



WWW.PRODUCEPLUS.NET

# MARKET OUTLOOK

Call Today! 530 581-1525

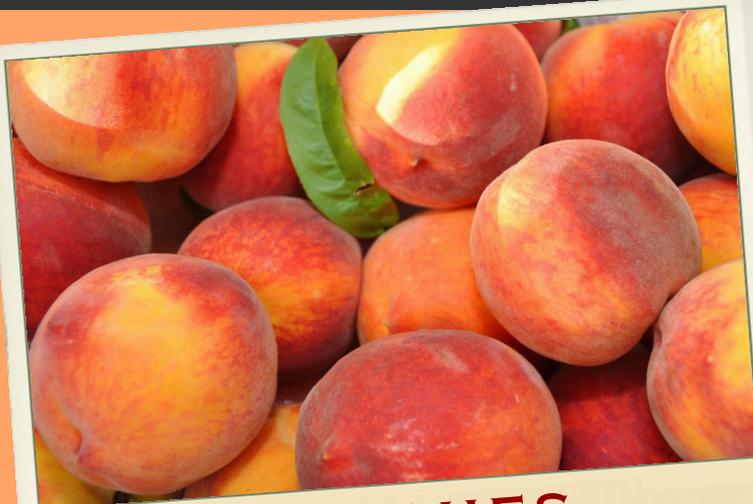
MAY 22, 2014

## Riverdog Farms

Rivedog Farms (Yolo County) continues to offer us high quality organic produce and several items have become staples. This week they are harvesting and supplying us with one of our customer's favorite root vegetable-beets. While there remains a true season for many crops, beets are now popular for restaurant use year round. Beets are best in the spring and fall, as weather conditions allow them to grow properly without over hardening due to cold or becoming large and 'woody' due to heat. For the next few weeks, we are offering freshly harvested Riverdog beets both 'bunched' and 'bagged' in the three most well known varieties-**Red**, **Gold** and **Chioggia**, sometimes called candy cane as they show red and white stripes when cut open. The bunched beets are packed 12 per case, 3-4 per bunch, medium in size with bright green tops. Bagged beets are a loose pack without tops and again, medium in size, 25#.

Riverdog continues to supply us with seasonal spring white and red onions as well as spring garlic and dino kale. The farm is a principal source of Bloomsdale Spinach and this crop has finished for the season and will be in short supply as we source from other growers.

**"Farm to you overnight"**



PEACHES

With Cherries and apricots already in stock, stone fruit season has officially arrived. We now have peaches and nectarines coming from one of our favorite orchards.

## TWIN PEAKS ORCHARDS

This week we are offering the first of the season stone fruit from Twin Peaks Orchards. Located in Newcastle, this fifth generation family farm will be supplying us with quality peaches, nectarines, plums and apricots for the next three months, weather and supply permitting. Twin Peaks was established in 1912 and family members have lived, worked and played on the farm since then. Their continual presence on the farm allows them to monitor the progress and growth of the fruit trees in the orchards. They follow the principles of sustainable agriculture, using beneficial insects to control pests and organic fertilizers to promote healthy tree growth.

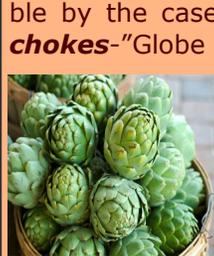
Twin Peaks will offer over two dozen varieties of peaches and at least six varieties of nectarines throughout the season. The challenge for stone fruit-peaches, in particular-is proper ripening. Fruit that is picked too early has not reached the necessary sugar content to ripen properly. Cling varieties have firm flesh-Freestone varieties soften completely and offer that classic "juice running down your chin" summer peach. Stone fruit from Twin Peaks is harvested for us with the consideration that it will rest for 2-3 days before the next delivery, than a day or two at the restaurant. We begin the season with Rich May yellow peaches and Zee Fire yellow nectarines. The peaches are medium in size with good flavor. The first few varieties of peaches are "semi-freestone" meaning the flesh will soften within 1-2 days when left at room temperature. The nectarines are also medium in size, firm to the touch and will ripen quickly, again, when left at room temperature. Enjoy the harvest.

## MARKET MOVERS



**Avocado**-Market is steady, oil content is improving.

**Berries**-Strawberries are steady, market in the high teens. Blackberries (CA/MEX.) and Raspberries (CA) are in the high 20's. Blueberries (CA) are in the mid 20's. Gold Raspberries are available by the case only with a pre order. "Farmers Market" type strawberries have had excellent flavor and full color. Del Rio Mulberries have been very well received. **Citrus**-Limes continue to slide, market is currently in the high 30's. Navel oranges are done for the season. California Valencia's have been very good. Lemon market is steady. **Grapes**-We will start California grapes this weekend. Chilean grapes are finished for the season. We are currently offering Mexican red and green seedless. **Melons**-Cantaloupes (CA) have been cutting and eating very well. Market is steady in the high teens. Honeydew (MEX) market is slightly stronger in the high teens. Casaba, Crenshaw, Galia, Juan Canary and Santa Claus are available by the case only. **Stone fruit**-Frog Hollow Apricots have been outstanding. Local cherries (Lodi) have had very good color and flavor. Local peaches, nectarines are just starting. Pluots from Brentwood have great color and flavor, a much better choice than "under ripe" pluots. **Tropical**-Mangoes are of great value. Pineapples supplies are improving, market is in the low \$20's. **Specialty**-Black mission figs will restart this weekend from Coachella. Available by the case or the pint clamshell. **Artichokes**-



"Globe varieties" (with thorns) are extremely limited. Growers are only harvesting once or twice a week. Market is in the mid 40's. If ordered size is not available we will send closest option. **Asparagus**-The heat wave and heavy demand have affected supply of Delta grown asparagus. We will also have product from Salinas / Watsonville Valley. **Beans**-Bluelake market is improving from Central and Southern California. Dwelley Farms should start Bluelakes, Baby French, Yellow Wax and Romano beans early next week. **Broccoli**-Market is strong in the mid 20's on bunched and crowns. **Brussel Sprouts**-Market is down slightly on Mexican grown sprouts in the low 40's. **Cauliflower**-Market is in the high 30's and is very limited. **Corn**-White and yellow corn from Coachella (Brentwood seed) is in the high 20's. **Cucumbers**-Slicing cucumbers are up drastically in the mid 20's, as southern regions hit first gap. **Lettuces**-Iceberg, Green Leaf, Red Leaf, Romine and Butter are all in the low 20's. Product is short due to growing gap. Quality is suffering due to coastal heat and mildew caused by over watering. **Peppers**-Green bell market is very strong in the mid 30's, as southern regions hit first gap. **Reds** and Gold bells are in the low 30's. **Potatoes**-Russet market is stronger as storage supplies dwindle. Growers are concerned that supplies will not hold out until new crop starts. **Tomatoes**-The market is steady on all shapes and sizes.



**Artichokes**-



## LOCAL FARMS

### Riverdog Farm-

Bloomsdale Spinach-4#-**Done**  
Spring Garlic-10#  
Red Spring Onions-10#  
White Spring Onions-10#  
Dino Kale-12 bunch  
Chioga Beets-12 bunch  
Gold Beets-12 bunch  
Red Beets-12 bunch



### Del Rio-

Purple Artichokes-10-12ct  
Pea Shoots-2#-**Done**  
Fava Greens-2#-**Done**  
Nettles-**Done**  
Arugula Rapini-4#  
Red Frisee Mustard-2#  
Arugula-4#-**Limited**  
Mizuna-4#  
Mulberries (Pakistani)-6/8 oz.  
Spring Mix-2#  
Braising Mix-4#



### Capay Organic-

Nantes Carrots-24 bunch  
Red Beets-12 bunch  
French Fingerlings-24#-**Limited**  
La Ratte Potatoes-24#  
German Butterball Potatoes-24#

### Frog Hollow Farm

Apache Apricots-10# case only

### Delta Queen

Asparagus-28# or pound

### Solorio / Sergio's Farms

English Peas-case or pound  
Fava Beans-case or pound



**Buy Local, Buy Fresh, Buy the Best!**



WWW.PRODUCEPLUS.NET