

Notes from the Greengrocer

October 12, 2009

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New Item (great for cheese plate)



Item #5505 Fig Cake

Dense fig fruit mixed with Spanish marcona almonds pressed and dried into semi sweet sliceable bread.



In Season Right Now

Star Fruit	Passion Fruit
Romanesco	Black Radish
Forelli Pears	Celery Root
Brown Figs	Rambutan
Rapini	Pomegranate
Romano Beans	Persimmons
Pummelos	Lady Apples

Tomato Report: The market has risen for round and Roma tomatoes due to the recent rain in the East. Prices are also moving higher for cherry and grape tomatoes. When Roma's become available from Nogales (hopefully next week) you may see price reductions

Lettuce Report: Iceberg, Romaine, and Leaf lettuce markets are all very high and volatile due to cooler temperatures and fewer plants planted in Huron, Salinas Valley, and Santa Maria. In addition since there it is reduced yields at the field level, it forces the lettuce processors to buy more product to come out with the same yield.

Berry News: Strawberries are in tight supply due to cool weather conditions. Prices are expected to remain high for the month of October. Blueberries and blackberries will continue to be in extreme short supply until new growing areas come online in November. Raspberries are still your best option for both price and quality for berries.

Fruit Report: We continue to have both Chilean and Mexican avocados available; however Mexican avocados are a much better choice due to their higher oil content. New crop pummelos are now available in California. Lime production is continuing to increase resulting in prices trending downward. Cantaloupes are in extreme tight supply due to San Joaquin Valley winding down quickly, while the cool weather has held back the desert crop. Honeydew melons are now available out of Nogales. The watermelon harvest in Mexico is off to an early start compared to last year (*check out our Hot Sheet special*). Granny Smith and Fuji apples are in good supply out of California. Red Globe and Black seedless continue with good supplies. New crop California kiwi is available. Bartlett pears are available in California and Washington. Persimmons and pomegranates are still available. Naval oranges will be in good supply beginning in early November.

Vegetable Report: Cucumbers continue to be in fair supply with higher pricing. Hopefully pricing will start to trend downward as soon as cucumbers start to be harvested in Nogales (possibly next week). New crop zucchini and yellow squash from Mexico are available for shipment from Nogales. Celery prices are on the rise as production winds down in Michigan and Canada. Green onions are once again in good supply, as well as, cilantro, parsley, leeks, kale, green & red cabbage, and spinach. Availability has improved for snow peas, while bok choy and napa are in tight supply. With the season winding down for Norkotah variety, Idaho Russets supplies are beginning to tighten.