

the Source +

FOOD SERVICE
DiCarlo

Market Alerts

Transition – The northward seasonal movement of major growing regions from Yuma, AZ to central California has begun. This typically lasts from mid-March through April, and row crops such as lettuces, broccoli, cauliflower and celery are more susceptible to supply disruptions and quality issues. Be sure to read The Source Plus weekly for up-to-date info and recommendations.

Avocados – Rainy conditions in California's growing region, coupled with a harvest stoppage due to Holy Week in Mexico, continue to keep supplies low and pricing higher than normal. Quality is good.

Grapes – The end of South America's harvest and a slow start to the Mexican crop has resulted in a gap of supplies and a rash of quality issues, particularly on **Green Grapes**. Softness and short shelf life are common. Pricing is slightly higher than normal, with **Red Grapes** being a better value.

Cauliflower – The rain in California's Salina Valley has also slowed down harvesting of Cauliflower. Quality is good to fair, with bruising and yellowing most commonly reported. Pricing is higher than normal. **Florets** may be a better quality option than whole heads.

Strawberries – Rain issues are impeding harvest for the short term. Better volume expected next week.

Carrots – Processed mini carrot packs are in extremely short supply. All other pack styles are good.

A Peek at Peak Seasons

Stone Fruit – Import season is finished on peaches and nectarines. Plums are still available. New CA harvest is scheduled to start at the end of the month.

Kale – Quality is excellent, with full leaves and vibrant color.

Asparagus – All sizes of Asparagus are plentiful, with excellent quality.

Cucumbers – Excellent quality and low pricing on all field-grown product.

Tomatoes – Mexico and Florida are harvesting very nice quality product, particularly Rounds and Grapes.

Pineapples – Quality is excellent, with high sugar levels, on all imports.

Ramps – The very short growing season for Ramps (wild onions) is expected to begin in the next week or two. Ask your distributor for availability.

Fiddlehead Ferns – Another spring delicacy with a short season, these will be available in the next week or two.

Blueberries – More volume is resulting in better availability and pricing.

Weather Update

California – Conditions will gradually warm up and dry out from an exiting cold front.

Mexico – Seasonal temperatures and dry conditions in all growing regions.

Florida – Seasonal temperatures, and heavier than normal rain most of the week.



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Commodities at a Glance

 Apples	Quality and pricing are good	 Celery	Quality and pricing are good	 Lettuce Leaf	Quality is fair, pricing is good
 Asparagus	Quality and pricing are good	 Citrus (Lemons)	Quality and pricing are good	 Lettuce Tenderleaf	Quality and pricing are good
 Avocado	Quality is fair, pricing is higher	 Citrus (Limes)	Quality and pricing are good	 Melon (Cantaloupe)	Quality and pricing are good
 Bell Peppers	Quality and pricing are good	 Citrus (Oranges)	Quality and pricing are good, 113 CT and larger are the best values	 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 and pricing are good	 Onions	Quality and pricing are good
 Berries (Raspberries)	Quality and pricing are good	 Garlic	Quality is good, pricing is higher	 Pears	Quality and pricing are good for all seasonal varieties
 Berries (Strawberries)	Quality and pricing are good	 Grapes (Green)	Quality is fair, pricing is higher	 Pineapples	Quality and pricing are good
 Broccoli	Quality is good, pricing is slightly higher	 Grapes (Red)	Quality is fair, pricing is good	 Potatoes	Quality and pricing are good
 Brussels Sprouts	Quality and pricing are good	 Green Onions	Quality and pricing are good	 Potatoes (colored)	Quality is good, pricing is higher on Reds and Whites
 Carrots	Quality and pricing are good	 Kale	Quality and pricing are good	 Squash	Quality and pricing are good
 Cauliflower	Quality is good to fair, pricing is higher	 Lettuce Iceberg	Quality is fair, pricing is good	 Tomatoes	Quality and pricing are good

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The Source + April 10, 2020

