

Fresh Finds Market Update



Market Update
May 22 2023

Fruit Update

- **Apples** – Apple pricing is steady for the most part, with Honeycrisp the only one starting to rise due to lower pack outs
- **Strawberries**– Strawberries are looking great with good availability and quality
- **Variety Berries** – Blueberries are gapping a bit with late California picking. Raspberries and blackberry supply should be getting better towards the end of the week
- **Citrus** –Pricing is starting to climb due to slower packing. Suppliers are trying to keep enough supply to carry through the season
- **Stone Fruit** – Peaches and Apricots are in the building with Nectarines loading late week
- **Grapes** – Grapes are behind about 14 days but should start in Cali later this week in a small way
- **Melons**– Bin watermelons out of MX are going strong with good quality. Cantaloupe and Honeydew are struggling
- **Cherries** - We have our first cherries in the building and they are normal early season Cali. Production was late but will start hitting volumes soon.



Inflation in May



- Inflation is holding pretty steady at a bit above 2% for both Fruit and Vegetables
- Organics is the bring spot with deflation of 4.5%
- For the entire year so far fruit inflation is at .27% and vegetables are at 5.75%
- Organic inflation for the year is at .27%

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Veg Update



- **Lettuce** – Prices are starting to come down as we get into more normal supply
- **Celery** - Seeder and disease issues are causing very high markets
- **Broccoli & Cauli** – Quality and Supply seem to be meeting demand to hold prices steady
- **Onions** – Flat red Italian onions are here now, best onions of the season. Green onions are having better quality and we are moving to Cali onions as Wash struggles

We are finally getting back to normal with supply and quality out of California on Veg items

- **Peppers** – Peppers are a getting a bit tighter but quality and supply should stay steady
- **Asparagus** – Local WA Asparagus is going and the quality is great with medium sized stalks
- **Tomatoes**– Tomatoes are still looking good with great quality and decent supplies
- **Brussel Sprouts** – Quality and supply has struggled and will continue for a few more weeks
- **Artichokes** – Northern Cali has started up and the quality is excellent



Analytics in Commodities

- The largest increases in veggie inflation for the Year are Broccoli (25.7%), Potatoes (23.1%), and Celery (20.7%)
- The only items that have shown a slight deflation are Leafy Green, Carrots, and Onions
- As for fruits, the largest increases are in Cantaloupes (17.8%), Strawberries (12.7%), and Apples (12%)
- There are a few more items with deflation in Fruits with Avocados (-41.3%), Grapes (-14.3%), and Mandarins (-10%) leading the charge



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Organic Update



- **Apples** – All varieties are going strong and will continue through the summer. Bagged Galas and Fuji are a great variety to promote
- **Berries**– Strawberries and blueberries are available with raspberries and blackberries being very tight
- **Potatoes**– Potatoes are very hard to come by and will be like that until new crop
- **Onions**– Quality is starting to decline a bit as the crop ages. Supplies are tight
- **Cauli and Broc** – Pricing and Availability has started to improve
- **Celery** – Lots of insect and disease pressure is leading to high prices and low availability
- **Lettuces** – Supplies are starting to improve which is leading to more competitive pricing
- **Citrus**– Most OG citrus is done for the time being
- **Pears** – Anjou's are the last pear standing with good quality for the next few months
- **Tomatoes** – Good availability and costs will be good enough to promote the next few weeks



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Hispanic Update

- **#2 Green Avocados** – Plenty available and the larger size has a great price on them
- **Cilantro**– Gap in supply for the US is leading to some higher costs
- **Mexican Green Onions**– Great item to promote the next few weeks
- **Mexican Gray Squash** – Medium sized with decent quality and some material defects
- **Medium Roma Tomatoes**– Gap in the market is causing prices to hike. Should last about 2 weeks
- **Maradol Papaya**– Good quality with ready to eat color and taste. Market is firm right now
- **Mangoes**– Mangoes are at their peak season so the quality is excellent. Should be a great push item throughout the summer.
- **Chile Peppers**– Plenty of Jalapenos and Tomatillos out of Mexico the next couple weeks



Jicama

- Jicama is a member of the potato family
- They can weigh up to 50lbs but should be harvested when they are under 5lbs
- Grows on a vine and is native to Central America and Mexico
- Has a sweet and starchy flavor that does not turn brown when cut
- Often cooked in soups or stir fry's, but can also be eaten raw with salt, lemon juice, and chili powder
- The root can be eaten but the rest of the plant is very poisonous

