

# Market Outlook

## Lettuce:

The lettuce market is steady for next week. Quality has been very good on inbound.

## Leaf:

Romaine and Romaine Hearts are steady. Quality has been mostly good on all Romaine items. Green leaf is stronger with some shippers, and Red leaf is about steady. Quality has been good on leaf overall.

## Broccoli:

The commodity broccoli market is softer, but still elevated with light supplies overall. Quality has been good on inbound.

## Cauliflower:

The cauliflower is declining sharply with better supplies coming on. Quality has been good on inbound.

## Carrots:

The carrot market has continued to climb as Canada continues to tighten up on supplies,

## Celery:

The celery market is about steady with good quality out of Oxnard California.

## Strawberries:

Market has continued to stay extremely tight due to cold weather and rain in Florida.

## Potatoes:

The FOB cost has not changed but with the continued trucking issues we are seeing, overall cost is strong, and product is in short supply.

## Onions:

The Western onion market has not changed for next week. Sizing and quality has been good on all inbounds.

## Citrus

The California lemon market is strong as demand exceeds supply. We are seeing good quality over all on navel oranges with small fruit very tight. The Lime market is stronger for next week due to increased freight rates. Overall, we are seeing fair to good quality on inbound.

## Cucumbers:

The cucumber market is steady for next week with mostly good quality on inbound.

## Peppers:

The green pepper market is pretty steady, but elevated. Overall, quality has been good.

## Tomatoes:

The round tomato market is adjusting down as Florida growers move into better supplies. We are seeing good quality. The grape tomato market is declining as well with good quality. Cherry tomatoes are declining in cost and showing good quality. The Roma market is declining with supply improving in Florida.

# Winter Harvest

Week of January 14th

This root's exterior is yellow and papery, while its inside is creamy white with a crisp texture that resembles raw potato or pear. The flavor is sweet and starchy, reminiscent of some apples or fresh green beans, and it is usually eaten raw, sometimes with salt, lemon, or lime juice and chili powder. It is also cooked in soups and stir-fried dishes. Jicama is used in a variety of cultural cuisines, including Mexican, Chinese, Vietnamese, and Indonesian.

## Nutrition

Jicama is high in dietary fiber and is an excellent source of Vitamin C. It is composed of 86-90% water, and contains only trace amounts of protein and lipids.



*When cooked, jicama can retain its crispness. Since it has such a mild flavor, it can add crunchiness to a variety of dishes. Try dicing it and adding to chili, stew or stir-fry. Its juicy crispness compliments spicy dishes well.*



## Jicama Hash Browns

2 cups of jicama, peeled and grated  
1/2 onion, chopped  
1 Tbs. oil  
Salt and pepper, to taste



*Like the hot pretzels on the sidewalks of New York, jicama is a street food in its native habitat, sold with a squeeze of lime and a shake of fiery chili powder.*



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# Local Produce

Listing of fresh fruits and vegetables available from the

Ulster County, NY	Tri-State area.	Chester County, PA -
Apples, Sliced 100/2 oz.**		Mushrooms
**Based on seasonal availability		Button, 10 lb.
Genesee County, NY		Crimini, 5 lb.
Red Cabbage, 50#		Enoki, 12 ct.
White Chef Potatoes, 50#		Fancy, 3 lb.
White Bag Cabbage, 50#		Food Service, 10 lb.
Yukon Gold Potatoes, 50#		Medium, 5 lb.
Yellow Jumbo Onions, 50#		Medium #1, 10 lb.
		Medium #1 Organic, 10 lb.*
		Oyster, 5 lb.
Cumberland County, NJ		P & S Blanched, 20 lb.*
Microgreens		Porcini, Dried 1 lb.
Pea Tendrils, 4 oz.*		Port. Caps 3.5", 3 lb.
Popcorn Shoots, 4 oz.*		Port. Caps 4.5", 3 lb.
Arugula, 8 oz.*		Port. Caps 4.5", 5 lb.
Assorted Microgreens, 8 oz		Portabella, Large 5 lb.
Asian Mix, 8 oz.*		Portabella, Medium 5 lb.
Bulls Blood, 8 oz.*		Shitake, 3 lb.
Burgundy Amaranth, 8 oz.*		Shitake #1, 3 lb.
Cilantro, 8 oz.*		Silver Dollar, 10 lb.
Early Wonder Beets, 8 oz.*		Sliced, 10 lb.
Mizuna, 8 oz.*		Sliced in Brine, 5/5 lb.*
Peppercress, 8 oz.*		Tray Pack, 108 ct.*
Red Mustard, 8 oz.*		Variety Combo, 4.5 lb.
Red Russian Kale, 8 oz.*		White Jumbo, 10 lb.
		White Large, 10 lb.
		Wild Bunch, 3 lb.*
Schuylkill County, PA		Lancaster County, PA
Potatoes, Yukon Gold A, 50 lb.		Alfalfa Sprouts, 12/4 oz.
Potatoes, Yukon Gold B, 50 lb.		Alfalfa Sprouts Bulk, 5 lb.*
		Bean Sprouts, 6/8 oz.
Bucks County, PA		Montgomery County, PA
Noodles, Lo Mein 5 lb.		Cider, Apple 4/1 gal.
Apples, Sliced 100/2 oz.**		
**Based on seasonal availability		

\* denotes special order



## Jicama Slaw

### Ingredients

- 1 large jicama, peeled and finely shredded
- 1/2 Napa cabbage, finely shredded
- 2 carrots, shredded
- 1/2 cup freshly squeezed lime juice
- 2 tablespoons rice vinegar
- 2 tablespoons ancho chili powder
- 2 tablespoons honey
- 1/2 cup canola oil
- Salt and freshly ground black pepper
- 1/4 cup finely chopped cilantro leaves

### Directions

Place jicama, cabbage, and carrots in a large bowl. Whisk together the lime juice, vinegar, ancho powder, honey, and oil in a medium bowl. Season with salt and pepper, to taste. Pour the dressing over the jicama mixture and toss to coat well. Fold in the cilantro. Let stand at room temperature for 15 minutes before serving.



**Jicama and  
Mango Salad**

