

Notes from the Greengrocer

August 24, 2009

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Locally Grown

5520
Locally Grown
Arava Melons
20#
Grown out of Los Angeles County



In Season Right Now

Romanesco	Rambutan
Sugar Queen Melons	Lychee Nut
Apricots	Galia Melon
Red Plums	Dragon Fruit
Peaches	Ogan Melon
Tuscan Melons	Galia Melon

Tomato Report: The market on Roma tomatoes is starting to trend downward in price. Round tomatoes are now coming out of California, still early in the season, prices are holding firm. Cherry and Grape tomatoes continues to be a good buy.

Lettuce Report: Green leaf and Iceberg are in good supply, good prices, and at a good buy. Romaine prices and quality still firm and holding strong.

Berry News: The strawberry market has eased slightly. However, Driscoll strawberries are still high in price. Blackberries and Blueberries continue to be high in price and tight in supply and this trend is expected to continue through the end of next week. Raspberries are in good supply, and still the best choice of all the berries.

Fruit Report: California Avocado season is ending. We are having spot shortages but will continue to try and keep California Avocado as long as we can. Right now the only alternative is Chilean. As soon as there are any decent Mexican products we will test them too. Most apples are still late season storage product while pear and gala apples are in new pack from Northern California. Large sized honeydews (5's & 6's) and cantaloupes (9's) have the best availability. Honeydew and Watermelons continue to be best quality and pricing. Limes are in good supply for most sizes, but there are still supply issues on 230's and 250's. Yellow peaches, nectarines, and black plums continue to be in fair supply. Stone fruit is still a good choice as we start to get towards the end of their season. Oranges are getting tighter and tighter with no relief in sight over next few weeks.

Vegetable Report: Celery continues to be in an oversupply situation and prices are still at a great buy. Cilantro is in tight supply, quality lower, prices are high. Cauliflower is in good supply, and prices are at a great buy. Green and Red Cabbage, Bok Choy, Napa, Snow Peas, Kale, and Carrots are in good supply. Cello and bunched spinach are in tight supply. Zucchini and yellow squash are in good supply. *Check out this weeks Hot Sheet Special on Med. Zucchini and Gold Zucchini.* Green bell peppers supplies are steady and prices are holding firm. Red and Yellow bell peppers are limited supply and prices are trending upward. Prices are firm for both yellow and red onions. Availability on asparagus tightening for both Mexico and Peru, watch your costs on them as pricing continues to rise.