FRESH FACTS
Your Weekly Market Update!
May 20, 2019

Weekly Specialties

Fresh on the Market

<table>
<thead>
<tr>
<th>Product</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Santa Claus Melons</td>
<td>4 - 6 Ct</td>
</tr>
<tr>
<td>Agretto</td>
<td>6 Ct</td>
</tr>
<tr>
<td>Yellow Meat Watermelon</td>
<td>4 - 6 Ct</td>
</tr>
<tr>
<td>Canary Melons</td>
<td>4 - 6 Ct</td>
</tr>
<tr>
<td>Red Cactus Pears</td>
<td>10 Lb</td>
</tr>
<tr>
<td>Lychee Nuts</td>
<td>10 Lb Unit</td>
</tr>
<tr>
<td>Basil Blossom</td>
<td>Clam</td>
</tr>
<tr>
<td>Hawaiian Papaya</td>
<td>7 - 9 Ct</td>
</tr>
<tr>
<td>Gold Kiwi (New Zealand)</td>
<td>Flat</td>
</tr>
<tr>
<td>Finger Limes (Very Limited)</td>
<td>8 oz</td>
</tr>
<tr>
<td>Hibiscus Flower</td>
<td>Clam</td>
</tr>
<tr>
<td>Hami Melons (Mexico)</td>
<td>9 - 11 Ct</td>
</tr>
<tr>
<td>Micro Flowers Blend</td>
<td>Clam</td>
</tr>
<tr>
<td>Micro Mint Lavender</td>
<td>Clam</td>
</tr>
<tr>
<td>Petite Watercress Pink Ice</td>
<td>Clam</td>
</tr>
<tr>
<td>Chanterelle Mushrooms (Limited) (Morocco)</td>
<td>Lb</td>
</tr>
<tr>
<td>Pea Shoots Gold</td>
<td>Clam</td>
</tr>
<tr>
<td>English Peas</td>
<td>30 Lb</td>
</tr>
<tr>
<td>Carolina Reaper Peppers</td>
<td>8 - 50 gm Packs</td>
</tr>
<tr>
<td>Ghost Peppers Fresh</td>
<td>8 - 50 gm Packs</td>
</tr>
<tr>
<td>Scorpion Peppers Fresh</td>
<td>8 - 50 gm Packs</td>
</tr>
<tr>
<td>Petite Watercress Pink Ice</td>
<td>Clam</td>
</tr>
<tr>
<td>Pacific Rose Apples</td>
<td>55 Ct</td>
</tr>
<tr>
<td>Amarosa Potatoes</td>
<td>10 Lb</td>
</tr>
<tr>
<td>Red Tamarillo</td>
<td>Flat</td>
</tr>
<tr>
<td>Sour Green Plums</td>
<td>VF 25 Lb</td>
</tr>
<tr>
<td>Cherries</td>
<td>16-18 Lb</td>
</tr>
<tr>
<td>Micro Mirepoix Mix</td>
<td>Clam</td>
</tr>
<tr>
<td>Petite Basil Allspice</td>
<td>Clam</td>
</tr>
</tbody>
</table>

Coming Soon:

Charantais, Meyer Lemons (New Zealand)

Tight/ Limited
- Baby Gold Summer Squash
- Kaffir Lime Leaves
- Savoy Cabbage
- Baby Romanesco
- Colored Cauliflower (Limited)
- Purple Cauliflower (Extremely Limited)
- Passion Fruit (Cal, NZ)
- Chervil
- White Asparagus
- Figs
- Red Endive
- Gold Tomatoes

Gapping
- Currant Berries
- Hand of Buddha
- Greengage Plums
- Baby Kiwi
- California Cherimoya
- Thai Starfruit

Winding Down
- Meyer Lemons (CA)
- Kumquats
Crop Update

Apples & Pears
Small sized apples continue to be in high demand and light supply. Subbing on certain sizes may be necessary to fill orders. D’Anjou, Red D’Anjou, and Bosc pears are still available out of Washington, and Bartlett pears are available from Chile and Argentina.

Asparagus
Production out of Mexico has slowed down due to transition in Mexico. California and Washington continue with good production. Markets are steady with demand coming off and overall quality is good.

Avocados
Supplies continue to come from California with steady volume while Mexico begins to decline on production from the current crop. Quality is better from Cali with fruit at the peak of the season while fruit from MX is late in the season and ripens rapidly. Overall markets are active and on the rise.

Broccoli
The broccoli market continues to remain extremely tight with the rain we’ve had during the growth process in Salinas. This wet weather has caused rain gaps in Salinas. Look for supplies to be snug going into next week. Quality is good with slight purpling, some mechanical damage, and occasional yellow cast.

Cauliflower
The cauliflower market continues to remain in a demand exceeds supply situation. Yields are extremely down due to the wet weather we experienced in the Salinas Valley over the last few months. Overall, the quality is good with minor bruising and yellow cast with weights in the 25 to 28-pound level. Look for the market to stay steady going into next week.

Bell Peppers
Supplies on all colored bells out of Mainland MX are winding down with transition right around the corner. Green bell production out of Coachella is going with steady volume. Red and Yellow bells continue out of Baja with mainland MX production decreasing. Coachella has started production on red and yellows, but are limited. Markets are active with heavy demand coming from the East coast. Quality is good.

Berries
Blackberries Mexico is still the main supplier, with California getting up and running. Look for quality and supplies to remain good for the next few weeks.

Raspberries
Supplies and quality have been good out of Mexico. California is starting up, but lagging as far as supplies go. Look for the markets to stay the same until we get into June.

Strawberries
Rain in the California growing regions could disrupt harvests and push the markets up a bit. Quality should remain good as we gear up for Memorial Day.

Blueberries
California is starting to get its leg under it supply wise, with Mexico being the main producer. Look for quality and supplies to improve as the California crop gains momentum.
**Leaf Lettuce & Iceberg**

*100% Salinas Product*

Iceberg Lettuce: Strong supplies are expected to be available all week with this commodity. Santa Maria and Salinas are the main growing regions. The quality overall has been fair. Upon arrivals, there have been reports of mechanical, slight puffiness, occasional growth crack, and minor insect damage. The temperatures in the growing regions have been fair ranging in the 60s-70s. Suppliers in Salinas and southern California are flexing on large volume type orders. The weights on wrap lettuce have a range of 38-44 pounds.

Leaf Lettuce: Shippers were expecting the market to get stronger on romaine as well as all leaf items, but demand has fallen off. This market is steady. Some issues on romaine have been reported includes ribby, slight insect damage, discoloration, and some fringe burn. Most suppliers are reporting this. Green and red leaf, as well as butter, have had almost identical issues as romaine. There is plenty of product to meet demand.

---

**Citrus**

Lemons: The Central Valley and Oxnard growing areas are coming along nicely and peaking on 75ct/95ct/115ct as we head into April. Expect limited availability on 165’s/200’s/235’s for the next couple months. Prices are firming up and looking to remain steady on small size choice and fancy fruit.

Oranges: California late season Navels are winding down. 113’s and smaller sizes will remain limited going into June. Quality on Navels is fair and the market continues to climb. Some California shippers have started in a small way on Valencias.

---

**Onions**

The Idaho storage crop is done for the season, and will harvest again in August. The California crop season is off and running, with all three colors available. Quality has been good.

---

**Tomatoes**

Gas greens continue out of Central Mexico. Quality continues to be excellent. Supplies on vine ripe tomatoes start to wind down as Central Mexico production slows down and Baja starts new crop. Roma, grape and cherry tomato volume is good with new crop beginning out of Southern Baja. Quality is good.

---

**Squash**

Fresno and Santa Maria have started with better production coming from Fresno. Mainland MX begins to wind down with Squash starting in Baja. but is limited. Zucchini is in better supply than yellow squash. Markets are steady. Quality is good.

---

Information is subject to daily weather and market fluctuations and is meant to be used as a guide.
## Amenities

### APPLES
- **ITEM** 6433 Baby Gala, Single Layer
- **ITEM** 2112 Baby Granny, Single Layer
- **ITEM** 9246 Baby Jonagold, Single Layer
- **ITEM** 1979 Baby Pink Lady, Single Layer
- **ITEM** 7800 Baby Red Del, Single Layer
- **ITEM** 2276 Baby Fuji
- **ITEM** 3652 Fuji 48 count
- **ITEM** 1845 Grapple 48 count
- **ITEM** 2606 Jonagold Apples

### TROPICAL / OTHER
- **ITEM** 1152 Baby Bananas Red
- **ITEM** 3916 Baby Bananas Yellow
- **ITEM** 1345 Baby Pineapple
- **ITEM** 2628 Dates Organic
- **ITEM** 4669 Dragon Fruit
- **ITEM** 1976 Rambutans
- **ITEM** 1084 Hawaiian Papaya
  
  - Call for Availability

### CITRUS
- **ITEM** 9039 Minneola
- **ITEM** 2037 Tangerines
- **ITEM** 1472 Tangerines Murcott
- **ITEM** 1333 Blood Orange
- **ITEM** 1368 Kumquats

### DRIED FRUIT
- **ITEM** 3020 Apricots Dried
- **ITEM** 1857 Apples Dried
- **ITEM** 3994 Blueberries Dried
- **ITEM** 3866 Cherries Sun Dried
- **ITEM** 1756 Figs Dried White
- **ITEM** 3588 Figs Dried Black
- **ITEM** 5038 Goji Berries Dried
- **ITEM** 1327 Peaches Dried
- **ITEM** 1819 Pears Dried
- **ITEM** 9173 Raisins on the Vine

### PEARS
- **ITEM** 1339 Pears Asian 14-16 Count
- **ITEM** 8809 Pears Bosc, Single Layer
- **ITEM** 9814 Forelle Pears, Single Layer
- **ITEM** 9815 Pears, Seckel, Single Layer
- **ITEM** 9813 Pears, Comice, Single Layer
- **ITEM** 9814 Pears, Forelle, Single Layer
- **ITEM** 1966 Baby Pears, Asian Fragrant

www.getfreshsales.com
Organics

ITEMS

- Beets, Red - 25 Lb
- Beets, Gold - 25 Lb
- Chard Green - 24 Ct
- Collards - 24 Ct
- Butter Leaf - 24 Ct
- Parsley Curly - 30 Ct
- Turnips - 25 Lb
- Watermelon Radish - 10 Lb
- Black Spanish Radish - 10 Lb

www.getfreshsales.com
FRESH FACTS
Your Weekly Market Update!

Farmer’s Market

Weekly cutoff time is 9 AM Monday for Friday delivery.
Subject to Availability

FEATUERED FARMS

Black Sheep Farms (Riverside)
• Fennel
• Parsnips
• Chard: Rainbow
• Brussels Sprouts
• Broccolini
• Winter Squash: Spaghetti, Butternut, Acorn, Kabocha
• Carrots: Baby Rainbow, Thumbelina
• Baby Beets: Red, Gold, Chiogga
• Cauliflower: Purple, Orange, Green, White, Romanesco
• Green Frill Mustard

Garcia Organic Ranch (Fallbrook)
• Mandarins
• Green Meyer Lemons
• Bears Limes

Bob Polito
• Ruby Star Grapefruit
• Lemons: Lisbon
• Oranges: Valencia

Her Produce (Fresno)
• Pea Tendrils
• Sugar Snap Peas
• Cabbage: Savoy, Napa, Bok Choy, Shanghai Choy, Hong Kong, Yu Choy
• Onions: Japanese Green, Thai Green
• Eggplant
• Lemongrass
• Cauliflower: Sprouting Japanese, Yellow, Purple, Green, White, Romanesco

www.getfreshsales.com
Farmer’s Market

FEATURED FARMS

Two Peas in a Pod (Arroyo Grande)
- **Dry Beans**: Cannellini, Scarlet Runner, Cranberry, Black Turtle
- **Brussels Sprouts**: Green, Purple, Tops, Stalks, Kalettes

Weiser Family Farms (Tehachapi)
- **Sunchokes**
- **Potatoes**: Russian Banana, Pee Wee
- **Turnips**: Scarlet, Milano
- **Baby Carrots**: Red, Orange, Yellow, White, Purple, Mixed
- **Radish**: Watermelon, Purple, Green
- **Pea Tendrils**
- **Pan de Zucchero Chicory**

McGrath Family Organic Farm (Camarillo)
- **Baby Kale**
- **Pea Tendrils**
- **Wild Arugula**
- **Tahitian Squash**
- **Cilantro Flower**
- **Stinging Nettles**

Weekly cutoff time is 9 AM Monday for Friday delivery.
Subject to Availability

---

FRESH FACTS
Your Weekly Market Update!

May 20, 2019

www.getfreshsales.com
May 20, 2019

FRESH FACTS
Your Weekly Market Update!

Market Selections

Kagome Salsa
If you could dip your favorite tortilla chips in magic, it would be called Salsa by Kagome. They capture premium scratch ingredients to highlight the delicious flavors in each bite. Their salsa is such a versatile item you are able to incorporate it into several menu offerings. Serve as is or use as a start for your own recipe. For a sample, please reach out to your sales rep. 6/ 108 oz packages.

Ripe Bar Juice
Temperatures are rising and pool season is approaching! Bringing Ripe Bar Juice to the party means fresh, cold-pressed juice ready to mix into any cocktail. Ripe Bar Juice allows mixologists to maintain consistent cocktails without sacrificing speed of services during peak hours. Get Fresh is your exclusive source for the Ripe Bar Juice flavor line: Agave Margarita (Lime Sour), San Marzano Bloody Mary, Classic Lemon Sour, Agave Mojito, Bajan Punch, Classic Cosmopolitan, and Cocktail Cranberry. Request a sample from your sales rep.

Winona Foods Cheese
From sauces and salads to sandwiches and entrees and every course in between, cheese is a beloved component in countless recipes. Whether your specifications call for shredded, cubed or sliced, Winona Cheese is your solution. Additionally, because they’ve built their company with a Wisconsin cheese-making heritage, the experts at Winona Foods also concentrate on packaging that supports longer shelf stability and maintaining product freshness. When you ask your sales rep for a sample also get them to tell you more about twin-stack and rapid-pack!

RaviFruit
Your expectations will be exceeded with RaviFruit’s all natural frozen fruit purees with no added flavor, color, or preservatives. The attention to detail is evident in fruit selection process, as well as, their strict harvesting standards- picking the produce only when it is fully ripe. Consistent product quality allows for several applications. Some favorites we have seen from our chefs include: desserts, sorbets, ice creams, fruit mousses, jellies, and cocktails. Would you like to sample this product? Or, perhaps you have time for a demo. Either way, our team can get you what you need.

www.getfreshsales.com