

5 top five updates

1 MELON –HONEYDEW ALERT!
Honeydew markets are extremely tight.

2 PAPAYA
Small papaya are extremely short due to heavy rains in growing areas.

3 BEAN, GREEN
A gap in production has caused markets to increase. Quality is good.

4 LETTUCE
Green Leaf markets are up due to light supplies.

5 CITRUS – LIMES
Occasional quality issues such as styler, mold and light color have been noted.



FreshPress

a quick glance at the top produce items for quality and market conditions

ASPARAGUS
Supplies are good coming primarily out of Mexico. Markets have come off.



AVOCADO HASS
Supplies remain steady from Mexico, Chile and Peru. Excellent quality and flavor. Volumes from California continue to increase.

BEAN, GREEN
A gap in production has caused markets to increase. Quality is good.

BERRY – BLACKBERRY
Good supplies coming primarily out of Mexico.



BERRY – BLUEBERRIES
Production has slowed down causing markets to rise slightly.

BERRY – RASPBERRY
Good volumes coming out of Mexico. Quality is good.



BERRY – STRAWBERRY
Markets have come down. Supplies are plentiful and quality is good.

Reality Check

VEGETABLE	Quality			Price		
	HIGH	AVG	LOW	HIGH	AVG	LOW
Asparagus		✓			✓	
Beans	✓				✓	
Broccoli	✓					✓
Cabbage	✓				✓	
Cauliflower	✓					✓
Celery	✓				✓	
Cucumbers		✓			✓	
Lettuce – Iceberg		✓			✓	
Lettuce – Leaf		✓			✓	
Lettuce – Romaine		✓			✓	
Lettuce –Spring Mix		✓			✓	
Onions – Red	✓					✓
Onions – Yellow	✓					✓
Peppers – Green	✓					✓
Peppers – Red	✓					✓
Potatoes – Russet		✓				✓
Squash – Yellow		✓				✓
Squash – Zucchini	✓				✓	
Tomato – Cherry		✓				✓
Tomato – Grape		✓				✓
Tomato – Mature Green		✓			✓	
Tomato – Roma		✓			✓	
Tomato – V/Ripe		✓			✓	
FRUIT						
Avocado		✓			✓	
Berry- Blackberry		✓			✓	
Berry- Blueberry		✓			✓	
Berry- Raspberry		✓		✓		
Berry- Strawberry		✓			✓	
Grape- Red		✓			✓	
Grape- Green		✓			✓	
Kiwifruit		✓			✓	
Lemons		✓			✓	
Limes		✓			✓	
Melon–Cantaloupe		✓		✓		
Melon – Honeydew		✓		✓		
Melon–Watermelon		✓			✓	
Oranges		✓			✓	
Pineapple		✓			✓	

BROCCOLI & CAULIFLOWER

Broccoli and Cauliflower supplies are plentiful as demand is low.

CELERY

Light demand has resulted in weak markets. Good supplies coming out of Mexico, Florida and California.



CITRUS – LEMONS

Supplies are good. Smaller size fruit have loosened up. Good quality and flavor.

CITRUS – LIMES

Markets are stable. Occasional quality issues such as styler, skin breakdown and light color have been noted.



CITRUS – ORANGES

Supplies are plentiful. Excellent quality and flavor.

CUCUMBER & EGGPLANT

Cucumber supplies are good coming out of Honduras and Guatemala. Eggplant supplies have improved. Markets are steady.

GRAPES

Markets are steady. Imports from Brazil, Chile and Peru are readily available. Black Grapes have begun. White Grapes are also available. Quality and size continue to improve.



LETTUCE

Iceberg, Romaine and Butter Lettuce supplies are plentiful as demand is extremely low. However, Green Leaf markets are up due to light supplies. Quality is good with occasional blistering and discoloration being noted.

MELON – HONEYDEW ALERT!

Honeydew markets are extremely tight. These conditions are expected to last until late February.



MELON – CANTALOUPE

Cantaloupe markets have come off. However, small size fruit is still limited.

ONIONS

Excellent quality coming out of Idaho, Oregon and Washington.



GREEN PEPPERS & SQUASH

Green Pepper supplies are steady coming out of Florida and Mexico. Quality is good. Squash markets have come off as volumes continue to increase coming out of Mexico and Florida.

RED PEPPERS

Red Pepper markets are stable. Nogales and Mexico are the primary suppliers.



PAPAYA

Small papaya are extremely short due to heavy rains in growing areas. Until these conditions improve, larger size fruit can be substituted.

POTATOES

Markets are steady. Quality and availability are good.

TOMATOES

Tomato supplies and quality are exceptional coming out of Florida and Mexico. Plum markets have jumped slightly.

Brix A percentage of soluble solids in fruits are almost 100% sugar, therefore refractometers are widely used to check maturity in fruits. The number will be % of solids as sucrose.

Honeydew and Cantaloupe are all averaging about

10-11 %



Brix Scale
Low: 8-10% | Avg: 11-13% | High: 14-17%

CHERIMOYA

Sweet Like Candy!



Sysco

News that is as fresh as our produce

Please Distribute to: Executive Chef, General Manager, Kitchen Manager, Purchasing Manager, F&B Manager