

Market Outlook

Lettuce:

The lettuce market is active and costs are steady to up slightly from last week. Salinas quality has been mostly good on inbound.

Leaf:

Romaine and romaine heart market is lower. Demand is soft.

Quality has been mostly good on all Romaine items. Green leaf remains high and very short. Red leaf is steady and high and availability is light. Quality has been good on leaf overall.

Broccoli:

The commodity broccoli market is much stronger for next week as shippers are short on supply. Quality has been looking good.

Cauliflower:

The cauliflower market is much higher with very light supplies in Salinas. Shippers are pro-rating orders. Quality has been good on inbound.

Carrots:

The carrot market is steady for next week. Nice product from Mexico in stock and looking sharp.

Celery:

Celery costs are steady to up just slightly on Western product. We are seeing good quality. Florida celery season has finished.

Strawberries:

Market is steady with better supplies coming on in California. Quality has been fair to good on our inbounds.

Potatoes:

The market on Idaho potatoes is pretty steady from last week and strong overall. Freight rates are about steady. Quality remains good.

Onions:

The Western onion market remains steady overall and will be moving up with storage crop about done and new crop underway.

Quality on onions has been good to very good.

Citrus:

The California lemon market is steady and high for next week and quality has been very nice. We are seeing good quality over all on navel oranges and the market remains active with supplies very short especially on small fruit. The Lime market is about steady for next week. Freight remains on the higher side. Overall, we are seeing fair to good quality on inbound.

Cucumbers:

The market is steady for next week. We are seeing mostly good quality on Florida product.

Peppers:

The green pepper market is much higher with very light supplies in Florida. Quality has been good overall.

Tomatoes:

The round tomato market is moving higher with the over-supply market behind us. freight rates are very high driving costs up. We are seeing good quality. The grape tomato market is a few dollars higher as well and showing good quality. Cherry tomatoes are just slightly higher and showing good quality. The Roma market is a little higher with good availability in both Florida and Mexico.

Spring Sprouts

Week of May 13th

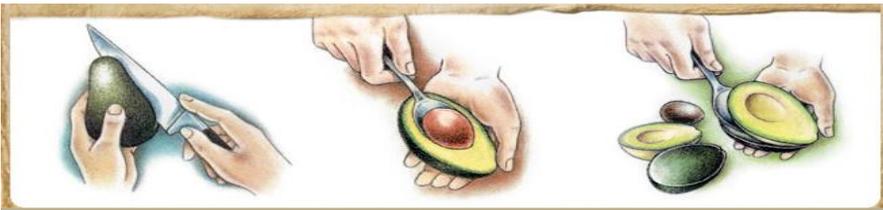
Step aside, apples -- avocado love is ripe for the picking. Fans have rallied around this once-feared source of healthy fat, and even better, recent studies have touted a positive trend between avocado consumption and overall diet quality. There are many domestic varieties of avocados, but the most common is Hass, grown primarily in California. It is covered with a pebbly, leathery skin, which changes from dark green to deep purple (almost black) as the fruit ripens.



What to Look For: Choose heavy, undamaged fruit. An avocado that yields slightly to pressure is best for slicing and dicing; if pressure leaves a small indentation, the avocado is best mashed. Avoid very soft avocados, as they will be overripe and unusable.

How to Store: Keep unripe avocados at room temperature. To speed ripening, place in a paper bag with an apple or banana; to stop ripening, refrigerate for up to two days.





Peeling a California Avocado

Use this simple three-step process:

1. Start with a ripe avocado and cut it lengthwise around the seed. Rotate the halves to separate.
2. Remove the seed by sliding the tip of a spoon gently underneath and lifting out. The other common seed-extraction method - striking the seed with a knife and twisting - requires some skill and is not recommended.
3. Peel the fruit by placing the cut side down and removing the skin with a knife or your fingers, starting at the small end. Or simply scoop out the avocado meat with a spoon. Be sure to sprinkle all cut surfaces with lemon or lime juice or white vinegar to prevent discoloration.

 Avocados were once a luxury food reserved for the tables of royalty

 The avocado is also called an Alligator Pear because of its pear-like shape and green skin

 Avocados are one of the only fruits that contain heart-healthy monounsaturated fat (the good-for-you fat) that helps boost good (HDL) cholesterol and lowers bad (LDL) cholesterol.

 There are 10 grams of fiber in one medium-sized avocado

Avocado Fries

Ingredients

Canola oil for frying

1/4 cup flour

About 1/4 tsp. kosher salt

2 large eggs, beaten to blend

1 1/4 cups panko (Japanese bread crumbs)

2 firm-ripe medium avocados, pitted, peeled, and sliced into 1/2-in. wedges

Preparation

1. Preheat oven to 200°. In a medium saucepan, heat 1 1/2 in. oil until it registers 375° on a deep-fry thermometer.

2. Meanwhile, mix flour with 1/4 tsp. salt in a shallow plate. Put eggs and panko in separate shallow plates. Dip avocado in flour, shaking off excess. Dip in egg, then panko to coat. Set on 2 plates in a single layer.

3. Fry a quarter of avocado slices at a time until deep golden, 30 to 60 seconds. Transfer slices to a plate lined with paper towels. Keep warm in oven while cooking remaining avocados. Sprinkle with salt to taste.



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#

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

* denotes special order

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.

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.*

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.*

