market continues to be flat. Quality continues to be above average. Michigan production is meeting demand although smaller sizing is less available compared to large sizing, twenty-four counts in particular. Larger sizing is coming out of California predominantly as well. Good quality is expected throughout the week.

LETTUCE



Although this market was gaining strength with the emergence of school business towards the end of last week, this commodity is steady to start the week. Ribbing, insect, mechanical and puffiness exists but these defects have been minimal, overall. Most shippers have above average product that is being harvested. The weights are averaging 42-46 pounds. Expected stronger markets are in the forecast by the middle of the week.

LEAF LETTUCE/ROMAINE



Steady markets continues to be the story on all leaf items. There are a few suppliers that have lighter inventories and this is why there is a bit of a pricing gap seen in the industry. Romaine as well as all leaf items simply continues to struggle as supplies exceed demand. Mechanical, fringe and tip burn as well as minimal insect damage is being reported sporadically, but overall quality has been above average. The weights on average have been running between 30-35 pounds. Green, red and butter leaf have had steady weights being reported.

PEPPERS/CUCUMBERS/SQUASH



Peppers -- Eastern: The green bell pepper market is steady at lower prices. Production has continued to be very good from producing regions across the northern part of the country and Canada. Thunderstorms across many producing areas slowed harvest over the weekend but demand is still weak. There have been reports of some busing due to rain but overall quality is good and should get better this week as the weather clears and temperatures cool. Western: Green bells out of Fresno and Otway are showing good quality and condition. Red bells out of Fresno, Bakersfield, and Otway are showing good overall quality and condition. Red bells are starting to show better availability. More availability on yellow bells, yellow bells showing good quality and condition.

Cucumbers -- Good quality and condition on cucumbers coming out of Northern Baja coast. All sizes are being packed in 1 1/9 bushel boxes. Also 24's-36's-42's being packed.

Radish -- Due to rain supplies are in demand developing shortages.

Squash -- Eastern: The squash market is Very tight. Like cucumbers, squash supply is getting very short and producing areas that traditionally have supply this time of year are going to finish early. Michigan and Ohio are winding down for the fall on fields that normally would produce until the end of September. New Jersey and New England experienced some of the same high temperatures as the mid-west and that region is gapping between their summer and fall crops. Fortunately, some of the southern states appear close to starting production in the next week to 10 days. Western: Supply on Italian squash and Yellow S/N out of the San Joaquin Valley has lightened. Supply still remains light pending transition into new fields. Quality and condition are fair - good. Mostly medium and Large size available on Yellow S/N

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



California - They have finished with all colors. Washington - The market is steady on yellows, reds, and whites and the sizing is still mostly in the medium to jumbo range very little larger product. The quality is good. Idaho/Oregon - They are also steady on all colors and are peaking on jumbo and medium size for all. A couple shippers have more colossal and super-colossal yellows. The quality has been good.

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 - Red delicious are steady- higher on all sizes and grades with only light availability of the Wash Extra-fancy #2 and Wash fancy grades. Most shippers continue to peak on extra-fancy 72-88s but supplies are very light due to strong demand. Expect the market to remain strong through the balance of the storage season. Golden delicious but supplies are very light as well. Granny Smith is higher on most sizes and continues to peak on 88-113s. The Granny market has turned up quickly. Gala supplies remain fairly short due to strong demand but supplies are improving as more shippers get started and the market is slightly lower. The Galas are peaking on higher grade 100/88/113s. Honey Crisp is steady but the fruit remains big and they are peaking on 48- 64s. The quality for C.A. reds, golden, granny-smith, Galas, and Honey Crisp has been good. California - Galas are steady but supplies are light as most shippers are finished packing and selling from final floor-counts. Fuji's are steady on all sizes and peaking on higher-color 100/113s. The quality has been good Chilean Fujis are also steady and peaking on 80- size. The import quality has been good.

STRAWBERRIES



Supply is steady. Salinas, Watsonville and Santa Maria growing regions are all experiencing higher daytime temperatures than the previous weeks which will continue to bring on good fruit with good volumes as well. Production has been exceeding estimate volumes. Overall, quality remains good. A few reports of white shoulders, salmon and dry bruising. Sizing remains smaller with berries in the 20-30 count range, Santa Maria new crop on the larger end.

LEMONS



The Ventura crop is our main supplier of domestic fruit, and their season is winding down. Demand is strong and steady. Growers are seeing 140s/165s/200s/235s supplies are very tight. The Desert crop looks to start some light packing by mid-September, but will not full volume until November. Chilean fruit is available in good supplies and Mexico is going with fair supplies.

ORANGES



Supplies are getting tight on small size Valencia oranges with the "Back to School" demand. 138s and 113s have reached demand exceed situation and will be until Navels start at the end of October/first of November. Fruit is showing some weakness of quality, which is typical for this time of year after a long hot summer.

LIMES



The larger 110ct, 150ct and 175ct are less expensive than the 200ct and smaller sizes. Demand is good on all sizes across the board. Limes are peaking on the 150ct now. Quality is fair overall with some leaf shading (yellow color) showing up and occasional stilar end breakdown showing up from previous rains. The larger limes are old crop and are tired. Shippers are sorting through them before they load the trucks which is helping on arrivals. Large sized new crop won't show up until the first week of September. Smaller sized new limes are filtering into the supplies already. The market is steady on the limes.

GRAPES



Green grapes supplies continue to remain strong. Growers have several varieties to choose from, but the Thompson's and Princess varieties are starting to show some signs of over ripeness. As these have been on the vine the longest, the warm weather has caused some heavy amber color and occasional soft berry. The new varieties such as Autumn Kings are packing out exceptionally well with berry sizes in the XL range and excellent quality, but are priced at a premium. Red grape supplies and market conditions have been consistent. Some of the older varieties such as Flames and Crimsons are being offered at a value, but sizing has been small (ring size 9 - 10) with some inconsistency and occasional soft berry.

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 supplies have decreased and demand has picked up a little. The market is higher across the board. Many of the growers are packing 9ct through 15ct with a few packing 18ct. 9ct supplies are not as plentiful as the 12ct or 15ct. You should see better arrivals now that demand has picked up and supplies have dropped a bit.

Honey Dew -- Demand is steady versus last week. Growers have lighter supplies right now which are causing a slight jump in the overall market. Weather has been on the hot side lately making the quality of honeydews suffer a little. All in all, honeydews are good and previous arrival issues should be cleaned up now.

WATERMELON



The current availability is limited and offering medium to smaller sizes. Mostly 60 size fruit being offered. Movement out of the San Joaquin Valley has been moving steady. Steady production with steady demand. Quality is generally good overall.

SPOT LIGHT

Broccoli Salad w/ Miso Dressing

Asian sauces and seasonings team up with mayonnaise to dress this tasty broccoli salad. I used white miso, but a mild yellow can be used as well. Besides flavoring dressings, miso can also be used to make a glaze for chicken, salmon, or tuna.

Ingredients

- 2 tablespoons white miso
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons mayonnaise
- 1/2 teaspoon grated ginger, or ginger paste from a jar or tube
- 1/4 teaspoon garlic powder
- dash cayenne pepper
- 8 ounces broccoli florets
- 1/4 cup shredded carrot
- 2 to 4 tablespoons finely chopped red onion
- 1 or 2 teaspoons sesame seeds



Instructions

1. In a bowl or large cup, whisk the miso with the rice vinegar. Add the sesame oil, mayonnaise, ginger, garlic powder, and cayenne. Blend thoroughly.
2. In a large bowl toss the broccoli with the shredded carrot and finely chopped red onion.
3. Pour the dressing over the broccoli and toss to blend ingredients.
4. Toss with sesame seeds or sprinkle them over the salad before serving.
5. Chill thoroughly and serve.

Recipe: Diana Rattray, About.com Guide

