

Melissa's Market Update

@MelissasProduce



Week of 10/16/23



Dragon Fruit

FEATURED ITEMS:

- **White Dragon Fruit (Vietnam/ Ecuador):** Perfect for fruit platters, desserts or snacking. Sweet and Juicy. Year-round availability in good supplies.
- **Red Dragon Fruit (Vietnam):** Sweet, colorful and juicy, enjoy out-of-hand or sliced into salads or desserts. Year-round availability with good supplies now.
- **Yellow Dragon Fruit (Ecuador):** The sweetest of all dragon fruit, add color and flavor to desserts and snacking. Year-round availability, good supplies now.
- **Hachiya Persimmons (USA-CA):** This oval shaped fruit should be ripe when eaten to enjoy the soft, sweet flesh. Moderate supplies available thru November.
- **Makrut Limes (USA-CA):** Often used for the leaves, this fragrant citrus is popular in Asian cooking. New crop with limited supplies thru October.
- **Yuzu (USA-CA):** Tart and sour, add a squeeze of this fragrant citrus to recipes and drinks. New crop with limited supplies thru October.
- **Melogold (USA-CA):** This juicy, delicious citrus is a cross between a pummelo and white grapefruit. New crop now, with good supplies thru December.
- **Hidden Rose Apples® (USA-WA):** Beautiful pink flesh with a crisp, sweet flavor. New crop with limited supplies thru November.
- **Organic Yellow & Red Bell Peppers (Mexico):** Slice for platters, or dice into dishes to add color and flavor. Year-round availability with good supplies now.
- **Horseradish (USA-IL):** Add full-flavor and a spicy bite to dishes by grating and serving as a condiment. Year-round availability in good supplies.
- **Sunflower Chokes (USA-CA):** These potato-like tubers can be baked, mashed or used in salads. Good supplies now.

GOOD SUPPLIES:

FRUITS

- Cherimoya (Chile)
- Rambutan (Honduras)
- Pummelos (USA-CA)
- Seedless Lemons (USA-CA)
- Lady Apples (USA)
- XL Apples (USA-WA)
- Kumquats (Chile)
- Sweet Limes (USA-CA)
- Blood Oranges (Australia)
- Quince (USA-CA)
- Kiwano Melons (USA-CA)
- Waterloupes™ (Mexico)
- Green Dragon® Apples (USA-OR)
- Elefante Green Gold™ Pineapples (Ghana)
- Tropical Avocados (Dominican Republic)
- Sweet Young Coconuts (Thailand)



Cherimoya



Hidden Rose Apples®



Organic Yellow & Red Bell Peppers

ORGANIC FRUITS

- Limes (Mexico)
- Papaya (Mexico)
- Ambrosia Apples (Canada)
- Warren Pears (USA-CA)
- Lemons (USA-CA/ Mexico)
- Starkrimson Pears (USA-OR)

ORGANIC VEGETABLES

- Red & Yellow Potatoes (USA-WA)
- Murasaki Sweet Potatoes (USA-CA)
- Shallots (Netherlands)
- Assorted Squash Bin (USA-CA)
- Turmeric (Fiji)
- Ginger (Peru)
- Baby Yams (USA-CA)
- Zucchini (Mexico)
- Cucumbers (Mexico)

COMING SOON:

- Brussels Sprouts Stalks (USA-CA)
- Feijoa (USA-CA)
- Purple Brussels Sprouts (USA-CA)
- Crab Apples (USA-CA)
- Organic Crimson Gold Apples (USA-CA)
- Organic Sweet Pumpkin Persimmons (USA-CA)



Horseradish



Spice Grinders



Sunflower Chokes



Hachiya Persimmons



Makrut Limes



Yuzu



Melogold