

PRODUCE PLUS



Market Outlook

SEPTEMBER 30, 2021



LOCAL WINTER SQUASH

Winter Squash is distinguished from Summer Squash by the hard outside 'rind', dense flesh, and the ability to store the squash for several months after harvest. Though many varieties of winter squash are available year round, the California season is October through March. We are stocking the following:

Acorn Squash- From DF&TF Farms in Yolo County. The outside rind is dark green with a smooth and creamy, yellow flesh. 35# case or each

Butternut- From Yeung Farms. Both the most familiar and often used, butternut squash has abundant, meaty flesh, pronounced sweet flavor, and creamy texture when cooked. 35# case or each

Kabocha- From Yeung Farms. Kabocha squash has a greenish-gray exterior with a bright yellow flesh. It is prized for its sweet taste and velvety texture. Also known as Japanese pumpkin. 35# case or each

Red Kurri- We are currently stocking Red Kurri from Full Belly and Riverdog. Red Kurri has a vibrant reddish orange rind with an orange flesh. Its flesh is firm with a delicate and mellow chestnut-like flavor. 35# case only

Spaghetti- Grown by Yeung Farms. Spaghetti squash range from ivory to a rich yellow in color. Spaghetti squash is much different than other hard squashes in terms of texture. Once cooked, its flesh can be separated into long strands, much like spaghetti. 35# case or each

Delicata- Grown by Yeung Farms. Cream-colored squash with prominent stripes. Although considered a winter squash, delicata has thin, edible skin. Because of its thin skin, the squash has a shorter shelf life. Delicata can be roasted, sautéed, baked, boiled, or stuffed, no need to peel. 35# case only

AUTUMN DECOR

Natural Autumn elements can help add a rustic warmth to entryways, table settings, centerpieces and much more. We are currently offering the following:

Gourds- 18# case

Decorative Fall Leaves- Bunch

Mini Orange Pumpkins- 40ct case (Decorative only)

Mini White Pumpkins- 40ct case (Decorative only)

Autumn Mix- A variety of gourds and mini pumpkins. Sold by the case only.

Orange Pumpkins (large, medium, and small)- each

Fairytale Pumpkins (Blue)- Case only, 2-3ct

Cinderella Pumpkins (Red) Case only, 2-3ct

Sugar Pie Pumpkins- Available from Riverdog Farm. Weighing in at about 4-5lbs, Sugar Pies are the modern baking pumpkin. Their skin is noticeably thinner than a regular pumpkin. They also have much sweeter and smoother flesh. Sugar Pies are ideal for pies, custards, cupcakes, and more. A 4lb pumpkin should yield roughly a cup and a half of mashed pumpkin. 35# case

MARKET MOVERS

Fruit

APPLES— Apple Hill apples are now in stock. Braeburn, Gala, Golden, and Mutsu. Varieties change depending on availability.

AVOCADO— Market is very strong. CA season is finishing and there are tropical storms/rain in Mexico. Larger fruit— strong, high 70's, smaller fruit— easing downwards, mid 50's.

BANANAS— Market steady.

BERRIES— Strawberry sizing is smaller as Watsonville finishes. Santa Maria and Oxnard are just starting. Blackberries— low 30's, raspberries— mid 30's, blueberries— mid 40's.

CITRUS— Lime market relaxing into the mid 30's. Lemons are very limited. We are using S. American imports until new crop CA starts. Oranges have excellent flavor, with subpar appearance.

GRAPES— Red and green grapes are now from California. Red grapes are in the low-mid 30's, green grapes are in the high 30's. Champagne grapes have finished.

MELONS— Market is stronger on cantaloupes and honeydews from CA. Local black watermelon is available from Vierra. Varietal melons from R. Kelly Farm are done, now using Riverdog and Full Belly.

PEARS— Local bartletts finishing next week, switching to northwest. Bosc, comice, French butter, and seckle are available from Stillwater.

STONE FRUIT— Twin Peaks stone fruit has finished. JJ Ramos will continue into late October.

TROPICAL— Pineapple market is steady. Mexican grown mangos have been outstanding.



Veggies

ARTICHOKES— Market is easing on all sizes except baby.

ASPARAGUS— Market is very strong in the mid 40's. Should see some relief in 10-14 days.

BEANS— Dwelley beans will be available for a few more weeks. Romano, wax, and cranberry shelling beans. French beans from Mexico are limited due to weather damage.

BRUSSEL SPROUTS— Market is dropping to mid 30's as coastal growers slowly return.

CAULIFLOWER— Market strong, mid 20's. Green, orange, purple, Romanesco, & carnival available.

CORN— Brentwood white and yellow corn is available from Dwelley Farms. We are also bringing in corn from Vierra, though it is the same seed variety. Should be available for a couple of weeks.

LETTUCE— Market is strong, Salinas/Watsonville growers are gapping. Water restrictions will cause shortages.

PEPPERS— Market stronger on all three colors. Green— low 20's, red— high 20's, yellow— mid 30's. Jimmy Nardellos have finished.

POTATOES— Northwest russet market remains strong, though large sizes are easing slightly. Plants suffered from heat wave and the Idaho crop is not very strong.

SQUASH— No single variety summer, sunburst, or ronde nice, we are subbing toybox squash. Toybox is very limited as growers transition into fall crops. Italian and yellow squash market is stronger from Central California. Acorn, butternut, delicata, honeynut, kabocha, red kurri, spaghetti, and sugar pie pumpkins available.

TOMATOES— Local tomatoes are available from Yeung Farms, including green, heirlooms, and true vine ripens. Forecasted to be available until Oct. 31. Local cherry tomatoes are available from Durst, Riverdog, and Full Belly.

Local

Del Rio Botanical—Limited
Baby Mixed Squash— 10# case
Toybox Squash— 20# case
Lemon Cucumber— 10# cs

Riverdog Farm
German Butterball— 25# case
Mixed Cherry Tomato— 12 pint or 1/2 cs
Sungold Cherry— 12 pint
Gypsy Peppers— 10#

J&J Ramos
Yellow and White Peaches— 1 layer/#
Yellow and White Nectarines— 1 layer/#
Plums— 25# cs/#
Pluots— 25# cs/#

Full Belly Farm
Jimmy Nardello— *Done*
Mixed Melon— 5/6ct case
Red Kurri— 35# case

Dwelley Farms
Bluelake Beans— 30#/lb
Yellow Wax Bean— 10#/lb
Romano Bean— 10#/lb
Cranberry Bean— 10#
White and Yellow Corn— 48ct/each

Yeung Farms
Green Tomatoes— 10 & 20# cs
Toybox Heirlooms— 10# cs
Vine Ripe Round— 20# cs
Kabocha— 35# cs/ ea
Butternut— 35# cs/ ea

Vierra Farms—
Black Seedless— each
White and Yellow Corn— 48ct or ea
Butternut Squash— 35# cs/ea
Delicata— 35# cs

Dust Organic Growers
Mixed Cherry Tomato— 12/1pint or 1/2 case

Larsen Apple Barn
Braeburn— 40# case
Gala— 10# and 40# case
Golden Delicious— 40# case
Mutsu— 40# case

