

5 top five picks

1 ALERT RASPBERRIES

Recent heat has hurt not only supplies but berry quality and shelf life.

2 GREEN LEAF

We are noticing a lot more processor demand, pressuring prices higher.

3 GREEN ONIONS

Some Mexican growers saw hail in their fields, which just shreds up the green tops.

4 LIMES

Large size Limes are tighter in supplies and much higher in pricing.

5 STRAWBERRIES

Over mature fruit tends to cause more "leakers" in the cartons.



FreshPress

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

APPLES

Remember that the first of the season apples will generally be smaller in size.

ASPARAGUS

Higher prices reached their "bounce back" point and began dropping very quickly.

That is not so much because of supplies, but rather due to the very lackluster national demand. All sizes are near the minimal ranges. If you look at the Large, sizes, they look more like Standard size, especially near the tip. Standard sizes look more like Pencil sizing.



AVOCADOS

We have really noticed that California growers have slowed down their harvest activity. California fruit continues to be the main source, and has fantastic quality, but growers are trying to extend their remaining meager supplies into October. With both Chile and Mexico expecting smaller crops, we should see higher market plateaus this Fall and Winter.

BERRIES - BLACKBERRIES & RASPBERRY (RASPBERRY ALERT)

Harvesters are discarding a lot of fruit in the fields. Recent heat has hurt not only supplies but berry quality and shelf life. Berries are very tender and delicate. Prices are much higher than normal for this time of year.

BERRIES – STRAWBERRIES

Over mature fruit tends to cause more "leakers" in the cartons. Also, because the mature fruit has higher sugar content, and is softer, that can promote a quicker instance of decay. Order your fruit on the conservative side, be sure of proper rotation and storage temperatures and use it quickly.

Reality Check

VEGETABLE	Quality			Price		
	HIGH	AVG	LOW	HIGH	AVG	LOW
Asparagus		✓			✓	
Beans		✓			✓	
Broccoli	✓					✓
Cabbage	✓					✓
Cauliflower	✓					✓
Celery	✓					✓
Cucumbers	✓					✓
Lettuce – Iceberg		✓				
– Leaf		✓			✓	
– Romaine		✓		✓		
– Spring Mix		✓			✓	
Onions – Red	✓			✓		
Onions – Yellow	✓			✓		
Peppers – Green	✓					✓
Peppers – Red		✓			✓	
Potatoes – Russet		✓		✓		
Squash – Yellow		✓		✓		
Squash – Zucchini	✓				✓	
Tomato – Cherry		✓			✓	
– Grape	✓				✓	
– Mature Green	✓				✓	
– Roma	✓				✓	
– Vine-Ripe	✓				✓	
FRUIT						
Avocado – Calif.	✓			✓		
Avocado – Imports		✓		✓		
Berries		✓		✓		
Grapes	✓				✓	
Kiwifruit	✓				✓	
Lemons		✓		✓		
Limes	✓				✓	
Melon – Cantaloupe	✓					✓
Melon – Honeydew	✓					✓
Melon – Watermelon	✓			✓		
Oranges		✓		✓		
Pineapple		✓		✓		
Strawberries		✓		✓		

CITRUS – LEMON

Storage fruit from Oxnard and the San Joaquin Valley is seeing tighter supplies of smaller size fruit. New crop Lemons from District III (California/ Arizona desert) are just starting, with better supplies by mid-September. If you can stand some of the appearance issues of Mexican fruit, we are seeing some good values there.

CITRUS – LIMES

We are seeing that importers are sorting through their imports for breakdown caused by earlier rains in Mexico. New crops have begun, but that means smaller size fruit will be predominant, and the best value. Large size Limes are seeing much higher prices.

CITRUS - ORANGES

It's normal that the late season fruit always tends to be larger in size. That makes smaller size fruit (113s and smaller) much more difficult to find, and higher in price.

GRAPES

There are plenty of Black, Green and Red Seedless Grapes, with a good range of berry sizes. Sugar and flavor has been excellent. There is some ambering in the green grapes.

LETTUCE

We are seeing some slight Iceberg quality issues, mainly fringe and internal burn, some dehydration and lighter carton weights. This will also affect shelf life. Red Leaf and Butter seem to be holding their supplies and markets. Green Leaf, however, is seeing some volatility. We are noticing a lot more processor demand, pressuring prices higher. Demand is not only for salad production but also for whole leaf fillet production.

MELONS - CANTALOUPE

Retail demand has been surprisingly weak, especially as we head into the Labor Day weekend. Ad promotions were minimal, and that translates into strong supplies available for foodservice. Larger size fruit had been the best value, but that is changing to more medium sizes, 12s – 18s.

MELONS - WATERMELON

After Labor Day, national production will dwindle, leaving California as one of the main sources. Over the next 3 – 4 weeks, domestic production will just about be cut in half from current levels. Retailers will begin reducing their shelf and floor space, which will further reduce demand.

PEPPERS – RED & GOLD

This is supposed to be the peak of the season for colored Bell supplies. That is certainly holding true for Red Bells. Gold Bells have almost been non-existent...and very expensive. Hot house Gold supplies from Canada are an alternative, but a pricey one.

POTATOES - RUSSET

There are still some storage Burbank russets in the supply chain. They may be cheaper, but they are showing more signs of cracking and bruising. Prices are higher for new crop Norkotah russets.

POTATOES – YAMS

Storage Sweet Potatoes are virtually gone, which leaves us with only new crop Sweet Potatoes. They are “green,” not cured, which means their flavor will be milder, not as sweet, and they won't hold as long.

TOMATOES

There are still many local growers limiting their sales to only local distribution.



Even so, there are so many local and regional growers in production right now, that is really taking the pressure off of prices. Over the next 3 - 4 weeks, we will see the last of the full summer supply from regional growers. Main sourcing continues to be California and Ohio. California stays in production into November, but for the Midwest and East, as colder, longer nights set, that's when plants really begin to lose production. We are already looking at fields in Georgia and northern Florida, getting ready for their first Fall harvest.

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 **11% - 13%**



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

Artisan Lettuce



crisp cool colorful!

Sysco

News that is as fresh as our produce

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