

# TESTA PRODUCE Market Report

Outlook for the Week of  
**July 6, 2015**



Holiday Foods



## BERRIES

**Blueberries** slightly lower—about steady market, moderate demand *Quality variable*

**Raspberries** have a steady market, demand exceeds supply *Wide range in quality*

**Strawberries** have an about steady market, fairly—very good demand *Wide range in quality*

**Misc. Berries** lower market, best good at lower prices while others are light *Wide range in quality*

## CITRUS

**Clementine's** have an about steady market, moderate demand

**Lemons** have a steady market with fairly good demand

**Limes** market for 110s are slightly lower while others are about steady with fairly light demand *Wide range in price and quality*

**Oranges** steady market, moderate demand

**Misc. Citrus** about steady market with moderate demand

## MELONS

**Cantaloupe** market for 9s are higher while others are about steady, demand for 9s are good, 12s are moderate, 15s are fairly light

**Honeydew** market ranges from lower—higher with moderate demand *Wide range in quality*

**Watermelon** about steady—higher market, very good demand

## NON-CITRUS FRUITS

**Apples** steady market, light supply, fairly light demand

**Apricots** about steady market, good demand

**Avocados** lower—about steady market, moderate demand

**Cherries** about steady market, good demand

**Grapes** about steady market, demand varies from light—good

**Kiwifruit** about steady market, moderate demand

**Mangoes** about steady—steady market, light—moderate demand

**Nectarines** have a steady market, with fairly light demand

**Papaya** steady market, moderate demand

**Peaches** steady market, light—moderate demand

**Pears** about steady market, moderate demand

**Plums** steady market, moderate demand

**Pineapples** have an about steady—steady market, light supply good demand

## VEGETABLES

**Asparagus** market ranges from about steady—slightly higher, fairly light—good demand

**Beans** higher market, light supply, moderate demand

**Broccoli** about steady—higher market, light supply, moderate demand *Wide range in price and quality*

**Cabbage** about steady—higher market, moderate demand

### Market Report, Cont'd...

**Carrots** about steady—higher market, fairly light supply, good demand *Wide range in price and quality*

**Cauliflower** lower—about steady market, light demand *Wide range in price*

**Celery** about steady—slightly higher market, moderate demand *Wide range in price*

**Cucumbers** steady—higher market, fairly good—moderate demand

**Lettuce** about steady market, light—moderate demand

**Iceberg** lower—about steady market, moderate demand

**Romaine** market ranges from lower—higher, light demand *Wide range in price and quality*

## POTATOES AND ONIONS

**Onions, Dry** overall steady market, with good demand

**Potatoes** about steady market, moderate demand



## Produce Quiz

You began by calling me a turnip mutant while I am actually a cross between a member of the cabbage family and the turnip family. It is believed that I first appeared in Hungary sometime in the 17<sup>th</sup> century and I don't think Alex Haley would argue. Then I saved your lives in Europe during World War II, being a prime source of nutrition when food supplies were scarce, and what do I get? Insults!! Today you have all but ignored me. In Northern Europe, I am currently used as fodder for cattle! URGGHH!! This is the thanks I get. Longer and rounder than the turnip I am usually yellow but some of my cousins are white. Truth is I have more of a kick than the turnip you all rave about these days and I more distinguished with my top hat where my leaves form. Stick that up your turnip and mash it! Eaten raw or cooked I am always more interesting than the turnip and can be used in soups, stews, pureed, or added to mashed potatoes. If you find me too strong, I can be blanched for five before cooking. I am an excellent source of potassium and a good source of Vitamin C. I am also good diuretic and great for breaking windows.

## Last Quiz Answer: CACAO OR COCOA BEANS

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