

the Source +



Market Alerts

Avocados – Supplies of all grades and sizes of **Avocado** continue to be extremely tight. California and Peru's harvests are finishing up, and Mexico's continued light imports are keeping pricing very high. Quality is good. Fully ripened product may retain green skin color in some instances.

Colored Bell Peppers – Supplies are limited on **Red** and other **Colored Bells**. Pricing is higher than normal, with good quality reported. **Green Bells** are a much better value, in all sizes and grades.

Asparagus – Peru's harvest is very light, particularly on larger sizes, due to cold weather, and Central Mexico is approaching the end of its harvest. Pricing is much higher this week on all sizes, with **Pencil and Standard** being the best value. Quality is good to fair.

Potatoes – The storage crop for **Idaho bakers** is coming to an end over the next few weeks. Pricing is higher on most sizes, with **90 CT and smaller** being the best value. Quality is good to fair, with sprouting and bruising the most common issues.

Apples – The storage crop is coming to an end, with Granny Smith, Fuji and Gala becoming less available. Sizes may be substituted during the month of August. **Golden Delicious** in particular are very scarce. Consider substituting with other varieties.

Cucumbers – Light harvests out of Baja California have caused prices to rise in the Western half of the country on all field-grown Cucumbers. Quality is good, and Select Grade product is the best value.

A Peek at Peak Seasons

Locally Grown – The local growing season for most of the U.S. is heating up. Be sure to ask your distributor for recommendations!

Tomatoes – The summer growing season is in full swing. Locally grown product is available in most parts of the country – ask your distributor for recommendations!

Stone Fruit – Peaches, Nectarines, Apricots and Plums are all available and great quality.

Grapes – Quality is once again excellent on all sizes of California Red and Green Grapes.

Summer Squash – Quality and pricing are excellent, with locally grown product available in most regions.

Sweet Corn – It's peak season for White, Yellow and Bi-color Corn. Quality and pricing are great!

Watermelon – It's also peak season for seeded and seedless melons, with locally grown product often available.

Cantaloupe – California melons are at a peak, with very nice quality and great sugar levels.

Weather Update

California: Temperatures are continuing to fluctuate from seasonal to above every few days, with less marine moisture on the coast than usual.

Mexico: A tropical system off the coast will bring heavy rain to the Central regions at the beginning of the week.

Southeastern U.S.: Early thunderstorms will dry up later in the week, with seasonal-to-above temperatures.



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Commodities at a Glance

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|---|---|---|--|--|---|
|  APPLES | Quality is good, certain varieties may be less available |  CELERY | Quality and pricing are good |  LETTUCE LEAF | Quality is good, pricing is slightly higher on Romaine Hearts |
|  ASPARAGUS | Quality is good to fair; pricing is very high, smaller sizes are the best value |  CITRUS (LEMONS) | Quality and pricing are good |  LETTUCE TENDER LEAF | Quality and pricing are good |
|  AVOCADO | Quality is good, pricing is extremely high |  CITRUS (LIMES) | Quality and pricing are good |  MELON (CANTALOUPE) | Quality and pricing are good |
|  BELL PEPPERS | Quality is good, pricing is higher on Colored Bells |  CITRUS (ORANGES) | Quality and pricing are good |  MELON (HONEYDEW) | Quality and pricing are good |
|  BERRIES (BLACKBERRIES) | Quality and pricing are good |  CUCUMBERS | Quality is good, pricing is higher in the West |  MELON (WATERMELON) | Quality and pricing are good |
|  BERRIES (BLUEBERRIES) | Quality and pricing are good |  EGGPLANT | Quality is good, pricing is higher in the West |  ONIONS | Quality and pricing are good |
|  BERRIES (RASPBERRIES) | Quality and pricing are good |  GARLIC | Quality is fair; pricing is higher |  PEARS | Quality and pricing are good |
|  BERRIES (STRAWBERRIES) | Quality is fair; pricing is good |  GRAPES (GREEN) | Quality and pricing are good |  PINEAPPLES | Quality and pricing are good |
|  BROCCOLI | Quality and pricing are good |  GRAPES (RED) | Quality and pricing are good |  POTATOES | Quality is good to fair; pricing is higher; 90 CT and smaller are the best values |
|  BRUSSELS SPROUTS | Quality is good to fair; pricing is slightly higher |  GREEN ONIONS | Quality and pricing are good |  POTATOES (COLORED) | Quality and pricing are good |
|  CARROTS | Quality and pricing are good |  KALE | Quality and pricing are good |  SQUASH | Quality and pricing are good |
|  CAULIFLOWER | Quality and pricing are good |  LETTUCE ICEBERG | Quality is good, pricing is slightly higher |  TOMATOES | Quality and pricing are good |