

melissa's Market Update

@MelissasProduce



Week of 10/31/22



FEATURED ITEMS:

- **Purple Eggplant (Spain):** Delicious baked, grilled or sautéed. New crop available. Pre-book for good supplies.
- **Graffiti Eggplant (Spain):** Smaller than common eggplant, great for appetizers or prepared into dips. New crop available. Pre-book for good supplies.
- **Purple Brussels Sprouts (Mexico/ USA-CA):** Add color to sides, salads or hors d'oeuvres. New crop, with good supplies thru December.
- **Sweet Young Coconuts (Thailand):** Enjoy the thirst quenching water and creamy flesh of these delicious coconuts. Year-round, with good supplies now.
- **Pears (USA-CA/WA):** Juicy and delicious, perfect for snacks or baking. Good supplies thru May. Pre-book. Comice/ Forelle/ Seckel/ Red
- **Cooked Quinoa:** Slice and sauté and top with your favorite sauce. Available year-round with good supplies.
- **Asaki Melons (Mexico):** Small, full-flavored melon perfect for two. New crop, with good supplies thru January.
- **Tamale Kits:** Everything but the filling! Convenient and easy, perfect for the holidays. Available year-round.

GOOD SUPPLIES:

FRUITS

- Hunnyz Apples (USA-WA)
- Pummelos (USA-CA)
- Sweet Limes (USA-CA)
- Guava (Mexico)
- Persimmons (USA-CA)
- Rambutan (Guatemala)
- Pomegranate Arils (USA-CA)
- Seedless Lemons (USA-CA)
- Kiwano Melons (USA-CA)
- Butterscotch™ Pears (South Korea)
- Blood Oranges (Australia)
- Modi Apples (USA-CA)
- Cherimoya (Chile)



Sweet Young
Coconuts



Comice Pears



Forelle Pears



Seckel Pears



Red Pears



Cooked Quinoa

ORGANIC FRUITS

- EZ Open Coconuts (Thailand)
- Grapefruit (USA-CA)
- Sweet Pumpkin Persimmons (USA-CA)
- Crimson Gold Apples (USA-CA)
- Ambrosia Apples (USA-WA)
- Cranberries (Canada)
- Lemons (USA-CA)
- Pears (USA-CA)
- Papaya (Mexico)
- Limes (Mexico)



Asaki Melons



Cherimoya

ORGANIC VEGETABLES

- Assorted Squash Bin (USA-CA)
- Baby Potatoes (USA-CA)
- Artichokes (USA-CA)
- Shallots (Netherlands)
- Baby Yams (USA-CA)
- Onions (USA-CA)



Shredded
Horseradish



Tamale Kit



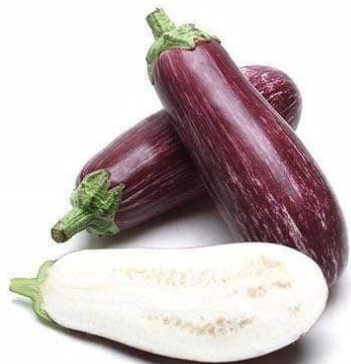
Organic EZ Open Sweet
Young Coconuts

COMING SOON:

- Hidden Rose Apples (USA-OR)
- Crab Apples (USA-CA)
- Org. Cinnamon Persimmons (USA-CA)
- Gaya/ Korean Melons (Mexico)
- Cocktail Grapefruit (USA-CA)
- Lychees (South Africa)
- Black-eyed Peas (USA-CA)



Purple Eggplant



Graffiti Eggplant



Purple Brussels Sprouts

VEGETABLES

- Horseradish (USA-WA)
- Yams (USA-CA)
- Potatoes (USA-ID)
- Onions (USA-ID)
- Anise/ Fennel Bulbs (USA-CA)
- White Asparagus (Peru)
- Sunflower Chokes (USA-CA)
- Brussels Sprouts Stalks (USA-CA)
- Baby Baker Russet Potatoes (USA-WA)
- Green Tomatoes (USA-CA)
- Shredded Horseradish (Austria)
- Turnips (USA-CA)