

# Notes from the Greengrocer

February 2, 2009

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## Locally Grown

Locally Grown Organic  
Grape Tomatoes  
Item #4730  
Grown out of  
Goleta, CA



## In Season Right Now

Donut Peaches	Red Currants
Apricots	Gooseberries
Moro Blood Orange	Starfruit
Peaches	Garbanzo Beans
Plums	Rhubarb
Korean Pepper	Nashi Pears

**Tomato Report:** Round and Roma tomatoes are in good supply in Nogales, while prices remain steady. No changes predicted for this week, but prices for cherry and grape tomatoes continue to be rising.

**Lettuce Report:** Romaine lettuce is in good supply and price is very good. Greenleaf and Redleaf lettuces are both in good supply and price is a good buy. The Iceberg market is continuing to come down in price.

**Berry News:** Strawberry prices are starting to rise due Valentine's Day fast approaching. Blueberries are coming out of Chile and are in good supply. The supplies for raspberries are still improving. Blackberries are still at a good buy and have good quality.

**Fruit Report:** Apples are in good supply, especially on Braeburn, Fuji, Gala, Golden Delicious, and Red Delicious. Cantaloupes and Honeydews are still high in price and in tight supply. Due to weather condition and tight supply watermelons are high in price for both seeded and seedless. Pineapple availability is improving, with product coming from Costa Rica, Guatemala and Panama. Bartlett, Bosc, and D'Anjou pears are available right now. Grapefruit has good quality and firm prices. We will have oranges from Mexico soon. Lemons are in good supply on all sizes. Kiwi prices are firm and product coming out of California. Mexican Hass avocados are in good supply.

**Vegetable Report:** Asparagus is in good supply and at a great price. Check out our Asparagus special this week. Bunched broccoli and Broccoli Crowns are in good supply. Cauliflower prices are coming down. Carrot prices are firm, as the harvest transition from the San Joaquin Valley to the Imperial Valley is now upon us. Spinach is in tight supply for various shippers, while others have reduced prices to normal levels. Zucchini and yellow squash are in plentiful supply in all areas. Cucumber supplies have increased, however prices remain high. Good supplies on Idaho Russets...prices have eased slightly for all carton packs. Green onions are in plentiful supply, along with parsley, leek and snow peas. Availability is steady for cilantro, cabbage, bok choy, napa and kale.