

FRESH NEWS

From Pic Rite Management

August 1, 2021

Our goal is to provide up-to-date information about the ever-changing conditions affecting produce. We use many sources to track price, availability & quality.

Produce Pricing Trends/Harvest Origins

Up

Avocados
Brussel Sprouts
Pineapples
Berries except Rasp.

Down

Asparagus
Bananas
Cantaloupe
Stone fruit

Steady

Lettuces
Tomatoes
Raspberries
Grapes

Mother Nature's Decisions

Lettuces are producing lighter weights due to lower rain fall, higher temperatures and a more rapid growing cycle. Steady markets should continue for the next few months.

Melons remain steady except for watermelons since their fields were heat affected.

Potatoes August will bring new crop harvesting and prices then will adjust for the next year.

Tomatoes additional harvests on both coasts will help quality and demand so watch prices.

Berries are all up in price but will decrease in 2-3 weeks with raspberries being the exception.

Broccoli is a little higher and again crops out of CA were affected by the 100+ temperatures.

Lemons remain very tight with suppliers making their money on summer drink popularity.

Oranges for the most part CA Valencia prices are steady with some issues on Chilean quality.

Garlic is having slow harvesting causing rising prices which should subside in 4-6 weeks.

Grapes will remain steady with CA harvests in full swing with great quality and supply.

Asparagus is steady, harvesting is peaking in MX after much rain and Baja starting in 2 weeks.

Avocados remain high with MX stocks slacking and CA season winding down Peruvian will help.

Apples still coming out of storage and Fuji and Red Delicious looking to be the best.

Onions continue to watch carefully and use all types where possible to avoid high pricing.

Did You Know...

How essential the sun is to our health and wellbeing? Some of the essential benefits that sunlight gives us are; immune health, t-cells are stimulated in the skin, destroys pathogens and helps our immune system. Vitamin-D, strengthens and modulates our immune system, prevents cancer, regulates sex hormone production, strengthens bones and keeps our genes healthy. Nitric Oxide, increases blood flow by dilating blood vessels, promotes cardiovascular health, lowers blood pressure and helps to increase physical performance. It has a positive effect on cognitive function and mood since it increases the release of Serotonin in the brain the "Happy Hormone". We all know the downside to sun exposure but lifestyle and diet can protect your skin from getting sunburn and still get all the benefits. A diet high in carotenoids (an antioxidant in red and orange vegetables) can actually protect against sun damage. Tomatoes are a great source of Lycopene a skin protecting antioxidant. Add blueberries, dark green leafy vegetables and dark grapes and go get some sun always in moderation.

"I just think the more you can do to maximize your health while you are alive the better." Gwyneth Paltrow