

Market Outlook

Lettuce:

The Iceberg lettuce market is up a few dollars for next week. Overall quality has been good this past week. We have transitioned to Huron and Salinas CA.

Leaf:

The romaine market is steady to slightly stronger. Romaine hearts are steady/strong for next week. Green and Red leaf markets are mostly steady. Quality has been good on all leaf item.

Broccoli:

The commodity broccoli market is trading near the bottom and a great value. Overall, Quality has been looking very good.

Cauliflower:

The cauliflower market is a little stronger for next week. Quality has been good on inbound.

Carrots:

The carrot market is higher for next week. The Canada season has finished and there are lighter supplies available. Quality has been good.

Celery:

The Celery market remains very strong in California and costs remain extremely high for next week. We are seeing good quality, but availability is poor. We are being heavily prorated. Processed celery will run short.

Strawberries:

The market is slightly lower with availability beginning to improve in California. Quality has been fair to good.

Potatoes:

The market on Idaho potatoes remains strong across all sizes with the larger potatoes especially strong. Quality has been good to very good on inbound.

Onions:

The Western onion market remains high on yellows and reds. Storage product is winding down and new crop is light in supply. Quality on onions has been good to very good.

Citrus

The California lemon market is strong across all sizes, but especially on small sizes. Quality has been good overall. We are seeing good quality over all on navel oranges and that market is steady. The Lime market has strengthened again for next week with supplies remaining light overall. We are seeing fair to good quality on inbound.

Cucumbers:

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

Peppers:

The green pepper market has declined with better availability for next week. Quality has been fair to good.

Tomatoes:

The round tomato market is a few dollars lower with overall light supplies in Florida. Mexico also crossing light volume. Quality has been good overall. Grape tomatoes and cherries are steady. Both are showing good quality. The Roma market is steady with light supplies crossing from Mexico. Availability in Florida also remains light.

Spring Sprouts

Week of April 21st

Tart and tangy with an underlying sweetness, grapefruit has a juiciness that rivals that of the ever popular orange and sparkles with many of the same health benefits.

The grapefruit is popular for its' aroma as well as its' flavor. Extracts are used for Perfumes, Soaps, Oils, Lotions, and medicinal uses.



This citrus was given the name "grapefruit" in 1814 in Jamaica, a name which reflects the way it's arranged when it grows-hanging in clusters just like grapes.



Selection

The fruits should be heavy for their size as this usually indicates that they feature thin skins and therefore a higher concentration of juicier flesh. Those that have rough or wrinkled skin usually tend to be thick skinned and should be avoided. Grapefruits should be firm, yet slightly springy when gentle pressure is applied.

Broiled Grapefruit + Honey + Brown Sugar

- Mix together 1Tbs brown sugar & 1 tsp cinnamon
- Slice grapefruit in half and sprinkle brown sugar mix on both halves then drizzle with desired amount of honey.
- Place on cooking sheet and broil in the oven for 4-6 minutes!



Local Produce

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



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.*
Pepperpress, 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#

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

Fun facts

- The grapefruit was originally called the forbidden fruit
- Florida produces the most grapefruit in the world – around 2 million tons a year
- Arizona, California, and Texas also produce grapefruit
- Half of a grapefruit contains the total amount of vitamin C your body needs in one day
- A half of a grapefruit contains 6 grams of fiber, making it one of the highest fiber fruits

Salty Dog



Ingredients

Coarse kosher salt
Ice cubes
2 parts vodka (or gin)
3 parts freshly squeezed grapefruit juice
Slices of grapefruit for garnish

Directions

Pour kosher salt onto a small flat plate, wet the rims of the glasses and dip the rim in the plate of salt spinning to coat.
Fill glasses with ice cubes
Pour 2 parts vodka and 3 parts grapefruit juice over the ice. Stir gently to combine and serve

