

melissa's Market Update

@MelissasProduce

Week of 09/23/2024



POTATOES



ONIONS



FEATURED ITEMS:

- **Shishito Peppers (Mexico/ USA-CA):** Some are hot, some are mild! Delicious sautéed as an appetizer. Good supplies with year-round availability.
- **Sweet Limes (USA-CA):** Super sweet citrus to add flavor to marinades, drinks, sauces, dressings and more. New crop available in good supply, now thru May.
- **Chayote Squash (Mexico):** Similar to a summer squash when preparing, enjoy cooked and diced into omelets, salsas or sides. Year-round availability.
- **Shredded Horseradish (Austria):** Versatile refrigerated jar full of goodness; Add flavor and heat to sauces, salads and dips. Available year-round.
- **Horseradish (USA-IL):** This fresh root will add flavor and heat to sauces, salads and dips. Grate a little and use sparingly! Year-round availability.
- **Long Sweet Peppers (Canada):** Colorful, sweet and crisp, perfect for salads, dipping, stuffing and grilling. Good supplies with year-round availability.
- **Fuyu Persimmons (USA-CA):** This apple-like fruit has flavor tones of pears and dates with a touch of cinnamon. Good supplies available thru November.
- **Modi® Apples (USA-CA):** New crop for this cross between a Gala and Liberty variety. Great supplies available thru May.

GOOD SUPPLIES:

FRUITS

- Finger Limes (USA-CA)
- Kiwano Melons (USA-CA)
- Figs (USA-CA)
- Starfruit (USA-FL)
- Chocolate Persimmons (USA-CA)
- Autumn Harvest™ Grapes (USA-CA)
- Sweet Young Coconuts (Thailand)
- Baby Apple Medley (USA-CA)
- Muscato™ Grapes (USA-CA)
- Rambutan (Guatemala)
- Pomegranates (USA-CA)
- Quince (USA-CA)
- Blood Oranges (Australia)
- Passion Fruit (USA-CA/FL)
- Kiwi Berries (USA-OR)

VEGETABLES

- Potatoes (USA-ID)
- Fennel (USA-CA)
- Okra (USA-CA)
- Marzano Tomatoes (Canada)
- Colored Cauliflower (USA-CA)
- Sweet Potatoes (USA-CA)
- Mushrooms (USA-CA)
- Romanesco (USA-CA)
- Peeled Garlic (USA-CA)
- Garbanzo Beans (USA-CA)



Horseradish



Long Sweet Peppers



Fennel



Heirloom Figs



Fuyu Persimmons



Black Mission Figs



Kiwi Berries

ORGANIC FRUITS

- Green Keitt Mangos (USA-CA)
- EZ Open Coconut (Thailand)
- Jujubes (USA-CA)
- Pears (USA-CA/OR)
- Papayas (Mexico)
- Lemons (Mexico)
- Baby Apple Medley (USA-CA)

ORGANIC VEGETABLES

- Brussels Sprouts (Mexico)
- Zucchini (Mexico)
- Cucumber (Mexico)
- Ginger (Peru)
- Turmeric (Fiji)
- Green Beans (Mexico)
- Baby Potatoes (USA-WA)
- Tomatoes (Mexico)
- Jalapenos (USA-CA)
- Honeynut Squash (USA-CA)
- Baby Sweet Potatoes (USA-CA)

COMING SOON:

- Seedless Lemons (USA-CA)
- Organic Mega Kiwi (USA-CA)
- Hunnyz® Apples (USA-WA)
- Green Dragon® Apples (USA-OR)
- Hidden Rose® Apples (USA-OR)



Finger Limes



Bi-Color Muscato™ Grapes



Modi® Apples



Shishito Peppers



Sweet Limes



Chayote Squash



Shredded Horseradish