

# Market Report

FOR THE WEEK OF 5/23/16 — 5/28/16

## Berries



**Blueberries** have an about steady market, light—moderate demand *Wide range in price & quality*

**Raspberries** about steady market, demand ranges from light—moderate *Wide range in quality*

**Strawberries** market, is about steady—steady, light—moderate demand *Wide range in quality*

**Misc. Berries** have a lower market, light demand *Wide range in quality*



## Melons

**Cantaloupes** have an about steady market, light supply out of FL, good demand (demand exceeds supply from FL)

**Honeydew** has a lower—about steady market, light—good demand *Wide range in quality and condition*

**Watermelon** lower—about steady market, light demand

## Non-Citrus Fruits



**Apples** about steady—steady market, good demand

**Avocados** about steady—steady market, supply 32-48s from Mexico are very light, *Wide range in quality and condition*

**Grapes** slightly lower—about steady market, light supply, good demand

**Kiwifruit** about steady market, moderate demand

**Mangoes** about steady market, fairly light—moderate demand *Wide range in quality and appearances*

**Papaya** about steady market, moderate demand *Wide range in quality and condition*

**Peaches** steady market, supply 2 3/4 inches is very light with fairly light demand

**Pears** have an about steady market with moderate demand

**Pineapple** lower—about steady market, fairly light demand



## Citrus

**Lemons** higher market, good demand *Wide range in price*

**Limes** lower—about steady market, supply 230-250s are heavy, 110-150s are in light demand *Wide range in price*

**Oranges** steady market, supply for 113-138s are light, fairly good—good demand *Wide range in price*

**Misc. Citrus** about steady market with fairly good demand

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## Vegetables

**Asparagus** steady market, fairly light—moderate demand

**Beans** about steady—steady market, fairly light—moderate demand

**Broccoli** higher market, moderate—very good demand *Wide range in price and quality*

**Cabbage** market ranges from lower—steady, fairly light—moderate demand

**Carrots** about steady—steady market, moderate demand *Wide range in price and quality*

**Cauliflower** about steady—higher market, light supply, good demand

**Celery** about steady market, fairly good—moderate demand

**Corn-Sweet** about steady—steady market, fairly light—good demand

**Cucumbers** lower—about steady market, fairly light supply, very light demand *Wide range in quality and condition*

**Lettuce** lower market, fairly light demand *Wide range in price, quality and condition*

**Iceberg** about steady market, light demand *Wide range in price*

**Romaine** lower—about steady market, fairly light demand

**Peppers** market ranges from lower—steady with fairly light—moderate demand

**Bell Type** market ranges lower—higher, moderate demand *Wide range in appearance*

**Tomatoes** about steady—higher market, light—moderate demand *Wide range in price*

**Grape Type** lower—higher market, moderate demand

**Plum Type** about steady—steady market, light—moderate demand *Wide range in quality, condition and price*



## Potatoes & Onions

**Onions, Dry** have a lower market, moderate demand

**Potatoes** about steady—steady market, moderate demand

## Produce Quiz

Last Quiz Answer:  
**THYME**

I am a native of Malaysia, although I flourish year round in Brazil, United States, Mexico and Israel. I am not alone on my branch. My fragrant, white and red petals always accompany me. Although my diameter ranges from 1 to 2 inches and I am thin skinned, this is no indication of the pulpy punch my flavor packs. My potent juice is added to cakes, soups, sauces, punches, fish, sorbet, and pies. In Florida, one of my unique varieties has been known to open doors, but it might take a while. But most often my glistening, bright, smooth skin garnishes summertime specialties. I share many characteristics with a cousin fruit, and often we are used together. I am an excellent source of Vitamin C as well as potassium, folic acid, and calcium. I am also good for your daily bouts of scurvy, but not when squeezed into beer. These days I can also be squeezed from a finger.

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## Product Features

- Traditional Korean Ingredients
- Convenient wide-mouthed tub
- Easy open top
- Vegetarian



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a beautiful informational safety seal  
with helpful tips on usage and storage

PRODUCT SPECIFICATIONS	GOCHUJANG #87720	DOENJANG #87740	SSAMJANG #87750
ITEM UPC	0-41224-87720-7	0-41224-87740-5	0-41224-87750-4
CASE UPC	100-41224-87720-4	100-41224-87740-2	100-41224-87750-1
CASE/PACK	1x12/17.6 OZ.	1x12/17.6 OZ.	1x12/17.6 OZ.
CASE DIMENSIONS (LxWxH)	19.17"x 10.83"x 7.09"	19.17"x 10.83"x 7.09"	19.17"x 10.83"x 7.09"
CASE CUBE	0.85	0.85	0.85
SHELF LIFE	2 YEARS	2 YEARS	2 YEARS
KOSHER	NO	NO	NO
GLUTEN-FREE	YES	NO	NO
COUNTRY OF ORIGIN	KOREA	KOREA	KOREA
DATE CODE FORMAT	OPEN	OPEN	OPEN

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# GOCHUJANG

+ FERMENTED HOT CHILI PASTE +

Case #78116 12/17.6 oz

Each #78211 17.6 oz



# DOENJANG

+ FERMENTED SOYBEAN PASTE +

Case #78114 12/17.6 oz



# SSAMJANG

+ SEASONED FERMENTED  
SOYBEAN PASTE +

Case #78115 12/17.6 oz



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## GOCHUJANG

is similar to miso paste with a strong umami flavor and the addition of fiery chilies. Since it's a paste, Gochujang's intense flavor and thick texture should be thinned out with a liquid such as oil, stock or water. It is important to remember that it contains sugars and can easily burn when searing or grilling meats.

Traditionally, Gochujang is used in marinades for Korean barbecue, added to dipping sauces, or used to kick up the spice in home-style stews or soups. We recommend using Gochujang to prepare Bibimbab chili sauce; combine Roland® Gochujang, Roland® Sesame Oil, Roland® Apple Cider Vinegar, minced garlic, sugar, sesame seeds and water in a pot and bring to a boil. Use the sauce to coat grilled chicken wings, to top Korean beef tacos, or to add a tangy blast of heat to just about any food.

After opening, please cover and refrigerate. Always use a dry, clean spoon when scooping Gochujang out of its container.

It is normal for the color of the paste to become somewhat darker after opening.



## DOENJANG

is a traditional Korean fermented bean paste that is full of savory, umami-rich flavors. It is like a chunkier version of miso paste, but has a much deeper and stronger flavor. Since it's a paste, Doenjang's thick texture should be thinned with liquid such as oil, stock or water.

Traditionally, Doenjang is used for making dipping sauces for vegetables, or as a base in home-style stews and soups. We recommend using Doenjang to prepare puck or veggie burger patties. The rich umami flavor will add depth to the ew ryaburger burger. Doenjang is also great for roasting vegetables as well as making a delicious dip for vegetables.

After opening, please cover and refrigerate. Always use a dry, clean spoon when scooping Doenjang out of its container.

It is normal for the color of the paste to become somewhat darker after opening.



## Nutrition Facts

Serving Size 1 Tbsp. (22g)  
Servings Per Container about 23

Amount Per Serving		Calories from Fat 0	
			% Daily Value*
<b>Calories</b>	<b>45</b>		
<b>Total Fat</b>	<b>0g</b>		<b>0%</b>
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		<b>0%</b>
<b>Sodium</b>	<b>430mg</b>		<b>18%</b>
<b>Total Carbohydrate</b>	<b>13g</b>		<b>3%</b>
Dietary Fiber	0g		0%
Sugars	6g		
<b>Protein</b>	<b>1g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

Calories 2,000 2,500

	Less than	65g	80g
Total Fat	Less than	20g	25g
Saturated Fat	Less than	300mg	300mg
Cholesterol	Less than	230mg	240mg
Sodium	Less than	30g	37g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CORN SYRUP, RICE, WATER, CHILI POWDER, SALT, ALCOHOL, GARLIC, YEAST EXTRACT, ONION, FERMENTED SOYBEAN POWDER, THIAMIN (VITAMIN B1), KOJI SEED.



## SSAMJANG

is a Korean condiment that embodies the perfect balance among sweet, savory, and spicy. Its deep and complex flavors match perfectly with grilled or roasted protein and vegetables.

Traditionally, Ssamjang is used as an essential condiment for use with cooked meat and steamed rice wrapped in vegetable leaves. We recommend not limiting the use of Ssamjang to its original use, but rather trying Ssamjang as a condiment for tacos, burgers, and hotdogs. It is also great for soups or stews, in a marinade for grilled or roasted meats and fish. Use it to make a delicious and quick stir-fry with mixed vegetables and protein.

After opening, please cover and refrigerate. Always use a dry, clean spoon when scooping Ssamjang out of its container.

It is normal for the color of the paste to become somewhat darker after opening.



## Nutrition Facts

Serving Size 1 Tbsp. (22g)  
Servings Per Container about 23

Amount Per Serving		Calories from Fat 5	
			% Daily Value*
<b>Calories</b>	<b>40</b>		
<b>Total Fat</b>	<b>0.5g</b>		<b>1%</b>
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		<b>0%</b>
<b>Sodium</b>	<b>560mg</b>		<b>23%</b>
<b>Total Carbohydrate</b>	<b>7g</b>		<b>2%</b>
Dietary Fiber	0g		0%
Sugars	5g		
<b>Protein</b>	<b>2g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

Calories 2,000 2,500

	Less than	65g	80g
Total Fat	Less than	20g	25g
Saturated Fat	Less than	300mg	300mg
Cholesterol	Less than	230mg	240mg
Sodium	Less than	30g	37g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, WHEAT FLOUR, CORN SYRUP, SOYBEAN, SALT, PEARLED WHEAT, ALCOHOL, SUGAR, GARLIC POWDER, FRUCTOSE, CHILI POWDER, PERSIMMON CONCENTRATE, YEAST EXTRACT, MUSTARD POWDER, SESAME SEED, DRIED MUSHROOM, GLUCOSE, ONION, KOJI SEED.



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