

Market Outlook

Summer Fresh

Week of June 9th

Lettuce:

The Iceberg lettuce market is higher for next week as supplies have tightened. Overall quality has been very nice on inbound this past week.

Leaf:

The romaine market is also higher for next week. Romaine hearts are higher. Green and Red leaf markets are up just slightly. Quality has been good on all leaf items.

Broccoli:

The commodity broccoli market is lower by a few dollars and remains on the strong side overall with fair availability. Overall, Quality has been looking very good.

Cauliflower:

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

Carrots:

The carrot market is steady for next week. Supplies are generally light. We have good quality Mexican carrots in house.

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 lower with better supplies on quality fruit in California. Quality has started to improve, but remains only fair to good.

Potatoes:

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

Onions:

The Western onion market is stronger on yellows and reds for next week. 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 and strong especially on small fruit. The Lime market has declined for next week with crossings from Mexico improving. We are seeing fair to good quality on inbound.

Cucumbers:

The market is steady to slightly lower for next week. We are seeing product from Georgia. The Carolinas are just starting production. Quality has ranged from fair to very good.

Peppers:

The green pepper market has declined for next week, but is expected to turn around and head higher by mid-week. Quality has been fair to good.

Tomatoes:

The round tomato market is slightly higher with supplies in Florida wrapping up for the season. We will have our first of the season South Carolina tomatoes arriving week 24. Quality has been good overall. Grape tomatoes are a few dollars higher and cherries are steady heading into next week. Both are showing good quality. The Roma market is much higher with light supplies crossing from Mexico and the Florida season has finished.



Blueberry Buckle

Ingredients

- 3/4 cup white sugar
- 1/4 cup butter
- 1 egg
- 2 teaspoons lemon zest
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 tablespoon flour
- 1 1/2 cups fresh blueberries

Topping

- 1/4 cup + 1 tablespoon butter
- 1/4 cup brown sugar
- 1/4 cup white sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon ground cinnamon

Directions:

- Preheat oven to 350 degrees. Grease an 8x8 pan.
- In a large bowl, cream sugar, butter, egg & lemon zest until fluffy.
- In a separate bowl combine flour, baking powder, and salt. Add to sugar mixture, alternating with milk mixing just until combined.
- Toss blueberries with 1 tablespoon flour. Fold into batter and spread in prepared pan.
- Combine all topping ingredients in a small bowl until crumbly. Sprinkle over batter and bake 40-45 minutes or until a toothpick comes out clean.



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.*

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.*

New Jersey

Not stocked:

- Squash Green
- Escarole
- Endive
- Cabbage Green
- Collard Greens

* denotes special order