

Fresh Finds Market Update



Market Update
October 18 2022

Fruit Update

- **Apples** – All apples in the shed starting this week will be new crop with the exception of Pink Lady (11/1) and Cosmic Crisp (12/1). New Varietals are being packed this week
- **Berries**– Strawberries are a bit tight but should get better towards end of Oct. with Oxnard production. Blueberries and Raspberries are the ones to promote if looking for a berry. Blackberry availability is starting to open up a bit
- **Stone Fruit** – This will be the last week for Peaches and OG Stone fruit out of WA. Picking is done and everything is in the box
- **Grapes** – Red and Green Grapes are available with good quality. The heat in California has stalled production so volume will decrease a bit
- **Citrus** –Navels and mandarins are available now with excellent quality. Small sizing is prevalent in both Lemons and Limes as well as light production will lead to price hikes
- **Melons** – Cantaloupe supplies should increase with the transition in growing regions. Same will be true with Honeydew melons.



Navel Harvest



- Imported Navels have slowed to almost nothing while California has just started
- This years crop is expected to be larger than last years, still down from normal levels
- Mandarins are arriving from other counties slower than expected due to ocean transit times and port logjams

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Veg Update



- **Lettuce** – High heat is causing quality and availability problems throughout California causing markets to skyrocket
- **Celery** - Supplies are steady with good quality
- **Broccoli & Cauli** – Still limited but quality is getting better on Broccoli. Cauliflower availability is getting better too
- **Onions** – PNW Onions are looking great with promotable pricing. Green Onions are having a hard time with weather in northern MX leading to quality and availability issues

Lettuce Markets have even gotten worse with historically high pricing. Will last at least until mid Nov.

- **Potatoes** –Potatoes from the PNW are in full swing and the quality is excellent.
- **Peppers** – Green peppers are local with great quality and availability. Colored peppers are getting a bit tighter but still a good value
- **Asparagus**– Hurrican weather went through the growing region in MX and stalled production for a few weeks
- **Organics** – OG Vegetables are still struggling with the same issues the rest of the Cali growing area is dealing with
- **Corn** – Local corn is done with cello wrapped corn from Mexico in the building that looks good



Did you know?

- Bananas are technically Berries because they come from a single seed
- Watermelons are a popular hostess gift in China
- Broccoli has more Vitamin C than Oranges
- Raisins are far better for replenishing carbohydrates than any sports gel or drink
- Eggplants are technically classified as a fruit, and more specifically they are a berry for the same reason as a banana is (along with cucumbers and melons)

