

Market Outlook

Lettuce:

The Iceberg lettuce market has come off in cost and product availability has improved. Overall quality has been fair to good this past week, but we are still being cautioned to expect some minor quality defects, including blister, epidermal peel, and light on weight.

Leaf:

Romaine, Romaine hearts, Green and Red leaf market have all come off. Quality has been fair to good on Romaine, but expect to see minor quality defects. Quality for the rest have been good overall.

Broccoli:

The commodity broccoli market has declined a few dollars in California. Overall, Quality has been looking very good.

Cauliflower:

The cauliflower market remains short and costs remain high. Quality has been good on inbound.

Carrots:

The carrot market is steady and remains a good value for next week. Good quality Canada product in stock.

Celery:

The Celery market remains very strong in California and costs are very high for next week. We are seeing good quality, but little to no celery to load out West. We are being heavily prorated.

Processed celery will run short.

Strawberries:

The market has gone up. Quality has been fair to good. Florida berries will be ending next week and we will have California product hitting end of next week.

Potatoes:

The market on Idaho potatoes strengthened across all sizes. Quality has been good to very good on inbound. Norkotah's are expected to end in the next 2-3 weeks with Burbank's carrying us through the summer until new crop in August.

Onions:

The Western onion market is really turning around on yellows and reds. Storage product is in shorter supply than expected and the same is true on new crop out of Mexico. Quality on onions has been good to very good.

Citrus

The California lemon market is steady with good availability. Quality has been good overall. We are seeing good quality over all on navel oranges and that market is steady to lower. The Lime market is much higher for next week with supplies very tight. We are seeing fair to good quality on inbound.

Cucumbers:

The market is steady and strong for next week. We are seeing Florida, Honduras and Mexico product Quality has ranged from fair to very good.

Peppers:

The green pepper market is much higher again for next week. Lighter supplies in both Mexico and Florida. Quality has been fair to good.

Tomatoes:

The round tomato market is much higher with very light supplies in Florida. Mexico also crossing lighter volume and costs are up. Quality has been good overall. Grape tomatoes are moving up and cherries are steady. Both are showing good quality. The Roma market is much higher with much lighter supplies crossing from Mexico. Availability in Florida also remains light.

Spring Sprouts

Week of March 17th

Snap peas, a cross between the garden and snow pea, have plump pods with a crisp, snappy texture. The pods of both snow peas and snap peas are edible, and both feature a slightly sweeter and cooler taste than the garden pea.

Snap Peas are bursting with nutrients. They provide good to very good amounts of 8 vitamins, 7 minerals, dietary fiber and protein. Snap Peas' supercharged nutritional profile can supercharge your health.



Trade Tip:

When selecting green peas, run your finger to the top of the pod to make sure the peas are not too large but fill up the whole pod. If the pod is not completely filled, the peas won't be as sweet as the ones in a full pod.



Nutrition Facts

Serving Size (100g) 3.5 ounces	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	0%
Dietary Fiber 2g	0%
Sugars 0g	
Protein 5g	
Vitamin A 10%	Vitamin C 30%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

One pound of green peas in the pod yields about a cup when shelled. A pound of sugar snap or snow peas will feed four.



"We Care"



FUN FACTS

- Sugar snap peas were developed in 1979
- Edible-pod peas have fibers that go in only one direction, allowing them to be easily chewed
- Only 5% of peas grown are sold fresh
- Thomas Jefferson planted more than 30 varieties of peas in his garden
- Half of the sugar content of peas will turn to starch within 6 hours if kept at room temperature



Asian Style Sugar Snap Peas Recipe

Ingredients

- 2 teaspoons oil
- 1/4 cup finely chopped onion
- 1 tablespoon soy sauce
- 1/2 teaspoon Garlic Pepper Seasoning
- 1/4 teaspoon Ginger, Ground
- 16 ounces sugar snap peas

Directions

Heat oil in large skillet on medium heat. Add onion; cook and stir 1 to 2 minutes until tender. Stir in soy sauce, garlic pepper seasoning and ginger. Add sugar snap peas; toss to coat well. Reduce heat to medium-low; cover and cook 5 minutes or until peas are heated through. Season with additional garlic pepper seasoning, if desired



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.*
 Peppergrass, 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.*

