

# PRODUCE PLUS



# Market Outlook

MAY 20-26, 2021

## FULL BELLY FARM



Full Belly Farm is a 350-acre certified organic farm located in the beautiful Capay Valley north of Sacramento. They supply us with an array of produce throughout the year, depending on the season.

This week, we are pleased to offer Fully Belly Farms fresh hand-dug potatoes. The potatoes need to be rinsed and cleaned before use as there is some dirt that remains on the skin. They are best when simply prepared with the skin left on and using minimal additional ingredients- baked whole, sliced and roasted, or mashed! We are currently stocking fresh dug potatoes in 10# cases:

**Bintje- Bintje** potatoes have a silky, pale yellow skin and buttery flesh. They have a very mellow flavor which is best retained when roasted, fried, or made into chips.

**Yellow Finn-** A great all-purpose potato with yellow flesh, creamy texture, and buttery flavor. Yellow Finns have the perfect balance of sugar and starch, which make delicious mashed potatoes, gratins, gnocchi, and salads.

We are also offering the following items from Full Belly:

**Nantes Carrots-** A French heirloom carrot with an almost perfectly cylindrical shape, rounded at the top and root ends, and are distinctly sweeter than other carrots. 24ct case only.

**Green and Red Little Gem-** A cross between romaine and butter lettuce with sweet, crisp leaves. Red and green are both available by the 5# case.

**Speckled Lettuce-** An heirloom romaine lettuce variety with a delicate flavor. The crisp leaves are pale green with maroon flakes. 24ct case only.

*"Farm to you overnight"*



## TWIN PEAKS ORCHARDS

Twin Peaks Orchards, Newcastle, CA, was established in 1912 and has been family owned and operated for four generations. They follow the principles of sustainable agriculture, using beneficial insects to control pests and organic fertilizers to promote healthy tree growth. The goal at Twin Peaks is to pick tree-ripened fruit that will reach a maximum degree of ripeness within 2-3 days after harvest.

**White Peaches:** We are currently stocking Snow Angel white peaches and will soon transition to the Spring Rose variety. Spring Rose white peaches are delicious but slightly more delicate than the Snow Angel. *Single layer flat/pound*

**Yellow Peaches:** We are currently stocking Spring Treat yellow peaches, a clingstone variety that is juicy with a wonderful spring time flavor. *Single layer flat/pound*

**Nectarine Update:** Yellow nectarines are expected in by early next week, beginning with Zee Fire. Zee Fire nectarines are bright, tangy, and fairly acidic.

As the season progresses, we will be stocking multiple varieties at a time and can not guarantee single variety availability. Please keep in mind that early season stone fruit is typically on the smaller, firmer side and clingstone.

# MARKET MOVERS

## Fruit

**AVOCADO**- Market is steady, labor issues are keeping the market inflated.

**BERRIES**- Strawberry market is easing, despite labor shortage. All growing districts are producing: Oxnard, Santa Maria, and Watsonville. Blackberries and raspberries are currently from Mexico and blueberries are from Oregon.

**CITRUS**- Navel season is finishing soon, Valencias have started but are lacking sugar and color. The lime market is easing, now into the low 60's. Cara Cara and blood oranges are finished for the season.

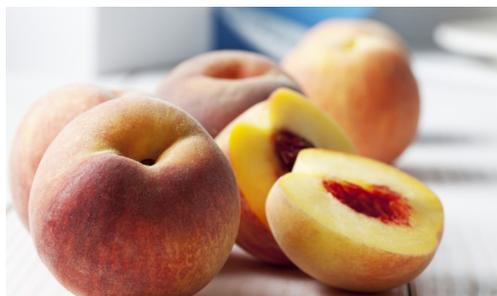
**GRAPES**- Mexico will start shortly, the California market is very strong.

**MELONS**- Mexican cantaloupes have started and the market is down slightly. Honeydew and seedless watermelon are from Mexico and are down as well.

**PEARS**- D'Anjou, red D' Anjou, Bosc, and Asian pears are available from the North West. Local summer pears are expected to start mid June.

**STONE FRUIT**- Apricots from Frog Hollow have just arrived. We have 1 layer white and yellow peaches from Twin Peaks Orchards. They are on the smaller side but have great flavor for early season varieties. Nectarines should start early next week. Cherries are available from Lodi.

**TROPICAL**- Market is down considerably on Mexican grown mangoes. Pineapple supplies are now steady.



## Veggies



**ARTICHOKES**- Market steady and strong on all sizes. Artichokes do not like warm weather.

**ASPARAGUS**- California asparagus is finishing soon and Washington grass has started. It is less expensive with a greyish green color, not well received. We will switch to Mexican 11# cases when California finishes. Broccolini is a less expensive option.

**BEANS**- Bluelakes quality from CA is sub-par, we have switched to Mexican product until it improves. French beans are in from Mexico. Dwelley Beans are expected to start by early June.

**BRUSSEL SPROUTS**- Market steady on Mexican grown brussels. Quality and shelf life are not as strong as coastal product.

**CAULIFLOWER**- Market is down into low 20's and falling. Green, orange, purple, and carnival are available by the case only.

**CORN**- White and yellow Desert Diamond variety from Coachella has been outstanding. The market continues to improve.

**LETTUCE**- All lettuces, baby lettuces, specialty lettuces, and spring mix are grown in California. Market and supplies are steady.

**PEPPERS**- Green bell market is getting stronger as Mexico fades. Red and yellow markets are easing as California slowly starts.

**TOMATOES**- Market is steady on all sizes and shapes.

**SPECIALTY**- Bloomsdale and local mizuna are gapping due to heat. Basil quality and shelf life continue to be poor due to weather and labor issues in Mexico. California grown basil should start in a week or two.

## Local

Del Rio Botanicals- Limited Availability  
Spring Mix w/ Petals- 2# case  
Fava Greens- 2# case

Riverdog Farm  
Bloomsdale Spinach- \*Gapping\*  
Tokyo Turnips- 24ct case  
Black Radish- pound  
Purple Daikon- 10# case  
Red Spring Onion- 10# case  
White Spring Onion- 10# case  
Spring Garlic- 10# case/pound

Twin Peaks Orchards  
Yellow Peaches- 1 layer/lb  
White Peaches- 1 layer/lb  
*Nectarines starting next week.*

Full Belly Farm  
Nantes Carrots- 24 bunch  
Green Little Gem- 5# case  
Red Little Gem- 5# case  
Speckled Lettuce- 24ct cs  
Mizuna- \*Gapping\*  
Bintje Potato- 25# cs  
Yellow Finn Potato- 25# cs

Frog Hollow Farms  
Apricots- 10# case only

Capay Organics  
Nantes Carrots- 24ct case  
Collard Greens- \*Gapping\*  
Fennel- 12ct case/ each  
Green Chard- 12ct case  
Red Chard- 12ct case  
Rainbow Chard- 12ct case  
Dino Kale- 12ct case

