

melissa's Market Update

@MelissasProduce



Week of 02/13/23



FEATURED ITEMS:

- **Asian Essentials (USA-CA):** Variety veg, conveniently packed with twist ties or in bags. Good supplies available year-round.
- **Tropical Avocados (Dominican Republic):** Perfect for sandwiches, salads or guacamole. Good supplies now.
- **Red Cactus Pears (Mexico):** New crop thru September, with moderate supplies to start. Availability will improve as weather warms.
- **Black Mission Figs "Irradiated" (Mexico):** Delicious for platters, baking or snacking. Good supplies thru March.
- **Coconuts (Mexico):** Good supplies available year-round on these versatile fruits. Enjoy the liquid or the flesh. Brown or Quick crack.
- **Indian Jujubes (USA-CA):** These tiny, egg-shaped fruits are available in moderate supplies to start. Enjoy as a snack out-of-hand.
- **Organic Darkloom Tomatoes (Mexico):** Juicy and full-flavored available thru April in limited supplies.
- **Galanga (USA-HI):** This citrusy root is used as a flavoring spice. Good supplies via pre-booking with year-round availability.
- **Lemon Grass (USA-CA):** Generally used to flavor soups, stir-fries and teas. Available year-round in good supply.
- **Fresh Peppers (Mexico):** Add color, heat and flavor to recipes with year-round availability.

GOOD SUPPLIES:

FRUITS

- Charentais Melons (Dominican Republic)
- Butterscotch™ Pears (South Korea)
- Kishu Mandarins (USA-CA)
- Blood Oranges (USA-CA)
- Passion Fruit (USA-FL)
- Guava (Mexico)
- Jackfruit (Mexico)
- Kumquats (USA-CA)
- Young Coconuts (Thailand)
- Pink Lemons (USA-CA)
- Dragon Fruit (Ecuador)



Indian Jujubes

ORGANIC FRUITS

- Mini Watermelons (Mexico)
- EZ Open Coconuts (Thailand)
- Navel Oranges (USA-CA)
- Kiwi (USA-CA)
- Grapefruit (USA-CA)
- Lemons (USA-CA)
- Papaya (Mexico)
- Limes (Mexico)



Galanga Root



Blood Oranges



Lemon Grass

VEGETABLES

- Manzano Peppers (Mexico)
- Shishito Peppers (Mexico)
- Napa Cabbage (USA-CA)
- Baby Bok Choy (USA-CA)
- Baby Broccoli (USA-CA)
- Bok Choy (Mexico/ USA-CA)
- Potatoes (USA-ID)
- Onions (USA-ID)
- Anise/ Fennel Bulb (USA-CA)
- Belgium Endive (USA-CA)
- Radicchio (USA-CA)
- Okra (Honduras/ Nicaragua)



Organic Darkloom Tomatoes

ORGANIC VEGETABLES

- Brussels Sprouts (Mexico)
- Jalapeno (Mexico)
- Zucchini Squash (Mexico)
- Onions (USA-CA)
- Baby Yams (USA-CA)
- Bell Peppers (Mexico)
- Cucumber (Mexico)



COMING SOON:

- Green Muscato™ Grapes (Peru)
- Pomegranates (Chile)
- Feijoa (New Zealand)
- Kiwi Berries (New Zealand/ Chile)
- Pixie Tangerines (USA-CA)
- Gold Nugget™ Tangerines (USA-CA)



Tropical Avocados



Red Cactus Pears



Black Mission Figs



Coconuts