

# Market Outlook

## Lettuce:

The lettuce market is active and costs are up for next week. Supplies in Yuma are very light as the season winds down. Quality has been good on inbound. Shipping point reports blister and peel on iceberg.

## Leaf:

Romaine is active and costs are higher again for next week. Romaine Hearts are much higher and in short supply. Quality has been mostly good on all Romaine items. Green leaf is a few dollars stronger and Red leaf is steady. Quality has been good, but we are being warned to expect some minor blister and peel damage.

## Broccoli:

The commodity broccoli market is moving higher due to much colder temperatures in both Arizona and California. Quality has been looking good.

## Cauliflower:

The cauliflower market is much higher for next week with shippers coming up very short on supplies. Quality has been good on inbound.

## Carrots:

The carrot market is steady but strong for next week. We are seeing good arrivals on Canadian product.

## Celery:

After months of trading at or near the bottom, the celery market is moving a few dollars up with Western shippers. We are seeing good quality out of both Oxnard California and Yuma Arizona. Florida celery is available and the market remains strong.

## Strawberries:

Market is unsettled for next week. Florida is in an over-supply situation and there are many only fair quality berries in the marketplace. Quality has been fair to good on our inbounds. Customers can expect to see some minor bruising.

## Potatoes:

The costs on Idaho potatoes has leveled off and increased slightly on some items. Freight rates are leveling off. Quality remains good.

## Onions:

The Western onion market is about steady as we head into next week. We are seeing great quality onions.

## Citrus

The California lemon market is a little lower for next week and quality has been very nice. We are seeing good quality over all on navel oranges. The Lime market remains high for next week with fruit availability coming up very short. Freight remains on the higher side. Overall, we are seeing fair to good quality on inbound.

## Cucumbers:

The cucumber market is higher again for next week as availability on quality product remains poor. We are seeing good quality overall.

## Peppers:

The green pepper market remains soft and peppers are a good value. Quality has been very good overall.

## Tomatoes:

The round tomato market is up slightly with light availability until the spring crop comes on in the next few weeks. We are seeing good quality. The grape tomato market is on the rise as the over-supply has cleaned up. We are seeing good quality.

Cherry tomatoes are up a few dollars and showing good quality. The Roma market has really turned around. Both Florida and Mexico supplies dropped off sharply in the last

# WINTER HARVEST

## Week of March 11th

Suntan Peppers are adolescent colored peppers. All peppers start out green, as they grow their color matures. Suntans are picked when another color starts to develop on the pepper.



## Selection & Storage

Choose peppers that have deep vivid colors, taut skin, and that are free of soft spots, blemishes and darkened areas. Their stems should be green and fresh looking. Peppers should be heavy for their size and firm enough so that they will gently yield to slight pressure.

Unwashed peppers stored in the vegetable compartment of the refrigerator will keep for up to one week.



## Health Benefits

To start, peppers are excellent sources of vitamin C and vitamin A, two very powerful antioxidants. For atherosclerosis and diabetic heart disease, peppers also contain vitamin B6 and folic acid.



week.

- Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables
- Green bell peppers are the most popular type of pepper in the United States
- Bell peppers are a good source of Vitamin A
- The scientific name for bell peppers is *Capsicum annuum*
- Capsicums are what peppers are called in Australia

## Green Bean Salad with Suntan Peppers



Serves 4-6

### Ingredients

- 1 lb. green beans, trimmed
- 1 suntan bell pepper
- 1 tsp. balsamic vinegar
- 3 Tbsp. extra virgin olive oil
- 1/2 tsp. garlic, minced
- salt and pepper

Bring a pot of salted water to a boil. Add beans to water. Boil until beans are just cooked; about 2-3 minutes. Drain and put in ice water or run under cold water until beans are cool. Drain and pat dry. Place in a bowl. Heat oil in a sauté pan over medium-high heat. Add peppers and garlic. Cook for three minutes. Pull pan away from stove and add balsamic. Cook another 30 seconds. Add to bowl with beans. Season to taste with salt and pepper. Chill before serving.

## 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.\*

