

# ORGANIC MARKET NEWS



AUGUST 7 - AUGUST 14, 2020

## LOCAL ORGANIC TOMATO PEAK SEASON



**Organic Grape Tomatoes** will be promotable. Quality is excellent from PA, OH, and NJ.

**Organic Cherry** and **Rainbow Medley Cherry Tomatoes** are also in peak season from local regions.

**Organic Vine Ripe** and **Roma Tomatoes** from King Family Farms here in Lancaster County, PA are available again this week and quality has been fantastic. Promote local!

**NOTE: Organic Beefsteak** and **Cluster Tomatoes** are limited for early August. Canada has very little to no product available as greenhouses have decided to re-plant for fall and winter months.

As an alternative for 15lb greenhouse **Organic Beefsteak Tomatoes**, we'll be offering 15lb flats of beautiful **Organic Vine Ripe Tomatoes** grown at Amish and Mennonite Farms in Ohio from the Greenfield Farms Coop.

Lady Moon Farms is not doing **Organic Heirloom Tomatoes** from PA this summer, so we'll be offering them from Lancaster Farm Fresh Coop and Deep Root in VT and Quebec.



### OG BERRIES

**Organic Strawberry** supplies have improved slightly with prices easing back off due to lack of demand at retail, however, this short-term change is expected to tighten right back up in late August.

Local **Organic Blackberries** from New Jersey continue to be available but we're keeping an eye on quality due to the recent heavy rains.

Driscoll's **Organic Blackberries** out of California and Mexico are expected to be steady through late August.

**Organic Blueberries** out of WA, OR, and CA continue in season with 6oz, pints, and 18oz. Prices are reasonable for mid-August but will begin to rise headed towards September.

**Organic Raspberries** are expected continue in firm but available supply.



### OG STONE FRUIT

We're getting some very nice late season **Organic Dark Sweet Cherries** from Stemilt Artisan Organics. Pricing will continue to go up as the season comes to a close in early to mid-August.

Washington **Organic Yellow Nectarines** and **Peaches** are in excellent supply and expected to last well into September. Try some of the best fruit of the season, Stemilt's new Washington "Top Pick" premium pack.

**Organic White Nectarines** and **Peaches** continue in limited supply.

California **Organic Black** and **Red Plums** in season but supplies change daily as growers are quickly moving from variety to variety. Be sure to add the exciting colors and flavors of **Organic Pluots** to your displays!

California **Organic Verry Cherry Plums** will sell out by mid-August. What a great season!



### OG MANGOS

*Big News for Mango Aficionados!*

The first **"Non-Hot Water Treated"** **Organic Kent Mangos** are in season! Pricing is a little higher but when this fruit is ripe, it is some of the best eating mangos we can get here in the United States!

**What are Non-Hot Water Treated Mangos?**

Typically, all mangos must be dipped in hot water before coming into the US to prevent bug or disease spread, but there are a few micro-regions where this treatment is not required by the USDA, and therefore the fruit can ripen on the tree longer.

**Organic Kent Mangos** continue in steady supply. Sizing profiles will begin to get bigger as the summer winds down with promo opportunities on 6ct-9ct coming.

**NOTE: Organic Honey (Ataulfo) Mangos** are winding down for the season and will wrap up by mid-August.





### OG GRAPES

The first **Organic Thomcord Grapes** of the season are available. This seedless grape is a cross between Concord and Thompson varieties.

California **Organic Grapes** continue in peak season. **Green Seedless** are the most abundant and promotable for early August with the Sugarone and Ivory varieties. Flame variety **Red Seedless** are less plentiful than the Greens right now.

**Organic Champagne Grapes** (mini red seedless with tender stems) will be in peak season through early to mid-August.



### OG CABBAGE

**Organic Green and Red Cabbage** from PA has finished. Expect to see product from NY and Canada to supplement supplies until we see PA grown cabbage again in the fall. Pricing will remain steady as we transition, and quality will continue to be outstanding!

**Organic Savoy Cabbage** is starting to wrap up in PA as well. Expect to see supplies sourced from California once the season concludes.

**Organic Napa Cabbage** remains limited with less than ideal quality. Expect to see limited to no supplies from California into mid to late August.



### OG SWEET CORN

**Organic Bi-color Sweet Corn** from Pedersen Farms in New York is coming into excellent availability for early August. With an attractive price point and great quality, look to promote.

Lancaster County, PA grown **Organic Sweet Corn** is also in peak season.

There is also some **Organic Sweet Corn** coming out of Quebec.



### OG PEARS

The first California **Organic Asian Kosui Pears** are due to arrive on Aug 13. Good supplies are expected for the season.

The first California **Organic Bartlett and Bosc Pears** are in season and selling fast.

The Washington crop is expected to start shipping in mid-August. Since there is no import or storage crop left in the pipeline, pricing will start out higher this year and strong demand is expected.



### OG HASS AVOCADOS

**Organic Hass Avocado** are steady for mid-August. New crop Flora Loca fruit from Mexico has begun to cross into the United States. Peru and California continue to have fruit.

**NOTE:** There are deals on Peruvian fruit readily available in the marketplace, but there has been a wide-range in quality. Be sure you cut some before going all in on some of the cheap deals that are going on out there from some shippers.



### OG TROPICALS

**Organic Pineapple** supplies will be steady in the 6, 7, and 8ct sizes for August. Quality has been good coming out of Costa Rica.

**ALERT!** **Organic Young Thai Coconuts** are gapping through late-August due to supply chain issues coming from Asia. **Organic Coconuts** (code 43678) are available from Mexico in the interim.



### OG SQUASH

**Organic Green and Yellow Squash** from Lady Moon Farms is in strong supply to start their PA season. Expect to see great quality, high volumes, and promotable pricing on both items.



### OG EGGPLANT

Lady Moon Farms began harvesting **Organic Eggplant** the first week of August and will have their premium PA product at reasonable pricing. We will also be supplementing from some other PA growers.



### OG GREENS

Expect to see **Organic Kale** and other **Greens** sourced from various regions including PA, NY, Quebec, and California. Pricing is expected to remain the same and availability will be strong.

**Organic Greens** from Lady Moon Farms in PA are set to begin again in early September.





### OG FIGS

12/8oz **Organic Black Mission Figs** are now promotable.

These figs are looking really good and quality has is expected to be very nice for the August peak season.



### OG WATERMELONS

**Organic "Yumi" Watermelons** (aka Seedless Sugar Babies) will be available for early August. Quality is outstanding.

**Organic Mini Seedless Watermelon** markets continue to tighten up as CA begins to finish for the season. Gaps are expected as more farms finish harvesting every day.



### OG GREEN BEANS

**Organic Green Beans** quality from Pennsylvania has been nice. Mid-August will be limited with possible small gaps due to the effects of recent rains.

Look for product from Ohio and New York to supplement, however supplies will be limited from those growing regions as well.



### OG POTATOES/ONIONS/SWEETS

Local PA **Organic Red** and **Sweet Onions** remain in good supply this week and are two very good items to promote at the moment. **Organic Yellow Onions** are in abundant supply out of California.

**Organic Red** and **Yellow Potatoes** are getting off to a slow start out of Washington as shippers struggle to keep up with demand.

New crop **Organic Russet Potatoes** will get started here in early August in a limited way. Pricing remains elevated but will be down slightly than what we had been seeing from California.

We will see 48ct wrapped and 12/2ct trays of **Organic Jewel Sweet Potato** will be back in stock here in early August. It will be a few more weeks before we see the 18/1lb **Organic Baby Mixed Sweet Potato Trays** get started.



### OG BROCCOLI

**Organic Bunched Broccoli** and **Broccoli Crowns** continue in excellent supply. Look for great quality product from California, Nevada, and Canada to continue to remain promotable with pricing and availability.

**Organic Sweet Baby Broccoli** and **Broccoli Rabe** are back in steady supplies and pricing is much improved.

**Organic Cauliflower** continues in steady supply for early August from California. Quebec product has begun to see stronger harvest numbers and pricing has become more promotable once again. Look for excellent supplies, stellar quality and promotable pricing in mid-August.



### OG PEPPERS

**Organic Green Peppers** from Lady Moon Farms in PA began harvesting. Look for steady supplies and good pricing to start the season. Expect supplies to continue to improve with attractive pricing.

We also have some local **Organic Purple Peppers**.

Local **Organic Chili Peppers** are now in peak season. Ask your rep about **Anaheim, Banana, Cubanelle, Jalapeno, and Poblano**.

**Organic Red, Yellow, and Orange Bell Peppers** are seeing steady availability and will become more promotable during August.

**ALERT! Organic Mini Mix Peppers** continue to see limited availability and supply gaps, as well as elevated pricing.

## OTHER STORIES

- Import **Organic Apples** are winding down. A small supply of California fruit might become available, but most varieties will skip from Imports right to an early Washington crop. An excellent crop is expected this season.

- **Organic Green Kiwifruit** will be available but limited for early August. Prices are expected to increase in August and early September. New Zealand **Organic SunGold Kiwifruit** will be limited for the beginning of August.

- **Organic Butternut** and **Spaghetti Squash** are starting to come on in better supply from our local PA growers.

- **Organic Asparagus** will be promotable for early August. Quality looks fantastic. Promote now as supplies will tighten up in the following weeks.

- **Organic Celery** continues to see steady pricing and availability. Pricing took a tick up as expected. Quality continues to be excellent and availability

has been steady. Pricing should improve in mid-August as shippers should see harvest numbers improve. Look for potential promotional opportunities in late August if yields are as good as expected.

- **Organic Celery Hearts** also continue to see steady availability, however pricing in August has become slightly elevated. This is not expected to last for significant time period.





# FOUR SEASONS PRODUCE LOCAL LIST:

## August 7 - August 14, 2020



**NARDELLI LAKE VIEW FARMS**



**EPHRAIM ZOOK**

### CONVENTIONAL

#### **BENEDICT FARMS - Chambersburg, PA**

1062 CV Corn Bi-Color 48 ct

#### **CEDAR MEADOWS - Lancaster, PA**

1291 CV Eggplant Chinese 10 lb  
23206 CV Tomatoes Cherry Rainbow PA 15/1 pt  
23156 CV Tomatoes Heirloom PA 15 lb

#### **COPENHAVER FARMS - Lebanon, PA**

480 CV Beans Green 25 lb

#### **EASTERN FRESH GROWERS - Cedarville, NJ**

1060 CV Corn White 48 ct  
2806 CV Cucumbers Super 72 ct  
2255 CV Squash Green MED NJ 20 lb  
2240 CV Squash Green MED 20 lb  
23036 CV Tomatoes Vine Ripe Jumbo 25 lb

#### **EPHRAIM ZOOK - Lancaster, PA**

23036 CV Tomatoes Vine Ripe Jumbo 25 lb  
23070 CV Tomatoes Vine Ripe XL PA 25 lb

#### **FLAIM FARMS - Vineland, NJ**

205 CV Arugula 24 ct  
550 CV Beets Red Bunched 12 ct  
745 CV Cabbage Green NJ 50 lb  
1362 CV Chard Green NJ 12 ct  
1368 CV Chard Red 12 ct  
1355 CV Chard Rainbow 12 ct  
1170 CV Dandelion Bunch NJ 12 ct  
1260 CV Eggplant PREM 24 lb  
1275 CV Eggplant Graffiti NJ 12 lb  
1262 CV Eggplant Italian 11 lb  
1273 CV Eggplant Sicilian NJ 20 lb  
1308 CV Greens Collard NJ 18 lb  
1315 CV Greens Kale NJ 18 lb  
1200 CV Herb Dill 24 ct  
1510 CV Herb Mint NJ 12ct Box

1462 CV Kohlrabi Green 12 ct  
1475 CV Leeks Bunched 12ct  
3127 CV Radishes Red Bunched NJ 24 ct  
2205 CV Spinach Bunched 24 ct  
2334 CV Squash Zucchini Gold Bar 20 lb

#### **FIFER ORCHARDS - Dover, DE**

1062 CV Corn Bi-Color 48 ct  
15674 CV Peaches 2 1/2" 25 lb  
23031 CV Tomatoes Vine Ripe XL 25 lb

#### **FINK FARMS - Germansville, PA**

2240 CV Squash Green MED 20 lb  
2326 CV Squash Yellow MED 20 lb

#### **HANSHAW FARMS - Laurel, DE**

11997 CV Watermelons 45 ct 15# Avg Bin  
11991 CV Watermelons 60 ct 11# Avg Bin

#### **HESS FARMS - Waynesboro, PA**

2845 CV Cucumbers Kirby 40 lb  
2806 CV Cucumbers Super 72 ct  
2258 CV Squash Green MED PA 20 lb  
2240 CV Squash Green MED 20 lb  
2323 CV Squash Sunburst 5 lb

#### **"JERSEY FRUIT" FROM SUNNY VALLEY - NJ**

15470 CV Nectarines 2 3/4" NJ 25 lb  
15679 CV Peaches 2 3/4" NJ 25 lb  
15685 CV Peaches White 2 3/4" 25 lb

#### **JOSH WEAVER - Lancaster, PA**

750 CV Cabbage Green PA 50 lb  
780 CV Cabbage Red 50 lb  
1065 CV Corn White PA 50 dz Bin

#### **LESTER WEAVER - Lancaster, PA**

1086 CV Corn Bi-Color DE 50 dz Bin

#### **NARDELLI LAKE VIEW FARMS - Cedarville, NJ**

480 CV Beans Green 25 lb  
745 CV Cabbage Green NJ 50 lb  
780 CV Cabbage Red 50 lb  
1099 CV Corn Bi-Color 12/4 ct Tray  
225739 CV Corn Purple Violet 12/4 ct Tray  
1315 CV Greens Kale NJ 18 lb  
1345 CV Greens Mustard 12 ct  
1350 CV Greens Turnip 18 lb  
1475 CV Leeks Bunched 12ct  
1200 CV Herb Dill 24 ct  
1510 CV Herb Mint NJ 12ct Box  
1475 CV Leeks Bunched 12ct

#### **JERSEY FRESH POTATOES - Woodbury, NJ**

4493 CV Potatoes Red NJ 10/5 lb Bag  
4404 CV Potatoes White NJ 10/5 lb

#### **VINCENT FARMS - Laurel, DE**

1062 CV Corn Bi-Color 48 ct  
1086 CV Corn Bi-Color DE 50 dz Bin  
1084 CV Corn White DE 50 dz Bin  
1060 CV Corn White 48 ct

#### **SAM ZOOK - Lancaster, PA**

23305 CV Tomatoes Grape PA 12/1 pt

#### **STAUFFER HULING FARMS - Lancaster, PA**

2806 CV Cucumbers Super 72 ct  
4106 CV Onions Sweet JBO PA 40 lb  
4628 CV Onions Sweet PA 14/3 lb  
2240 CV Squash Green MED 20 lb  
2326 CV Squash Yellow MED 20 lb

#### **VINCENT FARMS - Dover, DE**

11997 CV Watermelons 45 ct 15# Avg Bin  
11991 CV Watermelons 60 ct 11# Avg Bin





# FOUR SEASONS PRODUCE LOCAL LIST:

## August 7 - August 14, 2020

### LANCASTER FARM FRESH COOP



### PEDERSEN FARMS



### HEPWORTH FARMS



## ORGANIC

#### CENTRAL PA PRODUCE COOP - Tyrone, PA

- 40485 OG Beets Red 25 lb
- 40644 OG Eggplant 22 lb
- 40836 OG Eggplant Graffiti 20 lb

#### CHRIST KING - Lancaster, PA

- 40485 OG Beets Red 25 lb
- 40532 OG Beets Red Bunched PREM 24 ct
- 41535 OG Onions Sweet JBO PA 40 lb
- 41536 OG Onions Sweet MD PA 40 lb
- 40789 OG Peppers Red 11 lb
- 42305 OG Tomatoes Roma 20 lb
- 41359 OG Tomatoes Round 2-Layer 20 lb

#### CLARION RIVER - Sligo, PA

- 40675 OG Greens Kale 24 ct
- 40784 OG Peppers Anaheim 10 lb
- 220992 OG Peppers Banana 10 lb
- 40859 OG Peppers Cubanelle 10 lb
- 41255 OG Peppers Poblano 10 lb
- 41032 OG Squash Patty Pan 22 lb

#### EASTERN FRESH GROWERS - Cedarville, NJ

- 48150 OG Tomatoes Cherry NJ 12/1 pt

#### FLAIM FARMS - Vineland, NJ

- 40671 OG Greens Collard 12 ct
- 40672 OG Greens Kale 12 ct
- 219525 OG Herb Mint NJ 12 ct

#### JOSEPH WEAVER - Lancaster, PA

- 40462 OG Corn Bi-Color 48 ct

#### HEPWORTH FARMS - Milton, NY

- 41112 OG Escarole 24 ct
- 40640 OG Herb Cilantro 30 ct
- 40210 OG Herb Dill 24 ct
- 40857 OG Kohlrabi Purple Bunched 12 ct
- 41150 OG Lettuce Butter Green 24 ct
- 40886 OG Radishes French Breakfast 24 ct
- 40864 OG Radishes Red Bunched PREM 24 ct
- 41032 OG Squash Patty Pan 22 lb

#### LADY MOON FARMS - Chambersburg, PA

- 41088 OG Cucumbers PREM 20 lb
- 40639 OG Eggplant PREM 24 lb
- 40796 OG Peppers Green PREM 25 lb
- 40838 OG Peppers Jalapeno 10 lb
- 41020 OG Squash Green PREM 20 lb
- 40297 OG Squash Yellow 20 lb
- 41346 OG Tomatoes Cherry 12/1 pt Clamshell
- 41385 OG Tomatoes Cherry Rainbow 12/1 pt
- 41336 OG Tomatoes Grape Premium 12/1 pt

#### LANCASTER FARM FRESH COOP - Lancaster, PA

- 41091 OG Cucumbers 20 lb
- 40784 OG Peppers Anaheim 10 lb

- 220992 OG Peppers Banana 10 lb
- 40859 OG Peppers Cubanelle 10 lb
- 42324 OG Peppers Purple 10 lb
- 41015 OG Squash Green 20 lb
- 41101 OG Squash Gold Bar 20 lb

#### PEDERSEN FARMS - Seneca Castle, NY

- 40548 OG Cabbage Green PREM 45 lb
- 40454 OG Cabbage Red PREM 45 lb
- 40462 OG Corn Bi-Color 48 ct
- 40675 OG Greens Kale 24 ct

#### REED FAMILY FARM - Elizabethtown, PA

- 40376 OG Beans Green 25 lb

#### SAM ZOOK - Lancaster, PA

- 41535 OG Onions Sweet JBO PA 40 lb
- 41536 OG Onions Sweet MD PA 40 lb

#### SAMUEL K STOLTZFUS - Millville, PA

- 40485 OG Beets Red 25 lb
- 41535 OG Onions Sweet JBO PA 40 lb
- 41536 OG Onions Sweet MD PA 40 lb



# CONVENTIONAL MARKET NEWS

AUGUST 7 - AUGUST 14, 2020

## AUGUST STONE FRUIT UPDATE

Local **Yellow Peach** harvests are lighter than usual from New Jersey and Pennsylvania due to weather, plus demand is very strong. Prices are up.

The **Nectarine** market is strong due to limited supplies in California and New Jersey. Some growers out west are gapping between varieties.

**Red and Black Plums** are peaking on larger sizes and we're now into some of the mid-summer **Puot** classics like **Dino Egg** and **Summer Punch** varieties.

The 2-layer **SummerRipe Peach, Nectarine, and Plum** program out of Mountain View Farms in California is selling very well.

Other specialty items include: **Red Velvet Apricots, Purple Rose Apriums, Donut Peaches, and Family Tree Farm Cherry Plums.**

The Northwest **Cherry** season is winding down. Quality has been very good, but the premium late-season fruit that remains is priced higher. We'll have 10.5 to 9 row "Half Mile Closer to the Moon" fruit from Stemilt in August.



### CV MELONS

Local **Seedless Watermelon** prices will come off some more this week as states in our region continue to produce excellent yields and great quality. 60ct bins remain even more promotable than the 45ct.

The California **Cantaloupe** market is firm with good supplies. We are seeing very nice quality.

California **Honeydew** are also in peak season, and we're carrying King of the West brand 5ct in code 225777.

**NOTE:** Bin Athena-style **Cantaloupes** are finished in Delaware. There are still some local PA grown ones around, but after all this heavy rain the quality is not holding up very well.



### CV BERRIES

**Strawberries** harvest volumes are beginning to drop in California as August moves on. Pricing was set to go up, but there just has been less demand so there are some spot buys to keep things fresh. That said, expect **Strawberry** pricing to be higher headed towards the fall.

**NOTE:** Driscoll's **Rose** and **Sweetest Batch Strawberries** are wrapping up for the season. Thank you to all who helped us promote these new products!

**Raspberries** and **Blackberries** will be in steady supply this upcoming week. Pricing should begin to ease slightly on both, and volumes are expected to improve as we get farther into August.



### CV BLUEBERRIES

**Blueberries** are in excellent supply and are very promotable at this time. Peruvian imports will remain steady over the next couple weeks, which will keep pricing steady even after the Pacific Northwest comes to an end.

We also have a unique opportunity with Driscoll's on a proprietary **Jumbo Blueberry** variety from New Jersey, and the quality is amazing (code D10101)! These blues are firm, have nice bloom, with an awesome tangy-sweet flavor. Please ask your rep today about getting some of these beautiful **Blueberries** in your store for mid-August.





## CV PEPPERS

15lb **Red Sweet Peppers** will be very promotable this week out of California. Quality has been excellent.

**Green Bell Peppers** remain promotable right now. All the local regions are harvesting great quality and great numbers.

11lb **Red, Orange, and Yellow Bell Pepper** prices are all starting to go up this week. Picks are down at the farms, while labor is a common issue in all Canadian Greenhouses from Covid-19.



## CV TOMATOES

**Vine Ripe Tomatoes** from PA and DE are now in peak season! Local harvests have looked beautiful. Promote local! PA local **Heirloom Tomatoes** are also in season.

**Grape Tomatoes** will be very promotable this week out of PA and VA. Local harvests are now in peak season. Quality has been excellent.

**Roma Tomato** markets remain steady out of Tennessee this week. Quality has been excellent.

**NOTE:** **Beefsteak** and **Cluster Tomato** prices will remain higher than normal for this time of year. Less product and labor to pick them are the root cause. Mexico has not started crossing product.



## CV CUCUMBERS

**Super Select Cucumbers** will be steady this week. Quality has looked good from PA, NJ, and NY.

**Euro Seedless Cucumber** prices are ticking up some this week out of Canada. Product is getting tighter with less supplies and less labor.



## CV EGGPLANT

**Eggplant** will be promotable out of NJ. Flaim Farms, out of Vineland NJ, is coming into peak season and quality is expected to be excellent.

Also, look for local NJ **Graffiti, Italian, and Sicilian Eggplant** varieties as well.



## CV CITRUS

**Navel Oranges** from Peru, Chile, and South Africa are in good supply and pricing is steady. Citrus is really selling well this summer due to consumer behavior in COVID 19. There are a few **Cara Cara Navel Oranges** available.

**Minneola Tangelos** are in good supply and vendors are looking for movement and are flexible on pricing.

**Mandarins** are in good volume and quality has been very nice. Prices are steady.

There's an oversupply of import **Lemons**, and vendors are dropping the price.



## CV APPLES

The last old crop **Honeycrisp Apples** from Washington will be available for mid-August. New crop from Washington and the East Coast will start up later in the month, but at higher money.

Stemilt's new crop **Rave Apples** (with Honeycrisp parentage) are due in here in early August. There's just a small amount available with good demand.



## CV SWEET CORN

**Sweet Corn** remains very promotable from Delaware, New Jersey, and Pennsylvania. All local farms are harvesting great numbers with great quality.

We also have **Purple Bi-Color Sweet Corn** from Nardelli Farms in New Jersey in 12/4pk (code 22579).



## CV MANGOS

**Mangos** from Mexico are steady. Pricing is inching up just a bit as the summer winds down and volumes from Mexico decrease just a bit. Fruit availability will be weighted to bigger sizing in the coming weeks.

**Ataulfo Honey Mangos** will be coming to a close for the season.



## CV FIGS

**Black Mission Fresh Figs** are expected to be very nice quality! Now is a great time to begin promoting this end of summer treat!





## CV ASPARAGUS

**Asparagus** prices are steady at this time and we could see them spike very quickly anytime now. Peru will start having less product available and Mexico is starting to slow down on production. Quality has been very nice from both regions.



## CV KIWIFRUIT

Zespri **Green** and **SunGold** Kiwifruit are promotable! Be sure to join our month-long display contest to make yourselves eligible for some great prizes!



## CV POMEGRANATES

**Pomegranates** from Chile will be available again for mid-August. Expect domestic fruit to start in the next few weeks!



## CV BROCCOLI & CAULIFLOWER

Quality on **Broccoli Crowns** has been coming in nice from the Northeast, Maine, and Quebec.

**Cauliflower** remains fairly promotable out of California. **Purple, Yellow, and Green Cauliflower** are also available.



## CV GRAPES

California **Grapes** continue in peak season!

We have a full offering of premium "Pretty Lady" brand XL **Grapes**, as well as a full offering of nice quality, but smaller size fruit, at lower prices.

We'll get a handful of our first California **Cotton Candy Grapes** and **Gum Drop Grapes** from The Grapery. These will be available in limited supply to customers who are supporting the full **Grape** program.



## TROPICALS

**White Dragon Fruit, Red Dragon Fruit, Yellow Pitahaya, Starfruit, Pepino Melons, Jackfruit, and Quenepas** are among just a few tropical items that will be available for mid-August.

**Hass Avocado** prices from Mexico were up just a bit again this week as volumes were down in the transition to Flora Loca fruit. 48ct fruit is expected to be tighter over the next few weeks. If you are looking for a value play on a nice big **Hass Avocado**, we are carrying a 40ct and 48ct Peruvian options good pricing.



## CV SQUASH

**Green and Yellow Squash** markets will remain stable and steady. Quality has been excellent from all local states.



## CV LETTUCES

**Iceberg and Leaf Lettuces** continue to be available out of California and Quebec. Quality has been great.



## CV GREEN BEANS

**Green Bean** prices look to come down this week. After extreme heat hurt harvests last week, some much needed rain and more seasonable temperatures are bringing new fields on with excellent quality.