

the Source +



Market Alerts

Broccoli/Cauliflower – High temperatures in California's growing regions have tightened up supplies and created minor quality issues such as bruising and yellowing. Pricing is higher than normal.

Lettuce – The extremely warm weather has also affected lettuce quality. Iceberg and Romaine in particular are fair at best, with insect damage, tip burn, browning and light case weights all reported. Pricing is higher than normal. Pre-cut product and Green Leaf are the best values.

Melons – The harvest of **Cantaloupe** has slowed out of Arizona's desert growing region due to recent weather. Quality is fair, and pricing is slightly higher than normal. **Honeydew** is a better quality and cost option.

Strawberries – Quality continues to be fair due to the recent heat in the Salinas Valley, with overripe fruit and bruising the major concerns.

A Peek at Peak Seasons

Apples – Most fall varieties are now available – ask your distributor for recommendations!

Sweet Potatoes – This year's crop looks to be much improved from 2018. Excellent quality and good supplies.

Pears – Quality and pricing are great on Bartlett, Starkrimson and Asian varieties.

Kale – Quality is very nice, with full bunches and good color.

Autumn Squash – Acorn, Butternut, Spaghetti and other hard squashes are now in season.

Colored Potatoes – All colors and Fingerling varieties are excellent quality out of the Northwest and Upper Midwest.

Asparagus – Pencil and Standard sizes are excellent buys this week.

Weather Update

California: Very cool, dry, windy conditions expected across the Central, Southern and Desert regions

Mexico: Seasonal temperatures and generally dry conditions

Florida – Warm, rainy conditions in most growing regions.



The newest kitchen tool is already in your pocket.

Created for chefs by chefs, **Colorful Plates** is an online toolkit for culinary artisans of all experience levels looking for produce knowledge and inspiration. From Michelin-starred restaurants to home cooking enthusiasts, advice, information, and creativity available on the website is designed to elevate produce understanding.

JOIN THE COMMUNITY AT WWW.COLORFULPLATES.CO



www.proactusa.com

Commodities at a Glance

 APPLES	Quality and pricing are good	 CELERY	Quality and pricing are good	 LETTUCE LEAF	Quality is fair, pricing is higher
 ASPARAGUS	Quality and pricing are good	 CITRUS (LEMONS)	Quality and pricing are good	 LETTUCE TENDER LEAF	Quality and pricing are good
 AVOCADO	Quality is good, pricing is slightly higher than normal	 CITRUS (LIMES)	Quality and pricing are good	 MELON (CANTALOUPE)	Quality is fair, pricing is higher
 BELL PEPPERS	Quality and pricing are good	 CITRUS (ORANGES)	Quality and pricing are good	 MELON (HONEYDEW)	Quality and pricing are good
 BERRIES (BLACKBERRIES)	Quality and pricing are good	 CUCUMBERS	Quality and pricing are good	 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 is fair, pricing is good	 PINEAPPLES	Quality and pricing are good
 BROCCOLI	Quality is fair, pricing is higher	 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 is fair, pricing is higher	 LETTUCE ICEBERG	Quality is fair, pricing is higher	 TOMATOES	Quality and pricing are good

