

# Notes from the Greengrocer

October 20, 2009

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## New Item (great for cheese plate)



Item #5505

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 remains firm for round and Roma tomatoes due to the fall weather conditions. Prices are rising for cherry and grape tomatoes. Roma tomatoes are now available out of Nogales and prices have come down.

**Lettuce Report:** Wet, muddy fields have continued to slow harvesting and reducing product yield. This has resulted in lettuce processors having to buy more and more product, which is resulting in much higher prices. Unfortunately, no relief is expected for the remainder of October. Huron is not expected to begin harvesting until the week of October 26 or possibly later.

**Berry News:** With the end of strawberry season in Central America, strawberries will be in tight supply through next week. Recent rain has growers out of the fields. Blueberries from Argentina and then Chile will become available next week. Blackberries will continue to be in extreme tight supply. Raspberries are still the best choice 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. Late season California Valencia oranges are still available. Lemons from Mexico are in good supply. New crop pummelos are now available in California. The lime harvest is in full production in Mexico; resulting in prices coming down. Cantaloupes are in tight supply due to the season finishing in California. Honeydew market is firm with production beginning in Central Arizona, and Nogales. New crop Gala, Golden Delicious, and Red Delicious apples are available in Washington. Demand is strong for late season California grapes. Plum season is starting to wind down. New crop Desert Ruby grapefruit is now available for shipment from Central Arizona.

**Vegetable Report:** Bunched broccoli, Broccoli crowns, and cauliflower are in tight supply resulting in higher than usual prices. Celery continues to trend higher due to the harvest winding down in Michigan and Canada; especially on larger sizes. Napa cabbage is in tight supply and prices are trending higher. Arugula will continue to be in tight supply through next week. Cilantro is also in tight supply, and prices have risen higher this week. The season is winding down for Norkotah variety Idaho Russets supplies are tightening. Supplies are fair for parsley, leek, kale, green and red cabbage, spinach, bok choy, and snow peas. Carrots continue with good availability this week.