

Overview

Lemons are still in a very EXTREME MARKET and we are seeing a shortage in supply with oranges as well. Asparagus is also escalated and in VERY short supply. Lettuce is active but stable.

Market Alert

- Apples- **EXTREME**
- Avocados – **ESCALATED**
- Asparagus- (**All sizes**)-**EXTREME**
- Celery- **ESCALATED**
- Cherry Tomatoes - **ESCALATED**
- Garlic – **EXTREME**
- Green Peppers – **ESCALATED**
- Lemons- **EXTREME**
- Oranges- **EXTREME**
- Potatoes- (**Large Sizes**)-**ESCALATED**
- Roma Tomatoes- (**East**) **ESCALATED**

Good Buy

Blood oranges, a natural mutation of traditional oranges, are a good source of Vitamin C. Due to its darker red pigment, blood oranges contain greater amounts of antioxidants than traditional oranges. Blood oranges are delicious in salads!

Apricots are delicious dried, canned and fresh! Make Apricot Lemon Iced Tea!

Ingredients:

5 cups of water

5 tea bags

1 cup sugar

¾ cup lemon juice

12 oz. apricot nectar

Instructions:

1. Use a saucepan to boil 2 cups of water. Remove from heat and steep 5 tea bags for 10-12 minutes. Remove tea bags.
2. Use another saucepan to simmer 1 cup of water and 1 cup of sugar to make a syrup. Stir constantly and cool for 10 minutes.
3. Use a large pitcher to mix the steeped tea, syrup, lemon juice, apricot nectar and 2 cups of water.
4. Chill in the fridge for 3-4 hours.

Transportation

Trucks are in good supply in California, Arizona, Washington and Texas. Freight rates are firm. Availability has tightened in Florida and Eastern Oregon.

Weather

SOUTHEAST: Seeing a slight heat wave over the next few days, expect a mix of clouds, sun and rain through

Thu 07/20	Fri 07/21	Sat 07/22	Sun 07/23	Mon 07/24	Tue 07/25	Wed 07/26
90° 67°	90° 69°	89° 69°	85° 68°	84° 67°	83° 65°	81° 66°
						
Clear	Partly Cloudy	Partly Cloudy	Chance of a Thunderstorm	Chance of a Thunderstorm	Chance of a Thunderstorm	Chance of a Thunderstorm

next week.

BAKERSFIELD/ CENTRAL VALLEY: There will be plenty of sunshine with more seasonal daytime temps.

Thu 07/20	Fri 07/21	Sat 07/22	Sun 07/23	Mon 07/24	Tue 07/25	Wed 07/26
98° 71°	98° 71°	104° 76°	106° 78°	102° 76°	98° 75°	100° 75°
						
Clear						

CENTRAL COAST: No major forecast changes over the next 7-14 days. Plenty of sun, mild days and cool

Thu 07/20	Fri 07/21	Sat 07/22	Sun 07/23	Mon 07/24	Tue 07/25	Wed 07/26
68° 52°	69° 51°	73° 54°	73° 54°	69° 55°	71° 55°	70° 55°
						
Partly Cloudy	Clear	Clear	Clear	Partly Cloudy	Partly Cloudy	Clear

evenings.

Fruits & Vegetables

Avocados: ESCALATED - On the immediate horizon, we will continue to see a dip in domestic production while Mexico remains stable. Smaller sized fruit is still very short, however, we are seeing the sizing packout starting to show signs of stabilizing over the next 2-3 weeks. Long term market forecasts call for normal production and continued increased demand and active pricing through the first of September. Peruvian volume is expected to remain unchanged. We anticipate a very inconsistent avocado market over the next several weeks.

Bananas: Demand and quality are good and inventories are lighter this week.

Grapes: We have transitioned to the Central Valley where we will see good volume on larger sized fruit across all three colors. There is some desert fruit still out on the market, however, be cautious of the quality. Mexico is done for the season. Quotes are sticking in the high teens to low 20's on larger sizes.

Kiwi: Shipments are beginning to wind down out of Chile and we are starting to see upward pressure on FOB prices. California should start in 3-4 weeks. Quality is still very nice.

Berries

Blueberries: - Production is increasing in Baja California and Oxnard; prices will remain unchanged this week while prices are varied by region. Quality is good.

Blackberries: Blackberries are good in supply through this month. Quality is good.

Raspberries: Good quality and supply. Central California growers are now harvesting as well.

Strawberries: Availability is good, although quality in the Santa Maria is not that favorable. Quality is good out of Salinas but prices are higher.

California / Arizona Citrus

The lemon and Valencia markets remain tight. Large lemons, sizes 79-140S, are the most difficult and anything over contract will not get booked. Import lemons have started arriving on the east and west coast, although market prices remain high. Import clementine's are now available as well. Mexican lemons are available.

Navels/Valencias: EXTREME Import Navels are now available from Chile and South Africa. Valencias are tight, as temperature has affected picking. Quality is good. Organics are available.

Lemons: EXTREME Supplies on domestic lemons will remain very tight on all sizes for the remainder of summer. South American and Mexican lemons have started to arrive.

Limes: Limes are available. Great quality and color.

Grapefruit: California Star Ruby and White grapefruit is available. Organic is also available.

Specialties:

- Ojai Pixie tangerines are available. Gold Nuggets are done.
- Halos will be available through June.
- Import clementine's are now available.
- New Zealand Meyer and Pink Zebra Lemons are now available.

PINEAPPLE: Supplies are good. Loading is at the ports as well as forward distribution centers. Fruit is cutting nicely with good brix.

California Lettuce

Butter: Prices are down and supply is good.

Green and Red Leaf: Quality is good except for the occasional fringe burn. Demand is steady. Supply is heavy on green and steady on red.

Iceberg Lettuce: Supplies are lighter this week and markets are seeing an increase in price. Quality is very good.

Romaine: Good supply. Quality is overall good however we are still seeing occasional fringe burn and yellowing on the outer leaves.

Romaine Hearts: Supplies are good, prices are down. Quality is good, with occasional mildew.

Eastern and Western Vegetables

Green Bell Peppers: ESCALATED Pepper supplies are hit and miss due to quality even though North Carolina is now in full production. We are seeing a lot of rain related quality and shelf life concerns post-harvest. We expect to see Mid Atlantic as well as Michigan production in two weeks, which should relieve some demand on North Carolina. Bakersfield, Somis and Oxnard are ramping up but still seeing heavy demand from the east keeping FOB prices elevated. In addition, there are quality issues related to the recent heat wave. We do need to keep an eye on Michigan as they have received several inches of rain over the past week.

Red Bell Pepper: Supplies are starting to improve; FOB prices are down this week. Central Valley production is also improving, quality is improving as well. Somis and Oxnard are ramping up. Supplies are also crossing through Otay.

Yellow Pepper: Extremely Light supply crossing through Otay. Coachella is out and could be done due to the heat wave.

Mini Sweet Pepper: Light supplies expected over the next 7-14 days

Cucumbers- North Carolina production has increased and better quality is being reported from the fields. We are also seeing more availability. Michigan production ramping up in addition to better volume out of the Baja. We do need to keep an eye on Michigan as they have received several inches of rain over the past week.

English Cucumber: Supplies from Eastern Canada are good.

Green Beans: Supplies are IMPROVING throughout the Southeast this week. Quality is still hit and miss, however, should improve daily. Light supplies will continue in the west and heat is causing some quality issues as well. FOB Prices are mostly unchanged.

Zucchini & Yellow Squash: GREEN Domestic supplies are still good in the southeast, but we are seeing price pressure due to rain related quality issues. In the west, Fresno and Santa Maria production continue to ramp up. **YELLOW-** Supplies are improving daily and finally driving FOB quotes down. We do need to keep an eye on Michigan as they have received several inches of rain over the past week.

Herbs

Fresh herbs continue to remain steady except for **CHERVIL**. This herb just does not like the high, intense heat of the summer. Please use Parsley or Tarragon for a substitute when possible. **OREGANO** and **MARJORAM** are both having flowering issues, but we continue to work with this on our repack line.

HERB	SUPPLIES	QUALITY	COUNTRY OF ORIGIN
Arugula	Good	Good	USA
Basil	Good	Good	USA/MEXICO
Opal Basil	Good	Good	USA/MEXICO
Thai Basil	Good	Good	USA/MEXICO
Bay Leaves	Good	Good	COLUMBIA
Chervil	Fair	Fair	USA
Chives	Good	Good	USA/MEXICO
Cilantro	Good	Good	USA
Dill	Good	Good	USA/MEXICO
Episode	Good	Good	MEXICO

Lemongrass	Good	Good	USA
Marjoram	Steady	Good	USA
Mint	Good	Good	USA
Oregano	Good	Good	USA
Italian Parsley	Good	Good	USA
Rosemary	Limited	Good	USA
Sage	Good	Good	USA/MEXICO
Savory	Good	Good	USA
Sorrel	Good	Good	USA
Tarragon	Good	Good	MEXICO
Thyme	Good	Good	USA
Lemon Thyme	Good	Good	USA
Lavender	Good	Good	USA
Lime Leaves	Good	Good	USA
Hora Santa	Good	Good	USA

Melons - ESCALATED

More volume is hitting the market each day as growers get deeper into fields. Hot weather (108+) has hit the region and is forecasted to remain at these levels for at least the next ten days. This has assisted in providing very large fruit to be projected with mostly 9s and larger anticipated. As volume increases more availability on 12s and even 15s will be seen. Quality has shown to be strong with very good internal quality as brix levels are in the 11-15% range.

Honeydew production is also increasing with each day but, just like the cantaloupes, we anticipate the peak size to be 5s and larger. Smaller melons should fetch a slight premium over the larger 5s. Quality has been mostly clean with a little bit of scarring showing on some, but the fruit has been eating very well with brix levels mostly in the 12-14% range.

We do anticipate the overall market to begin settling by the end of the week or early next week.

Watermelon- Good supplies are now available out of Texas, the Carolinas and Georgia. California supplies are also improving. Fruit is cutting beautifully, deep red and sweet

Mixed Vegetables

Artichokes: We are seeing prices come down. Quality is good.

Arugula: Supplies are good for baby and wild. Quality is fair.

Asparagus (ALL SIZES) EXTREME- The market is tight, we are in short supply and seeing shortage by about 50%. This is due to the heat in Mexico. We usually pull from Mexico this time of the year but are having to pull from Peru due to quality. Peru lacks the supply so we are seeing supply issues and high prices.

Bok Choy: Quality is good and we are seeing some higher quotes on WGA cartons.

Broccoli: Prices are slightly higher and supplies are on the lighter side. Quality is good.

Brussels Sprouts: Higher prices and tighter supplies remain but are leveling out. Quality is improving.

Carrots: There is a good supply with solid quality.

Cauliflower: Market is good, supplies are lighter and quality is very good.

Celery: ESCALATED Oxnard is done and we are now in Salinas for 100% of supply. Prices are still higher but have come down a lot.

Corn: Georgia Sweet Corn is plentiful and promotional pricing is available. White, Yellow and Bi-Color corn loading in the Central CA District is now available with good volume.

Cilantro: Quality is variable as there is still yellowing with some decay. Prices are moderate.

Fennel: Supplies for the week will be light.

Garlic: EXTREME the extremely hot weather the past 7-10 days is helping us significantly. The 2017 crop is dying down. We are shipping US product; the market has stabilized somewhat.

Ginger: Chinese ginger supplies have tightened up putting upward pressure on prices across the country. This is still a better dollar value than ginger from Hawaii, Brazil, Thailand and Costa Rica.

Green Cabbage: Green cabbage has improved, supplies are good and quality is good in the east and west. Volume incentives are available out of Georgia, however we have reported some quality issues in eastern cabbage due to the heavy amount of rain.

Green Onions:

Iced: Prices are good and there is plenty of product.

Iceless: This market is steady with good volume.

JICAMA: Normal prices and quality is good.

Kale (Green): Demand is steady and quality is fair.

Mache: Availability is adequate.

Napa: Supplies are normal. Quality is good.

Parsley (Curly, Italian): We are seeing prices that are still higher but improving. Quality is average.

Radishes: Quality is good and supply is slowing down. Expect to see stronger markets through the summer.

Red Cabbage: Quality and sizing have been great, with good color. Overall, the market is strong.

Snow and Sugar Snap Peas: Snow and sugar snap peas are in high demand with good quality.

Spinach (Bunched): Supply is good, quality is fair due to heat related issues.

Spinach (Baby): Baby and clipped spinach supplies are good. Quality is fair due to heat related issues and occasional reports of mildew.

Spring Mix: There is plenty of product with quality being fair.

Onions

Pricing has stabilized on yellow onions as supply and demand are equal. California supplies have had some gaps making the pull out of New Mexico significant. Central California crop was hit heavy with rains during planting, which is making supplies spotty in the central region for the next 4-6 weeks. With this, we can expect the market to be a bit stronger over this time frame. Sizing is also starting to peak on Jumbos and mediums as New Mexico transitions from the early variety to the spring seeded variety. We expect peak sizing to be on mediums and Jumbos unlike the last several months where it was peaking on Jumbos and Colossals. Red and White Onions have increased in pricing as New Mexico is very short on supplies and California is in and out of steady supplies.

Potatoes- ESCALATED

Demand in the state on both cartons and consumers is very good. Prices on cartons have become steady, and we have seen a small increase in the consumer packs. This is due in most part to the lack of supplies in Colorado and Wisconsin.

The state is winding down its production with some operations starting to finish in late July and very early August. You can expect a gap in supplies this year, depending on the operation. This lack of supplies will be anywhere from 1 to 3 weeks in length, again depending on the operation. With the lack of supplies of both old and new crop potatoes within the next coming weeks, expect strong prices on both cartons and consumers.

We spent most of last Friday digging in fields of Norkotah's on the western side of the state. The quality of the new crop coming from this part of the state was very good. We did not see any hollow heart, or blight. The fields had good size for this time of year, but it needs time to size up the crop. It appears this crop is 7 to 10 days behind. You will not see the early start that the state experienced last year. We had new crop out of the ground the 1st of August.

TOMATOES- EAST:

- **Rounds** –Supplies in the east will continue to improve with production now in The Carolinas, Tennessee and Virginia. We are seeing a slight tick up on FOB prices for Mid-Sized fruit this week. Quality will be hit and miss with continued showers throughout the region this week.

- **Roma ESCALATED**- Are very active as supplies have all but disappeared in the east. Quality has also become questionable due to rain related pressures. FOB prices are higher this week and prices are triggered.
- **Grapes**- Supplies are mostly unchanged out of the Carolinas. Demand is flat and FOB prices are unchanged. Quality is becoming an issue as the region continues receiving precipitation.
- **Cherries-ESCALATED**- Supplies are lighter and demand is mostly unchanged. We have seen upward pressure on price. Quality is marginal fair.

TOMATOES- WEST/MEXICO:

- **Rounds**- Vine-ripe production is now in full swing through Otay and McAllen in addition to the California production on greens. However, we are seeing some heat related quality issues and expect to continue seeing this for some time. FOB prices are varying based on sizes and could start moving upward as production numbers are down in California due to the heat. Larger fruit is higher, while smaller sized fruit is down. San Diego County is cleaning up fields and ready to go.
- **Roma**-Supplies are down substantially through Otay and McAllen due to cooler weather this past week as well as transitions between blocks. We are still seeing a few crossings through Nogales but expect that to cease soon. Prices are down due to lower demand.
- **Grapes**-Crossings are good from Baja. Quality has also improved. FOB Prices are unchanged this week.
- **Cherries- ESCALATED**-Supplies are mostly unchanged over last week. Quality is good. FOB Prices are escalated as there is more demand from the east due to lighter regional supply.

APPLES, PEARS, & TREEFRUIT

Apples EXTREME: Demand from retail is extreme causing shortages industry wide. Golds and Granny's remain extremely short causing a shift in demand to all other varieties. We expect to see this continue through the rest of the season. Offshore deals are also very active due to the shortages in the Pacific Northwest.

Pears: Bosc and Anjou are readily available domestically out of Washington. We expect to see California begin in July. Offshore Bosc and Packham supplies are steady.

Stone Fruit: Domestic Loading Central Valley, CA (Cherries- Washington)

Cherries: BING Excellent quality out of the Yakima and Wenatchee Districts. 9 and 10 row available and seeing upward pressure on FOB prices. RAINIER- Demanding a premium and limited.

Nectarines: Yellow and White Available Yellow Peaking 50s-80's, Whites Peaking 50's, 60's and 70's

Peaches: Yellow and White available- Yellow Peaking 50s, Whites Peaking 60's and 70's

Plums: 40's, 50's, 60s and 70's available.

Apricots: Hit and miss out of California.