

Market Outlook

Lettuce:

The lettuce market is steady and about at bottom. Very good availability. Quality remains good. Excellent value.

Leaf:

Romaine is steady, and romaine hearts are a little stronger. Quality has been good on all Romaine items. Both Green leaf and Red leaf are mostly steady and quality has been good overall.

Broccoli:

The Broccoli market is steady in the West with regional deals helping to keep costs down. Quality has been very good on inbound.

Cauliflower:

The cauliflower market is steady to lower. Quality has been good on inbound.

Carrots:

The carrot market has not changed from last week. Quality has been very nice.

Celery:

The celery market is lower with good quality out of Salinas. Also have Michigan and Canada product to offer.

Strawberries:

Market is steady with ample supplies, with quality only fair to good.

Potatoes:

The Idaho Burbank storage crop is just about done. We will be transitioning to new crop Norkotah variety over the next week to 10 days.

Onions:

The onion market will remain steady for next week with excellent quality. Look for new crop Idaho/ Oregon to start in about 2 weeks.

Citrus

The California lemon market remains strong and short, but seems to be easing with pressure from imports. We are seeing good quality overall. We will have some Chilean lemons to offer. Oranges remain high with limited availability, especially on small fruit 113/138. Quality has been good. The Lime market is about steady for next week.

Overall, we are seeing good quality on inbound. Heavy rains in Mexico will likely affect the market in coming weeks.

Cucumbers:

The cucumber market has not changed for next week with plenty of cucumbers available from multiple growing areas. Quality has been good overall.

Peppers:

The green pepper market has softened for next week as availability is improving in multiple areas. Suntans have been a little struggle and are short.

Tomatoes:

The round tomato market is steady to stronger with light availability on both the East and West coasts and Mexico. We are seeing mostly good quality. Both grape and cherry tomatoes are steady. Both are showing good quality. The Roma market remains strong with very limited supplies from Mexico and California. Demand is high and quality remains good.

Summer Fresh

Week of August 13th

Garlic is not a seasoning; it's not even a second cousin to salt and pepper. It is a bulb -- that is, related to the shallot, onion, leek, and chive -- and a pugnacious bulb at that.



Fun Facts

Garlic is said to fight off evil spirits and keep vampires away.

The smell of garlic can be removed by running your hands under cold water while rubbing a stainless steel object.

Its pungent flavor is due to a chemical reaction that occurs when the garlic cells are broken. The flavor is most intense just after mincing.

If your rose garden is being attacked by aphids, an excellent home remedy to get rid of them is to spritz the leaves and blooms with a mixture of crushed garlic and water.

At ancient Greek and Roman marriages the brides carried bouquets of garlic and other

Health Benefits

Garlic is used for many conditions related to the heart and blood system. These conditions include high blood pressure, high cholesterol, coronary heart disease, heart attack, and "hardening of the arteries". Some of these uses are supported by science. Garlic actually may be effective in slowing the development of atherosclerosis and seems to be able to modestly reduce blood pressure.



Recipe Tips:

Marinate pressed garlic in olive oil and use this flavored oil in dressings and marinades.

Purée fresh garlic, canned garbanzo beans, tahini, olive oil and lemon juice to make quick and easy hummus dip.

Healthy sauté steamed spinach, garlic, and fresh lemon juice.

Add garlic to sauces and soups.

Purée roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.



Garlic Shrimp & Pasta

Ingredients

4 tbsp. butter
1 lb. shrimp
kosher salt
Freshly ground black pepper
4 cloves garlic, minced
3/4 c. dry white wine
Juice of 1/2 lemon
pinch of crushed red pepper flakes
3/4 c. grated Parmesan, plus more for garnish
1 tbsp. Freshly Chopped Parsley
12 oz. cooked angel hair

Directions

In a large skillet over medium heat, melt 1 tablespoon butter. Add shrimp and season with salt and pepper. Cook until pink, 2 minutes per side. Transfer to a plate.

In the same skillet, add remaining butter and garlic. Cook until fragrant, 1 minute. Add wine, lemon juice, and crushed red pepper flakes and simmer 2 minutes, then add Parmesan and parsley and let cook 2 minutes more. Add cooked angel hair and shrimp and toss until completely combined. Garnish with Parmesan.



Local Produce

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



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.*

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#

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.

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

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.*

New Jersey Not stocked:

Kale	Squash Green
Turnips	Squash Yellow
Leeks	Peaches
Kale	
Collards	
Cucumber	
Pepper Green	
Cabbage Red	
Cabbage Green	

* denotes special order