

Market Outlook

Lettuce:

The lettuce market is active and costs are significantly higher for next week. The Salinas season is winding down. A few growers are shipping from Huron where the quality seems to be better. Salinas quality has been mostly good on inbound, but we are seeing quality and weights starting to slip.

Leaf:

Romaine is much stronger for next week and the romaine heart market is also much stronger. Demand is very good on both items. Quality has been mostly good on all Romaine items. The Green leaf market is a few dollars higher for next week. Red leaf is higher, but remains a great alternative to green leaf for next week. Quality has been good on leaf overall.

Broccoli:

The commodity broccoli market is a little stronger for next week. Quality has been looking very good.

Cauliflower:

The cauliflower market is pretty steady with good availability for next week. Quality has been good on inbound.

Carrots:

The carrot market is steady. Canada into good volume. Good quality product in stock. We are seeing some Mexico offerings as well.

Celery:

Celery costs continue to move up in California with increased demand. The regional deals slowing and just about done. We are seeing good quality.

Strawberries:

Market is steady for next week with light supplies overall on California fruit. Quality has been fair to good on our inbounds.

Potatoes:

The market on Idaho potatoes is steady. Quality has been very nice on inbound.

Onions:

The Western onion market is steady on yellows and reds for next week. We expect to see the market move up in coming weeks with harvest wrapping up. Quality on onions has been good to very good.

Citrus

The California lemon market about steady. Quality has been improving as well. Arrivals on both Chilean and Mexican fruit have declined. We are seeing good quality over all on new crop navels and that market is starting to adjust down. The Lime market is stronger for next week. Overall, we are seeing fair to good quality on inbound.

Cucumbers:

The market is steady and on the strong side. Light volume from Georgia and New Jersey is now finished. Quality has been good.

Peppers:

The green pepper market is strong with a wide range in quality and costs are elevated. New Jersey has finished. Georgia with light volume. Quality has been fair to good.

Tomatoes:

The round tomato market is steady and strong. Shippers in California are finished. Florida is just getting started on the winter crop. Quality has been good overall on California product. Grape tomatoes along with Cherry tomatoes are steady and showing good quality. The Roma market is steady and strong with very light availability in California and Mexico.

Autumn Harvest

Week of November 4th

What's the difference between a Yam and a sweet potato?

Scientifically, they are from two different families. A Yam is more firm to the touch, starchier, and drier. A sweet potato is softer to the touch and the skin color can range from white to yellow, red, purple, or brown. The flesh is more softer & moist.



Why all the confusion?

African slaves had already been calling the 'soft' sweet potatoes 'yams' because they resembled the yams in Africa. Thus, 'soft' sweet potatoes were referred to as 'yams' to distinguish them from the 'firm' varieties. Today the U.S. Department of Agriculture requires labels with the term 'yam' to be accompanied by the term 'sweet potato.' Unless you specifically search for yams, which are usually found in an international market, you are probably eating sweet potatoes!

Often called a yam, the sweet potato is not in the Yam family, Nor is the sweet potato closely related to the common potato!



Local Produce

Listing of fresh fruits and vegetables available from the
Tri-State area.

Ulster County, NY

Apples, Sliced 100/2 oz.**

**Based on seasonal availability

Genesee County, NY

Red Cabbage, 50#

White Chef Potatoes, 50#

White Bag Cabbage, 50#

Yukon Gold Potatoes, 50#

Yellow Jumbo Onions, 50#

Cumberland County, NJ

Microgreens

Pea Tendrils, 4 oz.*

Popcorn Shoots, 4 oz.*

Arugula, 8 oz.*

Assorted Microgreens, 8 oz

Asian Mix, 8 oz.*

Bulls Blood, 8 oz.*

Burgundy Amaranth, 8 oz.*

Cilantro, 8 oz.*

Early Wonder Beets, 8 oz.*

Mizuna, 8 oz.*

Peppercress, 8 oz.*

Red Mustard, 8 oz.*

Red Russian Kale, 8 oz.*

Schuylkill County, PA

Potatoes, Yukon Gold A, 50 lb.

Potatoes, Yukon Gold B, 50 lb.

Bucks County, PA

Noodles, Lo Mein 5 lb.

Apples, Sliced 100/2 oz.**

**Based on seasonal availability

New Jersey Produce

Swiss Chard

Turnips

Mint Kilo

* denotes special order

Chester County, PA -

Mushrooms

Button, 10 lb.

Crimini, 5 lb.

Enoki, 12 ct.

Fancy, 3 lb.

Food Service, 10 lb.

Medium, 5 lb.

Medium #1, 10 lb.

Medium #1 Organic, 10 lb.*

Oyster, 5 lb.

P & S Blanched, 20 lb.*

Porcini, Dried 1 lb.

Port. Caps 3.5", 3 lb.

Port. Caps 4.5", 3 lb.

Port. Caps 4.5", 5 lb.

Portabella, Large 5 lb.

Portabella, Medium 5 lb.

Shitake, 3 lb.

Shitake #1, 3 lb.

Silver Dollar, 10 lb.

Sliced, 10 lb.

Sliced in Brine, 5/5 lb.*

Tray Pack, 108 ct.*

Variety Combo, 4.5 lb.

White Jumbo, 10 lb.

White Large, 10 lb.

Wild Bunch, 3 lb.*

Wild Bunch Sliced, 3 lb.*

Lancaster County, PA

Alfalfa Sprouts, 12/4 oz.

Alfalfa Sprouts Bulk, 5 lb.*

Bean Sprouts, 6/8 oz.

Montgomery County, PA

Cider, Apple 4/1 gal.



For a complete list please contact your customer service

Fun Facts

- To take in the amount of vitamin A that is in one sweet potato you would have to eat 23 cups of broccoli
- Sweet potatoes can be white, yellow, red, purple, and orange
- The orange-fleshed sweet potato are sweeter than the other colored varieties
- Sweet potatoes are a root vegetable

Sweet Potato Pie

Ingredients

1 pound 3 ounces sweet potatoes, peeled and cubed

1 1/4 cups plain yogurt

3/4 cup packed, dark brown sugar

1/2 teaspoon of cinnamon

1/4 teaspoon of nutmeg

5 egg yolks

Salt

1 (9-inch) deep dish, frozen pie shell

1 cup chopped pecans, toasted

1 tablespoon maple syrup

Directions

Put cubed potatoes into steamer basket and place steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes or until the potatoes are fork tender. Mash with potato masher and set aside.

Preheat the oven to 350 degrees F.

Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment. Add yogurt, brown sugar, cinnamon, nutmeg, yolks, and salt, to taste, and beat until well combined. Pour this batter into the pie shell and place onto a sheet pan. Sprinkle pecans on top and drizzle with maple syrup. Bake for 50 to 55 minutes or until the custard reaches 165 to 180 degrees. Remove from oven and cool. Keep refrigerated after cooling.

