

Market Outlook

Autumn Harvest

Week of September 27th

Lettuce:

This Lettuce market is active with all shippers. Some quality issues include light weights and discoloration. Sclerotinia is an issue that multiple suppliers are dealing with. This disease is breaking down the plants and shorter shelf life is the result. Expect light supplies throughout the week. Fair quality at best. We will be holding to weekly averages.

Leaf:

The market is active on Romaine, Romaine Hearts, Green leaf, and Red leaf. Some quality issues include tip and fringe burn, brown leaves, and discoloration on all leaf items. Growers continue to deal with soil disease that has cut down yields and caused for shortages in product. Fair quality at best. We will be holding to weekly averages.

Broccoli:

The commodity broccoli market is active. Recent heat waves have caused quality issues and lower yields. Broccoli supplies will be tight for the next couple weeks. Fair quality at best. We will be holding to averages.

Cauliflower:

The cauliflower market has increased slightly. Steady supplies continue out of CA. Quality is good.

Carrots:

Carrots are a very steady go on all pack styles save for the jumbos and cello carrots out of the West Coast. Look for this market to remain flat. Quality is good.

Celery:

The celery market has remained steady. Quality on inbound has been good.

Strawberries:

Markets are extremely tight due to the adverse weather we had several weeks ago. Look for the market to continue to be elevated and light supplies. Expect some quality issues on inbound. Quality is fair at best.

Potatoes:

Supply is good and packing out well with good all-around size. Small bag is getting some pressure from the retail side as well as the Food Box Program starting back up again. Quality has been good on inbound.

Onions:

Ample supplies of high quality storage onions are available from the northwest. Quality has been good.

Citrus

The California markets are active and firm on fancy grade. Choice market is looking steady. Quality has been good overall. Import Lemons are steady with quality being fair. The CA orange market is tight as well. Valencia supplies on 88/113/138's continue to be very limited. Markets are active on both grades. The Lime market on 200's is slightly coming off. 175's and larger are still holding firm with light supplies. Quality is fair.

Cucumbers:

Cucumbers are producing well and overall good supplies continuing.

Peppers:

Good condition and quality at this time. There is lighter production due to previous heat in growing areas. Quality has been good on recent arrivals. Red, yellow, and orange pepper market is steady with Mexican product available. Quality has been good on arrival.

Tomatoes:

Supplies are winding down and will continue to decline in October. Eastern regions are recovering from hurricane systems that have reduced yields. Western regions are ahead of schedule following weeks of triple digit weather. New crops in Mexico are starting to supplement the Fall season. Florida crops set for October are on track but supplies will be light. The market is up across the board. Quality is fair to good overall varying by region. Expect active markets through mid-October.



Sautéed Parmesan Squash

Ingredients:

- 3 yellow squash
- Extra virgin olive oil, for drizzling
- Fresh basil & thyme for garnish, optional
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 small garlic clove, grated
- 2 tablespoons parsley, finely chopped
- ¼ teaspoon sea salt
- Freshly ground black pepper
- ¼ cup panko bread crumbs
- ¼ cup parmesan cheese
- 1 tablespoon chopped parsley
- ¼ to ½ teaspoon sea salt
- pinch of red pepper flakes, optional

Directions:

- Slice the squash into ¼-inch rounds. If the squash is large, slice the rounds into half-moons.
- In a jar with a tight-fitting lid, combine the lemon juice, olive oil, garlic, parsley, salt, and pepper and shake to combine.
- In a small bowl, combine the panko, parmesan, parsley, salt, several grinds of pepper, and a pinch of red pepper flakes.
- Heat a large skillet over medium heat with a few drizzles of olive oil. Add the squash and sauté for about 7 to 10 minutes, stirring occasionally so that all sides get cooked. I like to cook mine until it's soft, yet still has a firm bite, but before it becomes too watery and mushy. Remove from the skillet and toss with the herb oil. Top with the panko mixture, and fresh herbs.

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.*
Peppergrass, 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.*
Wild Bunch Sliced, 3 lb.*

* denotes special order

Did you know?

- The word squash comes from the Native American word "askutasquash", which means "eaten raw"
- Summer varieties grown in the U.S. include zucchini, yellow and scallop
- Winter varieties grown in the U.S. include types of pumpkins, butternut, acorn, spaghetti, and buttercup
- One acre could yield about 10,800 – 11,000 squash, which could last you close to 30 years if you ate one a day.

