

the Source +



Market Alerts

Avocados – Supplies of all grades and sizes of **Avocado** continue to be extremely tight. California and Peru's harvests are finishing up, and Mexico's continued light imports are keeping pricing very high. Quality is good. Fully ripened product may retain green skin color in some instances.

Colored Bell Peppers – Supplies are limited on **Red** and other **Colored Bells**. Pricing is higher than normal, with good quality reported. **Green Bells** are a much better value, in all sizes and grades.

Brussels Sprouts – Field transition in California has tightened supplies. Pricing may be higher in certain markets. Quality is fair, with some internal decay reported.

Potatoes – The storage crop for **Idaho bakers** is coming to an end over the next few weeks. Pricing is higher on most sizes, with **90 CT and smaller** being the best value. Quality is good to fair, with sprouting and bruising the most common issues.

Apples – The storage crop is coming to an end, with Granny Smith, Fuji and Gala becoming less available. Sizes may be substituted during the month of August. **Golden Delicious** in particular are very scarce. Consider substituting with other varieties.

Cucumbers – Light harvests out of Baja California have caused prices to rise in the Western half of the country on all field-grown Cucumbers. Quality is good, and Select Grade product is the best value.

A Peek at Peak Seasons

Locally Grown – The local growing season for most of the U.S. is heating up. Be sure to ask your distributor for recommendations!

Tomatoes – The summer growing season is in full swing. Locally grown product is available in most parts of the country – ask your distributor for recommendations!

Stone Fruit – Peaches, Nectarines, Apricots and Plums are all available and great quality.

Grapes – Quality is once again excellent on all sizes of California Red and Green Grapes.

Blueberries – Michigan, New Jersey and the Pacific Northwest are all harvesting great quality berries.

Sweet Corn – It's peak season for White, Yellow and Bi-color Corn. Quality and pricing are great!

Watermelon – It's also peak season for seeded and seedless melons, with locally grown product often available.

Cantaloupe – California melons are at a peak, with very nice quality and great sugar levels.

Weather Update

California: Very warm temperatures early in the week, followed by cooling, with seasonal moisture.

Mexico: Isolated thunderstorms and seasonal temperatures in all major growing regions.

Southeastern U.S.: Above-average temperatures and daily showers/thunderstorms in most of the region.



The newest kitchen tool is already in your pocket.

Created for chefs by chefs, **Colorful Plates** is an online toolkit for culinary artisans of all experience levels looking for produce knowledge and inspiration. From Michelin-starred restaurants to home cooking enthusiasts, advice, information, and creativity available on the website is designed to elevate produce understanding.

JOIN THE COMMUNITY AT WWW.COLORFULPLATES.CO



www.proactusa.com

Commodities at a Glance

 APPLES	Quality is good, certain varieties may be less available	 CELERY	Quality and pricing are good	 LETTUCE LEAF	Quality is good, pricing is slightly higher on Romaine Hearts
 ASPARAGUS	Quality is good, pricing is higher, smaller sizes are the best value	 CITRUS (LEMONS)	Quality and pricing are good	 LETTUCE TENDER LEAF	Quality and pricing are good
 AVOCADO	Quality is good, pricing is extremely high	 CITRUS (LIMES)	Quality and pricing are good	 MELON (CANTALOUPE)	Quality and pricing are good
 BELL PEPPERS	Quality is good, pricing is higher on Colored Bells	 CITRUS (ORANGES)	Quality and pricing are good	 MELON (HONEYDEW)	Quality and pricing are good
 BERRIES (BLACKBERRIES)	Quality and pricing are good	 CUCUMBERS	Quality is good, pricing is slightly higher	 MELON (WATERMELON)	Quality and pricing are good
 BERRIES (BLUEBERRIES)	Quality and pricing are good	 EGGPLANT	Quality is good to fair, pricing is higher	 ONIONS	Quality and pricing are good
 BERRIES (RASPBERRIES)	Quality and pricing are good	 GARLIC	Quality is fair, pricing is higher	 PEARS	Quality and pricing are good
 BERRIES (STRAWBERRIES)	Quality is fair, pricing is good	 GRAPES (GREEN)	Quality and pricing are good	 PINEAPPLES	Quality and pricing are good
 BROCCOLI	Quality and pricing are good	 GRAPES (RED)	Quality and pricing are good	 POTATOES	Quality is good to fair, pricing is higher, 90 CT and smaller are the best values
 BRUSSELS SPROUTS	Quality is good to fair, pricing is slightly higher	 GREEN ONIONS	Quality and pricing are good	 POTATOES (COLORED)	Quality and pricing are good
 CARROTS	Quality and pricing are good	 KALE	Quality and pricing are good	 SQUASH	Quality and pricing are good
 CAULIFLOWER	Quality and pricing are good	 LETTUCE ICEBERG	Quality and pricing are good	 TOMATOES	Quality and pricing are good

