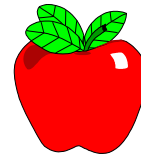


# FRESH NEWS



From Pic Rite Management

September 13, 2020

Our goal is to provide up-to-date information about the ever-changing conditions affecting produce. Our weekly produce newsletter uses many sources and markets to track price, availability & quality.

## MOTHER NATURE'S DECISIONS

Asparagus has growing supplies but heat may affect quality. Broccoli & cauliflower have fair quality with both having strong demand. Snack packs of carrots have increased demand now that schools have started. Celery supplies are stable but quality depends on source. CA corn supplies are tight but Mid-West & East supplies are moderate. We are waiting on new cucumber growing areas from the East for better supplies but for now things are steady. Romaine is expensive due to tight supplies caused by planting disruptions. Iceberg is also tight because quality issues have caused crop losses. This leaves leaf lettuce demand to go higher so prices will follow Romaine & iceberg. All have some quality issues. Be aware, green onion supplies will decrease during Sept. & Oct. There's increased demand of yellow onions. Quality is good. Western & Eastern green peppers are tighter & quality is less than perfect. Both yellow & red peppers are tight. ID potato supplies are growing with good quality. Yellow squash is tighter & demand is strong but green squash has improved especially in the East. Rain in the East & heat in the West is affecting tomato quality & supplies, especially grape tomatoes. Avocado supplies are increasing but CA will end soon. Strawberry supplies are tight & with the quality, you will see some over ripening because of excessive heat & some soft berries. Grape demand continues to be strong but supplies are good so prices are steady. The demand for Cantaloupes (in particular) & honeydews has increased & while supplies are good the season is closing. Limes are tight & rain is affecting the harvest. Lemons are in good supply with lower than normal demand.

## Leafy Greens continued

Carrot greens usually end up in the trash or on the compost pile. If so, you are missing out on the nutritional benefits and taste. Blanching softens their taste & can be used in Salsa Verde. They improve bone density, aid in digestion, boost immunity & yes improve vision. Rapini also known as Broccoli raab and Broccoletto helps to break down fats and proteins to provide energy and rebuild muscles and organs. Heart healthy vegetable, mustard greens, have a peppery taste and should be cooked. They are low in calories & high in fiber, vitamins & essential minerals even copper.

## PRODUCE EXCHANGE TRENDS / HARVEST ORIGINS

This section of the Newsletter is designed to give a quick overview of the trends of individual items and the current major harvest areas in bold. "Mother Nature's Decisions" gives you more info on specific items.

**Tomatoes – CA, MX, TN & VA.** Globes are steady, grapes are climbing & cherry are up some & plum are steady.

**Potatoes – ID, WA, CO, WI.** Bakers are fairly steady & red are lower.

**Lettuces – CA.** There remain some quality issues. Leaf is up climbing fast. Iceberg is higher. Romaine is steady.

**Cauliflower – MX, CA.** Prices are higher.

**Broccoli – MX, CA.** Prices are higher.

**Grapes – MX, CA.** Green & red are steady with both having decent quality.

**Strawberries – CA.** prices are bouncing around with prices higher this week.

**Melons – AZ, CA, MX.** Dews are steady & loupes are higher. Go with larger sizes if possible.

**Lemons – CA.** Good supplies of choice lemons but go with the smaller sizes for the best deals.

**Squash – CA, FL, MX.** Yellow are a bit higher & green are steady this week.

**Peppers – FL, MX.** Green are a bit higher.

**Celery – CA, MI.** Prices are steady this week.

**Cucumbers – FL, MX, Honduras.** Prices are steady.

**Asparagus – MX, Peru.** Prices are lower but high due to tight supplies.

**Avocados – CA, MX, Peru, Dominican Republic.** Prices are steady this week.

What concert costs just 45 cents? 50 Cent featured with Nickleback. raw & not sanitized say his cast mates. What the world doesn't need right now is raw, unsanitized bati

Robert Pattinson's "Batman" will be

## PICS WORTH A LOOK - Each ↑↓ = 8-12% change

### GOOD VALUES

Avocados	Iceberg↑	Strawberries↑
Broccoli↑	Onions	Plum Tomato
Cantaloupe↑	Watermelon	Grapes, Red
Carrots	Peppers	Cauliflower↑
Celery	Grape Tom↑	Cherry Tom
Honeydew	Green Leaf↑	

### WATCH OUT-CAREFULLY CONSIDER

Corn	Squash, Gr
Tomatoes	Squash, Yell
Raspberries↓	Cucumbers
Grapes, Gr	
Asparagus↓	
Romaine	