

# Market Outlook

## Lettuce:

The Iceberg lettuce market has declined 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 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 has rebounded and is a few dollars higher. Overall, Quality has been looking very good.

## Cauliflower:

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

## Carrots:

The carrot market is steady 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 improved supplies 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 is steady 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 remains strong for next week with supplies light overall. We are seeing fair to good quality on inbound.

## Cucumbers:

The market is a little stronger. We are seeing Florida, Honduras and Mexico product Quality has ranged from fair to very good.

## Peppers:

The green pepper market is steady to slightly higher. 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 28th

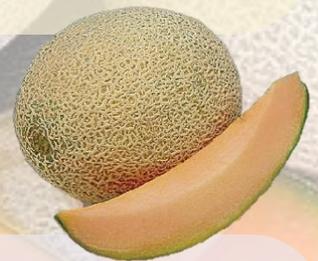


## Choosing

Ripe cantaloupes have a sweet fragrance and are slightly soft at the stem end. Tap on one with your knuckle -- a dense, juicy fruit will make a deep sound.

## Storing and Using

If you'll eat a melon within a day or so, leave it out and enjoy its perfume; otherwise, refrigerate it for up to 5 days. Be sure to wash the outside with soap and water before slicing. Try it with lime juice and cilantro for a fruity salsa.



## Fruit Science

Cantaloupe does not ripen after it is picked, so once a cantaloupe is removed from the vine it will not sweeten any further. Many people believe that allowing the cantaloupe to ripen on a countertop will increase the sweetness, but it's not true! The melon will become softer and juicier if not cut and served after being picked. Cantaloupe should not sit at room temperature for more than 4 days.





# 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.\*
- Peppercress, 8 oz.\*
- Red Mustard, 8 oz.\*
- Red Russian Kale, 8 oz.\*

## New Jersey

### Not stocked:

- Dandelion
- Green Leaf 24ct
- Red Leaf 24ct
- Bok Choy
- Green Swiss Chard
- Dill
- Mint

### Stocked:

- Escarole
- Endive
- Baby bok Choy

## 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.

## 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

## 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.\*

## Fun Facts

- ❖ Cantaloupes are named for the papal gardens of Cantaloupe, Italy, where some historians say this species of melon was first grown.
- ❖ Cantaloupe comes with its own serving bowl. You can cut them in half through the middle and scoop out each half with a spoon.
- ❖ Cantaloupes are actually muskmelons, because of its sweet smell.
- ❖ It is hard to believe, but the great taste of a juicy sweet cantaloupe comes with a very small caloric price: only 50 calories per 6-oz. slice!
- ❖ The Juicy sweet Cantaloupes are often used as a dessert alternative.
- ❖ Leaving an uncut Cantaloupe at room temperature for two to four days makes the fruit softer and juicier.

## Grilled Shrimp with Cantaloupe-Lime Salsa



### Ingredients:

#### For the salsa:

- 1/2 small cantaloupe, diced
- 2 large tomatoes, diced
- 1/4 red onion, diced (or sweet onion)
- 1 teaspoon jalapeño pepper, seeded and minced (to taste)
- 1 lime, juiced
- 1 orange, zested and juiced
- 1/4 teaspoon kosher salt, to taste
- freshly ground black pepper
- handful fresh basil leaves, torn into small pieces

#### For the shrimp:

- 1 pound shrimp, shelled (though you can leave the tail on if you wish)
- 1 tablespoon olive oil
- salt and freshly ground black pepper

### Directions:

#### For the salsa:

In a large bowl, combine all ingredients and toss to combine well. Taste and adjust seasoning, if needed.

#### For the shrimp:

Pat the shrimp very dry. Toss the shrimp with the olive oil and then season with salt and pepper.

There are several ways you can prepare the shrimp:

- BBQ grill: Skewer and grill over high heat, 2-3 minutes per side.
- Broil: Lay on baking sheet, broil for 3-4 minutes per side on high, with rack set 6-8 inches under heat.
- Grill pan on stove: Heat a grill pan on high heat, grill shrimp 2-3 minutes per side
- Stir fry: Heat wok over high heat, swirl in a bit of cooking oil. When hot, add shrimp and spread out so that they are not overlapping (Give each shrimp some personal space!) Cook 2 minutes. Give it a good toss and spread out again. Cook the other side another 2 minutes.