

TESTA PRODUCE Market Report

Outlook for the Week of
**September 3,
2013**



Market Report

I hope everyone had a great Labor Day weekend! The weather is going to start changing, well in theory. All of us Chicagoans know that Mother Nature moves to the beat of her own drum. And really, any of us in the produce world know that's true as well. In the upcoming weeks you will start to see a shift in some produce from summer to fall. Stay tuned for our seasonal lists to come out in the next month or so.

Raspberries are steady with moderate demand. There is a wide range in quality. Blackberries are steady and demand is good. Quality varies on just about all berries right now. Straws are steady and demand is very good. Blues are steady and firm and demand is very good to moderate. There is a wide range of price as well as quality.

Lemons are steady, supplies are light and demand is very good. There is a wide range in prices. Oranges are steady with moderate supplies and good demand. Prices vary with this commodity as well. Limes are overall

steady, but 230-250's are lower. Supplies of 230-250's are heavy with light demand. Clementines are steady with good demand. Watermelon is steady with good demand. Red Flesh Seedless 60's has moderate demand.

Apples are steady and demand is good with lighter supplies. Nectarines are steady and demand is fairly good. Peaches are steady and demand is moderate to light. Pears are steady with good demand. Grapes are higher with good demand. Avocados are steady with moderate demand. Pineapple demand is moderate. The markets on 7-8's are slightly lower while most others are steady. Product is primarily coming from Costa Rica and Ecuador.

Beans are lower with light supplies. Demand is moderate. Eggplant is steady with fairly light demand. Bell Peppers have fairly light demand and a steady market. Supplies of Red and Yellow are fairly light. Demand for Green is light. Squash has light supplies and fairly light demand. Sweet Potatoes are higher with moderate demand. Idaho

Market Report, Cont'd...

Potatoes are steady. Demand for Cartons is good and lighter for Baled product. Demand is fairly good and the market is about steady for Minnesota product. Wisconsin Round Reds have light demand. The market for Russets is about steady. Onions are steady and demand is moderate with fairly light supplies.

Tomatoes are steady with light supplies. Demand is moderate. Demand out of Michigan is lighter and the market is steady. Grape Tomatoes are moderate and supplies are fairly light. There is a wide range in quality and condition available. Plum Tomatoes are fairly light demand and supplies are light.

Sweet Corn is steady and demand is very good. Cabbage has light supplies and is in a demand exceeds situation. The market is steady to slightly higher. Demand for Red Cabbage is moderate and the market is lower. Carrots are lower and demand is moderate. There is a wide range of quality available. Celery is steady and demand is light. Cucs are lower and demand is moderate. Pickle supplies are light with steady markets and moderate demand.

Spinach is steady and demand is moderate. There is a wide range of pricing available. Beets are steady and demand is good. Price varies. Broccoli is lower with light demand. Crown Cuts are more steady than Bunched. Cauliflower is lower and demand is light. There is a wide range in pricing. Iceberg Lettuce is steady and demand is moderate to lighter. Green Leaf

Lettuce is steady to slightly higher, with good demand. Demand for Boston Lettuce is moderate. Romaine Hearts are steady; 24's are slightly higher. Demand is moderate. Green Peas are steady and demand is moderate. Supplies are light. Asparagus is lower and demand is moderate.

Produce Quiz

Like the onion, I have been around for so long (9000 years at least) that my mother, the original wild plant is gone. I have learned to adapt to many different growing conditions in the same way that I have learned to respond to many different names. From my immature leaves and shoots to my white, cream-colored or purple-gray flesh, most of me can be consumed. My prolific cultivation and harvest easily explain my use as a staple food throughout one third of this planet. Just to show off, we proved we could yield over 1,000 bushels on one acre of rich damp soil in just two years! That ought to leave a challenge for the rabbits. Although I have over 100 siblings and appear in shapes from oblong to round, we all come with thick brownish ringed skin that is rugged and hairy. I do require caution as I contain toxic crystals of calcium oxalate, a sticky juice, just beneath my skin that can produce an allergic reaction if direct contact is made. A simple solution is to use gloves or running water when peeling my skin. You will have to put on the heat to consume me as my leaves and roots contain an indigestible starch that is neutralized when cooked. I have a high starch content, a sweet taste often considered to have an artichoke-chestnut flavor, and can be used in the same way as a potato. I have been boiled and ground and fermented into poi, sliced, dried, and smoked as a traveling food, and wrapped in banana leaves when cooked in an umu pit. My leaves can be pureed, mixed with minced onion and coconut milk for umukai. I am rich in thiamin, Vitamin C and Potassium. Low in protein but rich in starch I am easily digested.

Last Quiz Answer: Mustard



Follow us on:

Facebook: Testa Produce, Inc.



Twitter: @testaproducecinc

Do you have a Smart Phone? Download the free QR Code Reader App and link directly to our Facebook! TRY IT!

