

# PRODUCE PLUS



# Market Outlook

SEPTEMBER 30, 2021



## LOCAL WINTER SQUASH

Winter Squash is distinguished from Summer Squash by the hard outside 'rind', dense flesh, and the ability to store the squash for several months after harvest. Though many varieties of winter squash are available year round, the California season is October through March. We are stocking the following:

**Acorn Squash**- From DF&TF Farms in Yolo County. The outside rind is dark green with a smooth and creamy, yellow flesh. 35# case or each

**Butternut**- From Yeung Farms. Both the most familiar and often used, butternut squash has abundant, meaty flesh, pronounced sweet flavor, and creamy texture when cooked. 35# case or each

**Kabocha**- From Yeung Farms. Kabocha squash has a greenish-gray exterior with a bright yellow flesh. It is prized for its sweet taste and velvety texture. Also known as Japanese pumpkin. 35# case or each

**Red Kurri**- We are currently stocking Red Kurri from Full Belly and Riverdog. Red Kurri has a vibrant reddish orange rind with an orange flesh. Its flesh is firm with a delicate and mellow chestnut-like flavor. 35# case only

**Spaghetti**- Grown by Yeung Farms. Spaghetti squash range from ivory to a rich yellow in color. Spaghetti squash is much different than other hard squashes in terms of texture. Once cooked, its flesh can be separated into long strands, much like spaghetti. 35# case or each

**Delicata**- Grown by Yeung Farms. Cream-colored squash with prominent stripes. Although considered a winter squash, delicata has thin, edible skin. Because of its thin skin, the squash has a shorter shelf life. Delicata can be roasted, sautéed, baked, boiled, or stuffed, no need to peel. 35# case only

## AUTUMN DECOR

Natural Autumn elements can help add a rustic warmth to entryways, table settings, centerpieces and much more. We are currently offering the following:

**Gourds**- 18# case

**Decorative Fall Leaves**- Bunch

**Mini Orange Pumpkins**- 40ct case (Decorative only)

**Mini White Pumpkins**- 40ct case (Decorative only)

**Autumn Mix**- A variety of gourds and mini pumpkins. Sold by the case only.

**Orange Pumpkins (large, medium, and small)**- each

**Fairytale Pumpkins (Blue)**- Case only, 2-3ct

**Cinderella Pumpkins (Red)** Case only, 2-3ct

**Sugar Pie Pumpkins**- Available from Riverdog Farm. Weighing in at about 4-5lbs, Sugar Pies are the modern baking pumpkin. Their skin is noticeably thinner than a regular pumpkin. They also have much sweeter and smoother flesh. Sugar Pies are ideal for pies, custards, cupcakes, and more. A 4lb pumpkin should yield roughly a cup and a half of mashed pumpkin. 35# case

# MARKET MOVERS

## Fruit

**APPLES**— Apple Hill apples are now in stock. Braeburn, Gala, Golden, and Mutsu. Varieties change depending on availability.

**AVOCADO**— Market is very strong. CA season is finishing and there are tropical storms/rain in Mexico. Larger fruit— strong, high 70's, smaller fruit— easing downwards, mid 50's.

**BANANAS**— Market steady.

**BERRIES**— Strawberry sizing is smaller as Watsonville finishes. Santa Maria and Oxnard are just starting. Blackberries— low 30's, raspberries— mid 30's, blueberries— mid 40's.

**CITRUS**— Lime market relaxing into the mid 30's. Lemons are very limited. We are using S. American imports until new crop CA starts. Oranges have excellent flavor, with subpar appearance.

**GRAPES**— Red and green grapes are now from California. Red grapes are in the low-mid 30's, green grapes are in the high 30's. Champagne grapes have finished.

**MELONS**— Market is stronger on cantaloupes and honeydews from CA. Local black watermelon is available from Vierra. Varietal melons from R. Kelly Farm are done, now using Riverdog and Full Belly.

**PEARS**— Local bartletts finishing next week, switching to northwest. Bosc, comice, French butter, and seckle are available from Stillwater.

**STONE FRUIT**— Twin Peaks stone fruit has finished. JJ Ramos will continue into late October.

**TROPICAL**— Pineapple market is steady. Mexican grown mangos have been outstanding.



## Veggies

**ARTICHOKES**— Market is easing on all sizes except baby.

**ASPARAGUS**— Market is very strong in the mid 40's. Should see some relief in 10-14 days.

**BEANS**— Dwelley beans will be available for a few more weeks. Romano, wax, and cranberry shelling beans. French beans from Mexico are limited due to weather damage.

**BRUSSEL SPROUTS**— Market is dropping to mid 30's as coastal growers slowly return.

**CAULIFLOWER**— Market strong, mid 20's. Green, orange, purple, Romanesco, & carnival available.

**CORN**— Brentwood white and yellow corn is available from Dwelley Farms. We are also bringing in corn from Vierra, though it is the same seed variety. Should be available for a couple of weeks.

**LETTUCE**— Market is strong, Salinas/Watsonville growers are gapping. Water restrictions will cause shortages.

**PEPPERS**— Market stronger on all three colors. Green— low 20's, red— high 20's, yellow— mid 30's. Jimmy Nardellos have finished.

**POTATOES**— Northwest russet market remains strong, though large sizes are easing slightly. Plants suffered from heat wave and the Idaho crop is not very strong.

**SQUASH**— No single variety summer, sunburst, or ronde nice, we are subbing toybox squash. Toybox is very limited as growers transition into fall crops. Italian and yellow squash market is stronger from Central California. Acorn, butternut, delicata, honeynut, kabocha, red kurri, spaghetti, and sugar pie pumpkins available.

**TOMATOES**— Local tomatoes are available from Yeung Farms, including green, heirlooms, and true vine ripens. Forecasted to be available until Oct. 31. Local cherry tomatoes are available from Durst, Riverdog, and Full Belly.

## Local

Del Rio Botanical—Limited  
Baby Mixed Squash— 10# case  
Toybox Squash— 20# case  
Lemon Cucumber— 10# cs

Riverdog Farm  
German Butterball— 25# case  
Mixed Cherry Tomato— 12 pint or 1/2 cs  
Sungold Cherry— 12 pint  
Gypsy Peppers— 10#



J&J Ramos  
Yellow and White Peaches— 1 layer/#  
Yellow and White Nectarines— 1 layer/#  
Plums— 25# cs/#  
Pluots— 25# cs/#

Full Belly Farm  
Jimmy Nardello— \*Done\*  
Mixed Melon— 5/6ct case  
Red Kurri— 35# case



Dwelley Farms  
Bluelake Beans— 30#/lb  
Yellow Wax Bean— 10#/lb  
Romano Bean— 10#/lb  
Cranberry Bean— 10#  
White and Yellow Corn— 48ct/each



Yeung Farms  
Green Tomatoes— 10 & 20# cs  
Toybox Heirlooms— 10# cs  
Vine Ripe Round— 20# cs  
Kabocha— 35# cs/ ea  
Butternut— 35# cs/ ea



Vierra Farms—  
Black Seedless— each  
White and Yellow Corn— 48ct or ea  
Butternut Squash— 35# cs/ea  
Delicata— 35# cs

Dust Organic Growers  
Mixed Cherry Tomato— 12/1 pint or 1/2 case

Larsen Apple Barn  
Braeburn— 40# case  
Gala— 10# and 40# case  
Golden Delicious— 40# case  
Mutsu— 40# case

