

# Weekly Update

## August 10th, 2018

**LOCAL PRODUCE**

CODE	ITEM	AVAILABILITY	FARM	ORIGIN
7807184	<b>Bean Sprouts 5#</b>	21 Cases	Phoenix Bean	Chicago, IL
155400	<b>Beans Green 25#</b>	102 Cases	Superior Produce	Hudsonville, MI
156500P	<b>Beet Jumbo Red Sack 25#</b>	56 Cases	Rice Lake Farms	Grant, MI
01-11468	<b>Berries Blue 12-1pt</b>	301 Cases	North Bay	Hudsonville, MI
157700	<b>Cabbage Green 45#</b>	110 Cases	Superior Produce	Hudsonville, MI
62169	<b>Carrots, Orange 12ct</b>	5 Cases	Windy City Harvest	Chicago, IL
01-11409	<b>Carrots, Purple 12ct</b>	5 Cases	Windy City Harvest	Chicago, IL
62263	<b>Chard, Rainbow 12ct</b>	6 Cases	Windy City Harvest	Chicago, IL
01-12241	<b>Cucumber Basket 24ct</b>	30 Cases	Superior Produce	Hudsonville, MI
01-11404	<b>Garlic Green Organic 10#</b>	20 Cases	Windy City Harvest	Chicago, IL
01-11342	<b>Kale Lacinato (black) Organic</b>	6 Cases	Windy City Harvest	Chicago, IL
180000P	<b>Parsnips Loose 20#</b>	34 Cases	Rice Lake Farms	Grant, MI
153400P	<b>Squash Yellow 1/2bu Case 20-22#</b>	160 Cases	Superior Produce	Hudsonville, MI
179400P	<b>Squash Zucchini Med. 1/2bu Case 20-22#</b>	240 Cases	Superior Produce	Hudsonville, MI
174600	<b>Tomatoes Heirloom 10#</b>	20 Cases	Scheeringa Farms	Highland, IN
62405	<b>Tomato, Red Cherry 12-1pt</b>	43 Cases	Windy City Harvest	Chicago, IL
62408	<b>Tomato, Sungold Cherry 12-1pt</b>	11 Cases	Windy City Harvest	Chicago, IL
MWF-1763	<b>Tomatoes Beef Steak 15#</b>	5 Cases	Mighty Vine	Rochelle, IL
01-4643	<b>Tomatoes on the Vine 11#</b>	25 Cases	Mighty Vine	Rochelle, IL

## ORGANICS

### VEGETABLES



<b>Arugula Baby</b>	2 lbs.	45323133
<b>Broccolini</b>	18 ct.	01-4417
<b>Broccoli Crowns</b>	20 lbs.	MWF-1569
<b>Carrots</b>	25 lbs.	159100
<b>Cauliflower</b>	12 ct.	MWF-1278
<b>Kale Baby</b>	2 lbs.	01-2882
<b>Lettuce Mesclun</b>	2 lbs.	01-11460
<b>Mushroom Chef's Mix</b>	5.43 lbs.	464314

### FRUITS



<b>Apples Granny Smith</b>	88 ct.	01-1494
<b>Berries Black</b>	12 x 6 oz.	01-3812
<b>Berries Blue</b>	12 x 6 oz.	01-1436
<b>Berries Rasp</b>	12 x 6 oz.	01-2877
<b>Berries Straw</b>	12 x 6 oz.	01-1012

## MARKET ALERTS

Supplies are scarce on the **Lemon Crop**. The **Avocado Crop** is switching and the yeild is low, prices are spiking. New **Crop Onions and Potatoes** will be starting in 3-4 weeks. Expect quality to improve as we move into new crop products.

# BRIX LEVELS

Degrees Brix is a measure of the sugar content in your food. Fruits with a high Brix reading have a pleasing sweetness we all love.

FRUIT	ORIGIN	LABEL	BRIX	AVG.	BURSTING
<b>Cantaloupe</b>	USA	Del Lago	13	12	16
<b>Honeydew</b>	USA	Santa Rosa	13	10	14
<b>Watermelon</b>	USA	Indian Hills	12	12	16
<b>Pineapple</b>	Costa Rica	Fyffes	14	15	22
<b>Mango</b>	Mexico	Del Rio	17	15	14
<b>Green Grape</b>	Chile	VBZ	15	12	20
<b>Red Grape</b>	Chile	VBZ	18	12	20
<b>Gala Apple</b>	USA	Super Fresh	12	10	18
<b>D' Anjou Pear</b>	USA	Blue Bird	13	10	14
<b>Peaches Yellow</b>	USA	Family Farms	11	10	16
<b>Nectarine Yellow</b>	USA	Kingsburg Orchards	15	10	14
<b>Plums Red</b>	USA	Dinosaur Brand	19	10	16

## Weather

Hot temperatures continue out west under the strong high-pressure ridge with shallow marine layer influence along the coast. Monsoonal flow from the south due to Hurricane John may bring a chance of thunderstorm activity to California into the weekend. John, along with Tropical Storm Ileana, are currently moving NW off of Southern Mexico near Sinaloa. The storms make the closest approach to land late today before moving offshore and dissipating. Tropical moisture from these systems will add to continued showers and thunderstorms across Central and the Western coast of Mexico. Typical isolated showers and thunderstorms are expected this week in Florida as a frontal system brings periods of heavy rain and thunderstorms over the weekend into early next week.

## MARKET UPDATES

### Avocado (California)

California fruit is limited with a light supply being reported. Quality remains good as prices continue to rise. Mexico is slowly transitioning into new crop. Peru is providing some relief and coming in mainly with larger fruit. 48s and larger.

### Bell Peppers (Eastern)

Good supplies in the Midwest, heavy rain on the east coast has interrupted some harvest.

### Berries (Blueberries)

Supplies are lighter and prices are climbing.

### Berries (Strawberries)

Quality is slowly improving, but some bruising is present.

### Citrus (Lemons)

Lemons continue to be extremely limited, poor quality, and elevated markets.

### Citrus (Oranges)

Small size valencia oranges are extremely limited with the market trending higher weekly.

### Cucumbers (Eastern)

Quality issues on the east coast.

### Eggplant (Eastern)

Supplies of good eggplant are tight, there are eastern supplies with poor quality.

### Squash (Eastern)

Quality issues in some eastern regions.

## TRANSITIONS & TEMPERATURES

### Onions

Onions supplies will start to transition to the Northwest.

### Potatoes

Storage crop finishing up with new crop starting.

### Potatoes (colored)

Washington and Minnesota have just started harvesting reds and golds.

### Avocado (Mexican)

Mexico is transitioning from old crop into new crop (Flora Loca). We will see a better supply come mid to late September. Peru is providing some relief with reports of good quality.

### Eggplant (Eastern)

Eggplant is transitioning to the mid-west

### Bell Peppers (Eastern)

Bell Pepper is in transitioning to Michigan, Ohio and Canada.

### Bell Peppers (Western)

Green Bell Peppers now available from the Coastal California growing areas. Colored bell peppers will transition to the coast in two weeks.

## PEAK SEASONS

### Melon (Cantaloupe)

Plenty of fruit available with a great flavor profile. With the brix/sugar levels at 12-14 Cantaloupes eat well this time of year.

### Melon (Honeydew)

Honeydews eat very well as we are in the peak of the season. With the brix/sugar levels on the range from 10-12 the flavor profile is ideal this time of year.