

# Melissa's Market Update

@MelissasProduce



Week of 05/29/23



Tree-Ripened Mangos



Organic Apricots



Organic Mini Watermelons



Okra

## FEATURED ITEMS:

- **Varietal Melons (USA-CA/AZ):** Refreshing and delicious Canary, Galia, Hami and Golden Dewlicious varieties available. Good supplies thru August.
- **Tree-Ripened Mangos (Mexico):** Good supplies thru July on new crop Kent & Manzanillo varieties. Ready-to-eat, juicy and delicious!
- **Organic Apricots (USA-CA):** Frog Hollow label, delicious eaten whole, or enjoy in salads or desserts. Available May-June.
- **Organic Mini Watermelons (USA-CA):** Sweet, seedless and great for snacks and platters. New crop available in good supply thru August.
- **Okra (USA-CA):** Use in soups, stews or sides. New crop with great supply thru July.
- **Colored Cauliflower (USA-CA):** Good supplies thru June. Add excitement to platters and sides with these colorful vegetables. (Green/ Purple / Orange)
- **Romanesco (USA-CA):** Unique shape with the familiar flavor of cauliflower. Serve raw, roasted or steamed. Good supplies thru June.
- **Long Sweet Peppers (Mexico):** Moderate supplies of green-house grown, colorful peppers (red, yellow & orange). Available year-round with some gaps.
- **Radicchio (USA-CA):** New crop deep purple-red chicory in good supplies. Enjoy braised, grilled or raw in salads.
- **Hatch Sweet Onions (USA-NM):** Good supplies on this new crisp versatile sweet onion. Prebook thru July and start Hatch displays now!
- **Specialty Bananas (multiple):** Deliciously different but familiar variety bananas! Red, Baby, Manzano, Burro & Plantain in good supplies, available year-round.

## GOOD SUPPLIES:

### FRUITS

- Jackfruit (Mexico)
- Passion Fruit (USA-FL)
- Watermelons (Mexico)
- Pixie Tangerines (USA-CA)
- Lychee (Mexico)
- Key Limes (Mexico)
- Marzano Tomatoes (Canada)
- Strawberry Papayas (Brazil)
- Dragon Fruit (Vietnam/ Ecuador)
- Sweet Young Coconuts (Thailand)
- Fuyu Persimmons (Chile)
- Goldenberries (Colombia)
- Tai Nung Papayas (Mexico)

### VEGETABLES

- Melissa's Potatoes (USA-ID)
- Baby Broccoli (USA-CA)
- Chinese Eggplant (Mexico)
- Garlic (USA-CA)
- Veggie Sweet Peppers (Mexico)
- Shishito Peppers (Mexico)
- Aloe Vera (USA-CA)
- Daikon (USA-CA)
- Green Tomatoes (Canada)
- Rhubarb (USA-WA)



Colored Cauliflower



Romanesco



Long Sweet Peppers

### ORGANIC FRUITS

- Melons (Mexico)
- Avocado (Mexico)
- Pears (Argentina)
- Papaya (Mexico)
- Grapefruit (USA-CA)
- Valencia Oranges (USA-CA)
- Strawberries (USA-CA)

### ORGANIC VEGETABLES Burro

- Turmeric (Fiji)
- Artichokes (Mexico)
- Ginger Root (Peru)
- Jicama (Mexico)
- Zucchini (Mexico)
- Mini Cucumbers (Mexico)
- Baby Potatoes (USA-CA)
- Tomatoes (Mexico)

### COMING SOON:

- Rambutan (Guatemala)
- Finger Limes (USA-CA)
- "New" Hatch Salsas (USA)
- Grapes (Mexico)
- Figs (USA-CA)
- Cherimoya (Chile)



Radicchio



Hatch Sweet Onions



Baby Banana



Manzano



Red Banana



Specialty Bananas

Plantain

## Varietal Melons

