

CULIACAN:

Thu 05/24	Fri 05/25	Sat 05/26	Sun 05/27	Mon 05/28	Tue 05/29	Wed 05/30
105° 69°	106° 70°	107° 68°	104° 68°	104° 68°	103° 67°	101° 68°
						
Clear						

SALINAS:

Thu 05/24	Fri 05/25	Sat 05/26	Sun 05/27	Mon 05/28	Tue 05/29	Wed 05/30
62° 53°	65° 53°	63° 50°	70° 55°	76° 59°	75° 55°	67° 52°
						
Partly Cloudy	Overcast	Partly Cloudy	Clear	Clear	Clear	Partly Cloudy

COACHELLA:

Thu 05/24	Fri 05/25	Sat 05/26	Sun 05/27	Mon 05/28	Tue 05/29	Wed 05/30
96° 70°	92° 66°	89° 66°	97° 72°	104° 74°	106° 75°	105° 72°
						
Clear						

SELMA:

Thu 05/24	Fri 05/25	Sat 05/26	Sun 05/27	Mon 05/28	Tue 05/29	Wed 05/30
83° 55°	70° 53°	77° 55°	86° 61°	93° 66°	98° 67°	97° 61°
						
Clear	Overcast	Partly Cloudy	Clear	Clear	Clear	Clear

Good Buys

Shishito Peppers!

Summer's best new bite of mild spice is the shishito pepper! Well at least one of them. Mark our words, guests will go crazy over an appetizer of roasted, blistered, or sautéed shishito peppers. The light heat is something to beat and will attract spirited foodies from all over.

These small, green Japanese peppers are fairly mild-mannered...most of the time. Legend has it 1 in 10 shishito peppers will hit you with the real heat, but not to worry, it's typically nothing to sweat over!

Leave the fancy frills at home for this pepper. A cast iron skillet, oil, and a different combination of seasonings should do just fine. The key to mastering a fantastic shishito pepper spread is high heat and quick cooking. In fact, the higher and quicker, the better. Aim for charred blisters on all sides and texture that is still fairly firm. Cooking too slowly or at a lower heat tends to wilt or overly soften the peppers.

Also, be sure to store picks of peppers in the fridge's crisper drawer until they're ready to be prepared; the shelf life usually ranges about a few days after purchasing.

Convinced yet? Start the season off right and expand your culinary repertoire by trying these techniques for topping off blistered shishito peppers!

Delicious Ways to Finish Blistered Shishito Peppers

1. **Lemon and Flaked Sea Salt:** Squeeze half a lemon over the peppers and immediately transfer them to a serving platter. Generously sprinkle the peppers with coarse or flaked sea salt. Serve the peppers immediately with lemon wedges.
2. **Crème Fraîche and Chives:** Squeeze half a lemon over the peppers and toss the peppers. Immediately transfer the peppers to a large bowl. Toss them with a spoonful of crème fraîche (just enough to lightly coat the peppers), and a sprinkle of fresh chopped chives and flaked sea salt; serve immediately.
3. **Miso and Sesame Seeds:** Whisk together 1 tablespoon miso (white or red) with 1 tablespoon rice wine vinegar (or mirin). While the peppers are still in the hot pan, add the miso mixture to the pan and stir or toss to evenly coat the peppers. Immediately transfer the peppers to serving platter or a bowl. Sprinkle with toasted sesame seeds. As a variation, add a couple teaspoons of minced ginger and/or a couple pinches of red pepper flakes when you first put the shishitos into the hot skillet, then proceed with the miso mixture once the peppers are tender and blistering.
4. **Summer Herbs and Lemon-Balsamic Vinaigrette:** Whisk together the zest and juice of half a lemon, along with 1 1/2 teaspoons balsamic vinegar, 2 tablespoons olive oil, salt, pepper, and a handful of chopped fresh herbs. (You can choose any one or a combination of fresh herbs.) As soon as you pull the blistered peppers from the skillet, toss them in enough vinaigrette to coat them. Sprinkle with flaked sea salt and serve immediately. As a variation, let a couple of smashed garlic cloves stand in the vinaigrette for about 15 minutes to impart garlic flavor. Remove the cloves before tossing the peppers with the vinaigrette.

Fruits & Vegetables

Avocados: As May ends and June begins, volume estimates are likely to remain in the lower 50-million-pound range before peaking mid-June in preparation for 4th of July. The declining Mexico totals will be slightly offset as Peruvian arrivals begin to enter the market. The California harvest remains consistent.

Bananas: Demand on this item remains firm; however, prices will continue to ease. Quality will remain inconsistent due to weather that has impacted the growing regions in Guatemala, Mexico, and Costa Rica. This only further complicates an already short banana market across the country due to virus impacts. Due to improving inventories, we should no longer see ripening issues.

Pineapples: Demand remains firm, quality is good, and supplies are stable. FOB quotes at the port are mostly unchanged.

Grapes: This is a mixed market at the moment. The Chilean fruit is priced to move as quality begins to diminish while new crop from Nogales calls for a premium. Perlette and flame quality crossing through Nogales is good with the desert to follow. Offshore greens are very limited; flames and globes are all that are available for the offshore deal.

Kiwi: New Crop, Chilean fruit is available. Supply and quality are both good.

Berries

Blueberries: Availability is steady, Georgia blues started last week in a very small way, they are a few weeks behind due to the rain which is causing some shortages in supplies. Prices are higher.

Blackberries: The market is steady, and quality is good. Driscoll's new proprietary blackberry plant varieties will produce sweeter fruit all summer from Northern CA.

Raspberries: We are seeing some shortages in supply in this market, quality is good.

Strawberries: The market is great. We are still seeing lower prices, plenty of supply, and good quality.

California / Arizona Citrus

The lemon market is getting tighter. Upcoming issues with weather may potentially create issues with supply and quality. We will keep you posted. The demand for CA navels has far exceeded supply. Markets will remain high until the domestic Valencia market kicks in.

Navels/Valencia's: EXTREME We are still seeing a shortage in supply and higher prices. This market may become even shorter in supply and will last until the domestic Valencia market takes over.

Lemons: ESCALATED This is a very active market. Prices are still higher than normal, but quality is good. Imports start in June.

Limes: ESCALATED Bigger fruit continues to remain tight and we are having to grade the fruit to obtain quality needed for shipping which is making this market remain steady. However, this has caused some tighter supplies on the 175-200ct and pricing remains elevated (though it has improved). We expect to see this market improve weekly.

Grapefruit: Texas grapefruit is available. Florida Star Ruby/Red is available. California grapefruit has started.

Specialties:

- Pink Lemons are available.
- Gold Nugget mandarins are available.
- Ojai Pixie Tangerines are available.
- Only a few Minneola's are left.
- Domestic Blood oranges and Cara Caras are available showing good quality.
- New Zealand Meyers are available.
- Halos and Cuties are available.

California Lettuce

Butter: Demand is good, and quality is average.

Green and Red Leaf: Red leaf quality is average and supplies are normal. Green leaf supplies exceed demand and quality has been good with occasional fringe burn.

Iceberg Lettuce: The market is starting to level out.

Romaine: Produce Alliance continues to purchase CA product only. Supplies exceed demand. Quality is good with occasional fringe burn.

Romaine Hearts: Supplies exceed demand and quality is very good.

Eastern and Western Vegetables

Green Bell Pepper: ESCALATED The Green Bell Pepper market is improving slowly as growers in the Southeast are able to get into fields and resume harvesting in Florida while South Georgia production ramps up. We expect conditions should return to normal over the next 10 to 14 days. The reason for the event was mostly weather-related as Florida continues to be impacted by heavy rain and flooding that will further delay any harvests of the remaining crops in that region. South Georgia was approximately 10 days behind in the harvest of the early summer crop which was also a result of the heavy rain experienced in April. The last major contributing factor was that Nogales ended for the season, leaving Coachella attempting to cover the entire country which they simply cannot. This market should see improved supply no later than next Friday.

Red Bell Pepper: Deals are being made on choice and FOB prices are unchanged this week on all other sizes. Quality is good through Nogales as the seasonal winds down, and we are seeing excellent quality out of Coachella.

Yellow Pepper: Production is good loading through Otay on block greenhouse, markets are mostly unchanged, and quality is very nice.

Mini Sweet Pepper: Good supplies are available and can be a good substitute while we go through the shortages on green pepper—an excellent for fajitas and stir fry!

Eggplant: This market is fair as we transition from winter crops to summer crops. South Georgia quality is very nice and improving daily, we should be in full production by the first of the month from the region. Out west, Nogales is quickly winding down while Coachella is experiencing perfect harvest conditions. The Central Valley is also just days away from scratching. Quality is outstanding in California.

English Cucumber: There are excellent supplies crossing through Nogales and McAllen.

Cucumbers: Cucumber markets have eased back as Florida and South Georgia production ramps up. Quality is good and FOB prices are down. West coast supplies are now stable, and we are seeing beautiful quality.

Green Beans: Markets are firming in the east as we transition from Florida to Georgia. Excellent supply in the west thanks to supply coming from Mexico, Baja and the desert. Markets are split based on quality.

Zucchini and Yellow Squash: FOB prices are down and production out of South Georgia is ramping up daily. Florida is still harvesting squash; however, the quality is fair at best. Mexico has made a turn while production in California has picked up, driving markets in the west down. The last of Hermosillo product should appear this week. Quality is very nice in all regions aside from issues in Florida.

Herbs

Supplies are steady as we enter into the Memorial Day holiday. Growing conditions have been favorable this month as we kick off the local growing season. Basil and other summer herbs are looking really nice.

HERB	SUPPLIES	QUALITY	COUNTRY OF ORIGIN
Arugula	Steady	Good	USA
Basil	Steady	Good	USA/MEXICO
Opal Basil	Limited	Good	USA
Thai Basil	Limited	Fair	USA/MEXICO
Bay Leaves	Steady	Good	USA
Chervil	Steady	Good	USA
Chives	Steady	Good	MEXICO
Cilantro	Steady	Good	USA
Dill	Steady	Good	USA
Epazote	Steady	Good	MEXICO
Lemongrass	Steady	Good	USA
Marjoram	Steady	Good	USA
Mint	Steady	Good	USA
Oregano	Steady	Good	USA
Italian Parsley	Steady	Good	USA
Rosemary	Steady	Good	USA
Sage	Steady	Good	USA
Savory	Steady	Good	USA
Sorrel	Steady	Good	USA
Tarragon	Steady	Good	MEXICO
Thyme	Steady	Good	USA/MEXICO
Lemon Thyme	Steady	Good	USA
Lavender	Steady	Good	USA
Lime Leaves	Steady	Good	USA

Melons

Cantaloupe: The cantaloupe market is very active due to lighter production in the west, the offshore deal is finishing up combined with heavy pulls for Memorial Day weekend retail ads. Transition to the desert is complete with volume increasing by June 1. Quality on the new crops is outstanding and brix levels are at 12-14% with occasional higher levels and a good external appearance showing even netting and full slips.

Honeydew: Good demand has kept the market firm despite a slow start in the desert. However, it is expected to ramp up and Mexico is gapping while the offshore season is now done. Our growers anticipate an active market for the next two weeks.

Watermelon: Seedless watermelons remain steady with a decent demand on larger sizes (4/5s). Movement on smaller sizes has been limited. Growers of seedless melons from Central America are done for the season.

Mixed Vegetables

Artichokes: Quality is excellent and demand is good.

Arugula: Quality has improved, and supplies are good.

Asparagus: Market is steady, and quality is good. Prices are a bit higher than average.

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

Broccoli / Broccoli Florets: Supplies continue to be lighter due to cooler temperatures in Salinas. Demand is good and the market is strong.

Brussels Sprouts: Supplies are light and quality is good. Prices are steady.

Carrots: We are seeing both good quality and volume.

Cauliflower: The market has leveled out and is starting to improve. Color and quality are good. Supplies are lower due to cooler weather.

Celery: Demand is average, but quality is very good. Good volume is currently available with heavier volume forecasted for the next two weeks.

Corn: Good volume continues on yellow and bi-color.

Cilantro: Supplies are steady to average, and quality is fair to good.

Fennel: Supplies for the week will be good and quality is good.

Garlic: We are about 50% done with the 2017 crop. Supplies will remain tight between now and July. Prices remain high.

Ginger: Chinese ginger markets are mixed, but quality is good. Also, product is available at higher costs from Brazil, Costa Rica and Honduras and Peru with no major quality issues being reported.

Green Cabbage: Supplies have improved in the southeast as well as in the West. FOB calls are down, and quality remains very nice.

Green Onions: Market is firm with good supply, although we are seeing some slight insect damage.

JICAMA: Markets remain firm due to ongoing short supplies and will continue to see some quality and shelf life issues.

Kale (Green): Quality and supplies are good.

Mache: Availability is adequate.

Mushrooms: ESCALATED Mushroom growers are still recovering from the severe damage in the South and Southeast, as well as Puerto Rico. Hurricane Harvey and Irma have resulted in a tightening market, and the American Mushroom Institute has said it expects supply to be affected for several months. We are starting to see some improvement of supply and will keep you informed of any changes.

Napa: Supplies are better this week and demand is steady.

Parsley: (Curly, Italian) Quality is fair and supplies are good.

Rapini: Supplies have improved, and markets are steady. Quality has improved.

Radishes: Supplies are steady, and quality is good shipping through Arizona and Florida.

Red Cabbage: Quality has been hit and miss while sizing remains good. We are seeing some external quality and color issues causing markets to remain firm in the East as well as Texas. West Coast volume is improving.

Snow and Sugar Snap Peas: Snow and sugar snap peas supplies are steady through Miami and prices are higher.

Spinach (Bunched): Quality is fair with some sizing issues.

Spinach (Baby): Baby and clipped spinach supplies are good, and quality is fair.

Spring Mix: Supplies and quality are good.

Onions:

Production has significantly increased in Imperial Valley, California. This increase in volume is making up for Idaho/Oregon finishing up their crop, with much fewer supplies remaining in Washington. Please note, Washington is susceptible to sprouting and some internal issues shortly after arrival. Texas onions remain shipping in heavy volume; however, they will begin to wind down in the next week. The size profile in Texas has gotten bigger and mediums have become tight as a result. There is better availability on Colossals and Supers now. Uvalde, TX has started shipping as well, and we expect Las Cruces, NM and the San Joaquin Valley, California regions to begin shipping next week replacing the volume lost from South Texas as they finish. We are seeing much better availability of Colossal and Super Colossal in California as their onions are running much larger. We are seeing reds that are much heavier than jumbos and mediums being fairly tight in both regions. Yields have been healthy in both Texas, as well as California, and we do not anticipate any major spikes in pricing at this point. The truck shortage is curtailing movement.

Potatoes:

While the market remains stable on all size cartons and consumer packs, prices have continued to increase. Much of the Burbank crop does have some quality issues due to the cold temperatures during harvest. As a result, many of the growers are grading harder. There is good availability and no transportation issues right

now. The Norkotah supply is about finished and most growers will be running exclusively Burbanks over the next few weeks.

TOMATOES

- **Rounds: ESCALATED** Weather has halted production in Florida causing a spike in prices overnight. We expect this to be an active market over the next week while growers allow the fields to dry up and are able to get back in to harvest. Quality and shelf life are expected to be marginal. We expect to see volatile conditions until the transition to the Carolinas and Tennessee in 2 to 3 weeks.
- **Romas:** Roma prices are firming up and expected to remain active for the next 2-3 weeks. Quality has declined due to the continue weather pressure.
- **Grapes: ESCALATED** Supplies remain snug as transition continues to central and north Florida. Quality is questionable due to the rain, we expect to see heavy discoloration and splitting on the last of the Florida crops. Virginia is not expected to begin their production for another three weeks.
- **Cherries:** Supply is marginal, FOB prices are up, and quality will be hit and miss due to the recent rain

TOMATOES - WEST AND MEXICO

- **Rounds:** Sinaloa continues to wind down while Baja is ramping up and keeping FOBs stable; however, large-sized fruit is short and drawing a premium. Quality is beginning to decline out of Sinaloa as the season ends, so please make sure to manage inventory levels properly. Baja quality is outstanding. California should ramp up over the next two weeks. We are seeing prices tick upward as demand from the East increases.
- **Romas:** Volume and quality are outstanding from all regions and expected to remain steady through Mid-May; however, prices are moving upwards as demand from the East increases.
- **Grapes:** Supply is sharply declining this week from Central Mexico while Baja continues to produce decent numbers causing a split market. FOB prices are firming up and demand is higher due to lighter supplies in the East.
- **Cherries:** Mainland production continues to show quality issues while new crop out of Baja is outstanding.

APPLES & PEARS

Apples: We will continue to have good supply of the major varieties of apples through the spring and summer. We have finished packing some varieties of apples for the season so the emphasis for balance during the season will be on the six or seven remaining varieties. The quality, condition, and color on almost all varieties looks very good, and since we normally harvest the late storage apples first in the season I expect the condition on the remaining production to be very good.

Pears: Both Anjou and Gold Bosc pears are available especially on the larger (70's to 100's) sizes, but they are beginning to wind down for the season. Most of the supply that is left in the Northwest will either come from the Hood River Oregon area or from the Wenatchee area in Washington.

STONE FRUIT

Stone fruit has started. Red and black plums will start mid to end of May.