

the Source +



Market Alerts

STRAWBERRIES – Quality has improved to fair out of California and Mexico, and Florida remains poor due to recent heavy rain and colder weather. Pricing may be higher in certain markets.

Blackberries and **Blueberries** are better cost and quality alternatives.

LEAF LETTUCE – Pricing on **Green** and **Red** Leaf Lettuce is down from last week, but remains above normal, with fair quality. Iceberg and Romaine are better cost and quality options.

MELONS – Supplies of Cantaloupe and Honeydew are very light, due to limited harvests out of Mexico, and a slow start to the Central American season. Quality is good, but pricing may be higher in certain markets.

CELERY – Transition-related light harvests continue to cause higher pricing than normal, with good to fair quality reported.

TOMATOES – Supplies have improved on all sizes/varieties, particularly on Romas. Quality is still fair, especially in the Eastern half of the U.S., due to the continued cold and rain in Florida's growing region. Pricing is still slightly higher than normal in most markets, with 5x6 Rounds being the best overall value.

A Peek at Peak Seasons

Cherries: Quality is excellent on imported Cherries.

Specialty Potatoes: – Quality is very good on all Colored, Fingerling, and Yukon Potatoes.

Pears: Quality is excellent out of Washington and California on all varieties.

Cranberries: Just in time for holiday menus, quality is great on fresh Cranberries.

Specialty Citrus: The winter citrus season has begun – Mandarins, Tangerines, Clementines and Blood Oranges are available in most areas. Ask your distributor for recommendations!

Winter Squash: Butternut, Acorn, Delicata, Spaghetti and more are available – ask your distributor for recommendations!

Kale: Quality is excellent, with full bunches and dark green color.

Avocados: Quality is excellent and pricing is lower than in recent months. Fully ripened product is plentiful.

Weather Update

California: Temperatures will warm to seasonal levels throughout the week, with some rain and wind to the south.

Yuma, AZ: Dry conditions, seasonal daytime temperatures and cold overnights.

Mexico: Dry conditions, seasonal daytime temperatures and cold overnights.

Florida: Heavy rainfall over the weekend, with dry conditions most of the following week.



The newest kitchen tool is already in your pocket.

COLORFUL PLATES

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

The Source + December 21, 2018

Commodities at a Glance

 Apples	Quality is good, 125 CT and smaller sizes are less available	 Celery	Quality is good, pricing is higher	 Lettuce Leaf	Quality is fair, pricing is higher
 Asparagus	Quality is good, pricing is fair quality is good.	 Citrus (Lemons)	Quality and pricing are good	 Lettuce tender leaf	Quality is fair, pricing is good
 Avocado	Quality and pricing are good	 Citrus (Limes)	Quality and pricing are good	 Melon (Cantaloupe)	Quality is good, pricing is higher
 Bell Peppers	Quality is good, pricing is higher	 Citrus (Oranges)	Quality and pricing are good	 Melon (Honeydew)	Quality is good, pricing is higher
 Berries (Blackberries)	Quality and pricing are good	 Cucumbers	Quality and pricing are good	 Melon (Watermelon)	Quality and pricing are fair
 Berries (Blueberries)	Quality and pricing are good	 Eggplant	Quality and pricing are good	 Onions	Quality and pricing are good
 Berries (Raspberries)	Quality is good, pricing may be higher	 Garlic	Quality is fair, pricing is higher	 Pears	Quality and pricing are good
 Berries (Strawberries)	Quality is fair, pricing may be higher	 Grapes (Green)	Quality is fair, pricing is higher	 Pineapples	Quality and pricing are good
 Broccoli	Quality is good, pricing is fair	 Grapes (Red)	Quality is fair, pricing is good	 Potatoes	Quality and pricing are good
 Brussels Sprouts	Quality is fair, pricing is good	 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 is fair, pricing is good	 Tomatoes	Quality is good to fair, pricing is higher

