

# melissa's Market Update

@MelissasProduce

Week of 10/14/2024



## POTATOES



## ONIONS



### FEATURED ITEMS:

- **Hunnyz® Apples (USA-WA):** Good supplies thru May on these sweet, crunchy Washington Apples.
- **Green Dragon® Apples (USA-WA/OR):** This Japanese heirloom variety is perfect for snacking, baking, and charcuteries. Good supplies thru December.
- **Lady Apples (USA-CA):** Good supplies thru January on these tiny, crisp and snack-sized apples. Now available in a high graphic tote bag.
- **Seedless Lemons (USA-CA):** Add a squeeze of sunshine with this juicy citrus. Good supplies thru April.
- **Specialty Citrus (USA-CA):** Perfect for enhancing dishes, garnishes and drinks. Available thru December. Buddha's Hand / Makrut Limes/ Yuzu/ Pink Lemons/ Etrog
- **Bitter melon (Mexico):** Delicious steamed, broiled or cubed into soups or stir fries. Year-round availability with good supplies now.
- **Peeled Garlic (USA-CA):** Convenient for all your cooking needs; ready-to-use. Pre-order for year-round availability.
- **Pul Qua (Mexico):** This squash is popular in Asian cuisine. Use as you would a zucchini. Year-round availability with good supplies now.
- **Mini Cucumbers (Mexico):** Convenient for veggie platters, salads or snacking. Year-round availability with good supplies now.

### GOOD SUPPLIES:

#### FRUITS

- Mangos (Vietnam)
  - R2E2 / Pink Elephant/ Golden Elephant
- Edward Mango (Peru)
- Precious Honeyglow® Pineapples (Costa Rica)
- Pomegranates (USA-CA)
- Pummelo (USA-CA)
- Kiwano Melons (USA-CA)
- Heirloom Figs (USA-CA)
- Modi® Apples (USA-CA)
- Muscato™ Grapes (USA-CA)
- Sweet Limes (USA-CA)
- Fuyu Persimmons (USA-CA)
- Rambutan (Guatemala)
- Blood Oranges (Australia)
- Passion Fruit (USA-CA/FL)
- Sweet Young Coconuts (Thailand)



Hunnyz® Apples



Green Dragon® Apples



Lady Apples



Seedless Lemons



Mukrut Limes



Yuzu



Buddha's Hands



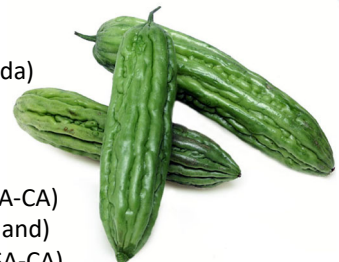
Etrog



Pink Lemons

#### ORGANIC FRUITS

- Ambrosia Apples (Canada)
- Pineapples (Costa Rica)
- Papayas (Mexico)
- Lemons (Mexico)
- Green Keitt Mango (USA-CA)
- EZ Open Coconut (Thailand)
- Baby Apple Medley (USA-CA)



Bitter Melon



Peeled Garlic

#### ORGANIC VEGETABLES

- Baby Potatoes (USA-WA)
- Baby Sweet Potatoes (USA-CA)
- Honeynut Squash (USA-CA)
- Mini Cucumber (Mexico)
- Brussels Sprouts (Mexico)
- Shallots (Netherlands)
- Zucchini (Mexico)
- Tomatoes (Mexico)
- Jalapenos (USA-CA)
- Green Beans (Mexico)



Pul Qua



Fennel



Mini Cucumbers

#### COMING SOON:

- Feijoas (USA-CA)
- Chestnuts (Korean)
- Melo Gold (USA-CA)
- Hidden Rose® Apples (USA-OR)
- Brussels Sprouts Stalks (USA-CA)