



Fresh For Your Success. Right For Our Environment.™

Market Updates:

January 19, 2024

Conventional Fruit:



Apples: Supplies are strong on most all varieties. The market on gala is stronger. Heaviest supply is on smaller size apples and lower grades. Varieties to promote include Honeycrisp, Fuji, Red Delicious and Granny smith.



Bananas: The market remains steady with good supplies from all shippers.



Berries: **Blackberries.** Markets remain strong with light supplies.

Blueberries – Markets remain strong. Supplies are tight.. **Raspberries** – Markets remain strong with light supplies. **Strawberries** – Markets remain strong with light supplies.



Citrus: Oranges – California navel supplies are in a good spot with steady markets. Peak sizes are 72/88ct. As this crop peaks on medium and larger fruit, small fruit will tighten up significantly as the season progresses.

Lemons – Currently, all three districts are shipping, with an overall peak size of 140/165ct. The market is steady. Fancy fruit will see some relief when District 1 ramps up each week, bringing more fruit to market.

Limes- Markets remain very strong with lighter supplies crossing into the US.



Citrus, Varietal: Grapefruit – Texas and Florida markets are steady with good supplies. Expect these markets to remain with low yields from the growing districts.

Tangerines- California fruit is coming into full production. Satsuma Mandarins, Little Cuties, and Halos are now in stock. Sumo Mandarin supplies are solid with a steady market.



Grapes: Markets remain strong. Import Grapes from Peru. Cotton Candy from Peru. Black Seedless from California.



***Melons:* Cantaloupe** - Markets are stronger out of Guatemala. **Honeydew**- Markets are steady. **Watermelon** –Markets remains strong out of Mexico.



***Tropical Fruit:* Mangos** – Supplies remain extremely tight.

Peru is now shipping fruit, with a very high market.

Pineapple – Steady market and supplies.

Papaya – Markets are steady with good supplies.

Kiwi Fruit – California supplies and markets are steady.



Pears: Anjou, Bartlett, Bosc, Comice and Red Anjou pears all available out of the NW. Markets are steady. 20th Century Asian Pears in-stock.

Varietal Fruit

Chilean Stone Fruit: Imported Nectarine and Peach markets are steady with light supplies. Chilean Red Plums will arrive around January 21st.



Market Updates:

Conventional Vegetables:



Anise / Fennel: Supplies are better, and markets are steady.

We have Ippolito brand in stock for next week.



Artichokes: Markets are steady on short stem. Steady on Long stem 14 ct from Ocean Mist.



Asparagus: Asparagus markets remain strong on all sizes.



Avocados: Markets are stronger on 60's 70's/84's, steady on 48's, trending higher on 32's/36's



Beans: Markets are steady with adequate supply.



Beets: Markets and supplies are steady.
Bunch beets are Boskovich brand from Mexico.



Bok Choy: Supplies are good, and the markets are Steady.
We are loading Beachside label from California.



Broccoli: Market is steady. Mild weather with cool nights is keeping production steady.



Broccoli Artisan Sweet Baby: *Supplies are good.*

Markets are steady for next week.



Brussel Sprouts: Steady markets and good supplies.
25 lb cartons, and 12/2# bags are in stock now.
N/W sprouts are finished for the year.



Cabbage: Markets are steady on both red and green.
We are loading new crop red and green cabbage from Arizona now. N/W Bin cabbage is still available WSL.



Carrots: CA market is expected to stay elevated through the winter. AZ market start is being pushed to harvest end of January.



Cauliflower: Cauliflower markets are steady. Cool nights are keeping growth rates down but demand is low keeping markets from fluctuating much.



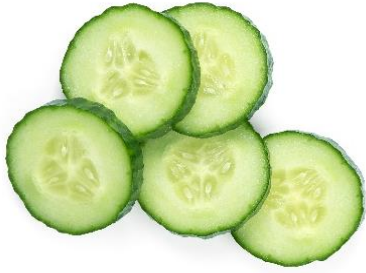
Celery: Supplies are getting better and will see softer y markets for next week.



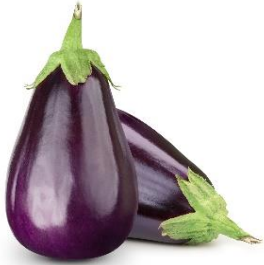
Cilantro: Markets are steady both California and Mexican grown. The supplies from the N/W are done.



Corn: 12/4 packaged corn in stock. Steady markets.



Cucumbers: Slicing cucumber production has dropped substantially. Markets are much stronger with relief 2-3 weeks away. Cold nights are slowing production. Hot house cucumbers are steady but tight.



Eggplant: Eggplant markets are steady with good supply.



Leeks: Markets are steady. We have premium Ralphs brand in from Washington.



Lettuce, Iceberg: Supplies are lighter out of Yuma because of the freezing night temps. Due to episodes of freezing temperatures all lettuce, romaine, and leaf will have some degree of blister and peel. Markets are trending up for next week.



Lettuce, Leaf: Overall good quality with steady supplies. Like the iceberg lettuce the outer leaves will have some freeze damage.



Mushrooms: Good supplies and availability with all growers currently.



Onions: Colored onions now shipping out of the NW, Markets are stronger, especially on white onions. Hermiston sweet onions are available. Peruvian sweet onions are available now.



Onions, Green: Supplies are better and the markets are softer for next week.



Peas: Supplies are very light on both snow and snap peas. The supplies from Mexico are down because of the cooler temperatures. Expect to see some supply gaps.



Peppers: The green pepper market is better with improving supply. Field color bells are also tight but steady. Hot House peppers are tightening as the cold weather slows maturation and color. Mid February looks to be when we can expect some relief.



Peppers, Mini Sweet: Markets are very strong on short supply. The cold weather is hitting mini pepper production hard. Higher markets can be expected into mid to late February.



Peppers, Chilies & Tomatillos: Markets are steady with good supply in Nogales. Tomatillos are a bit stronger but the rest are fairly steady.





Potatoes Russets: Markets are steady. Good supplies on WA and ID Russets out of the NW.



Potatoes colored: Markets are steady. Good supplies out of WA and ID. Also, good supplies on baby colored potatoes out of CA.



Radishes: Markets are trending down with better supplies.

We are loading Boskovich brand from Mexico.



Spinach: The supplies are good with steady markets.

We are loading Beachside label for next week.



Squash: Squash supplies are extremely short and markets are rising daily. Soft squashes are being hit badly by the cold weather in Mexico. Many fields are going dormant with the cold forcing growers to issue Act of God declarations. Mid to late Feb for relief.



Squash, Variety: Markets are tighter. Production is slowing with the cold weather.



Tomatoes: Supplies remain extremely short. The unseasonably cool weather in South Florida is affecting tomato crops. Yields are below normal causing shortages nationwide.

Due to recent rains and damage caused by hurricane Norma, Sinaloa is experiencing supply gaps. Through mid-January, markets are expected to remain active.



Yams & Sweet Potatoes: Markets are steady on conventional yams/sweets. Good supplies available.



Fresh For Your Success. Right For Our Environment.™

Market Updates:

January 19, 2024

Organic Fruit:



Apples, Organic: Markets are steady. Strong overall supplies, all new crop NW product shipping. Fuji, Gala, Honeycrisp remain the most promotable options.



Avocados, Organic: Markets are steady. 36's, 48's , and 12/2 lb. bags in stock.



Bananas, Organic: Supplies are light with high markets



Berries, Organic: Organic Raspberries remain strong with light supplies. Organic Blackberries remain strong with light supplies. Markets are steady on Organic Blueberries. Organic Strawberries remain strong with light supplies.



Citrus, Organic: California Navel Orange production is steady. Sizing is peaking on 72s. Lemon markets have firmed up as Mexico has lighter supplies. Mexico Grapefruit markets are steady. California Satsuma Mandarin production is starting to wrap up. Clementines are now available too.



Grapes, Organic: Done for the California Season. Import Fruit in February.



Kiwi, Organic: California Mega Kiwi supplies are winding down. Expect supply for about 2 more weeks.



Mangoes, Organic: Very short supplies throughout the import season. No relief expected until Mexico starts in late February.



Melons, Organic: Markets remain strong.



Pears, Organic: NW Anjou, Bosc and red pears all available. Bartlett's are wrapped up out of the NW. Markets are steady.



Pineapple, Organic: Supplies out of Mexico are steady.



UNITED SALAD CO.
Fresh For Your Success. Right For Our Environment.™

Market Updates:

January 19, 2024

Organic Vegetables:



Anise “Fennel”, Organic: Supplies are good, and markets are steady.



Beets, Organic: Markets are steady on bunched red and gold. Red and gold are both available in 25lb bags.



Broccoli, Organic: Markets are steady with good supply.

Brussel Sprouts, Organic: Markets are steady with good supplies.



Cabbage, Organic: Markets are steady for next week with good supplies. .

We are loading both red and green from California.



Carrots, Organic: CA market is expected to stay elevated through the winter. AZ market start is being pushed to harvest end of January.



Cauliflower, Organic: Supplies and markets are steady.

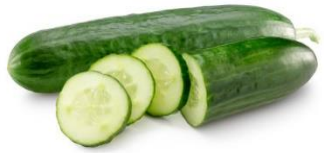


Celery, Organic: Supplies are getting better with the Mexican crop ramping up. We should see lower markets in the upcoming weeks depending on the weather.



Cilantro, Organic: Markets are steady supplies are good.

We have Lakeside and Earthbound labels in stock now.



Cucumbers, Organic: Supply is tight on slicing cucumbers. Euro cucumber supplies are also light but available in Nogales.



Greens, Organic: Markets are steady on all kales, chards, and collards. We are loading from Mexico and California



Green Onions & Radishes, Organic: Markets are trending down for next week.

We are loading Boskovich green onions and radish.



Herbs, Organic: Supplies are better with steady markets on parsleys.



Lettuce, Organic: Markets are steady for next week. Loading all new crop from Yuma now.



Onions, Organic: NW bulk organic onions now shipping. Bags are shipping out of NV. Markets are stronger on Organic bagged onions.



Mushrooms, Organic: Organic mushrooms are steady.



Peppers, Organic: Supply of Hot House colored bells remains very short. Green pepper supply is steady.

Peppers, Organic Mini Sweet: Market is very short with supply day to day.



Potatoes, Organic: Organic russet and colored potatoes are steady out of WA. Good supplies available.



Squash, Organic: Hard squashes are steady. Zucchini and yellow squash are in very tight supply.



Tomatoes, Organic: Steady markets on most tomato packs. Organic Cherry and Grape tomatoes are seeing better production out

Produce Terms:



Market Alert – Simply put, “Market Alert” is what is going on in the market at that given time. Remember, this could change daily based on supply, demand, and weather.

Extreme Market Conditions -- Extreme is just that, extreme. Not within the normal range of what historically has been happening. This could be mostly due to growing conditions and the demand is still there daily. An extreme market will also have extremely high prices as well. Quality can also be adversely affected.

Strong Market -- This means that the price of the product is at the higher end of norm. Growers and shippers have a stronger demand for the product that commands a higher price.

Weak Market – Just the opposite of a strong market a weak market is where the product is plentiful, and the FOB prices are at the lower end of the norm.

FOB – Means “Freight or Free on Board”. This has to do with the cost of the product without freight. Buyers need to know the cost and if the price is delivered or at shipping point.

Escalation – This is when pricing is on the rise. Several factors could include supply and demand, poor quality issues, and gaps in growing regions.

Remains Active – Movement within the commodity group is still at its norm and the demand is still good.

Tighten Up – This is where the product is getting scarcer for the demand.

(Normal) Steady and in Fairly Good Supply – The commodity is just where it should be with nothing out of the ordinary.

Act of God – We have contract for pricing for various items. Sometimes through no fault of anyone prices skyrocket well above the range of norm usually because of severe weather conditions, drought, hurricanes, storms, freeze or anything else that may Did you know you could place your orders [online](#)? Check us out in the app store severely affect product loss and unavailability.

Did you know you could place your orders [online](#)? Check us out in the app store!

