

Market Report

FOR THE WEEK OF 6/20/16 — 6/25/16

Berries



Blueberries about steady—steady market, good demand *Wide range in price and quality*

Raspberries steady market, demand is best good while others are moderate

Strawberries steady market, demand for organic is light while others are fairly light

Misc. Berries steady market, moderate demand *Wide range in quality*



Melons

Cantaloupe about steady market, demand ranges from fairly light—good

Honeydew about steady market, light demand *Wide range in quality and condition*

Watermelon market is about steady, good—very good demand

Non-Citrus Fruits



Apples have a steady market, moderate demand

Avocados about steady—higher market, very light supply from Mexico, very good demand (demand exceeds supply from Mexico)

Cherries steady market, fairly good demand

Kiwifruit steady market, supply 20-27s are fairly heavy, fairly light demand

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

Nectarines steady market, fairly good demand

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

Peaches market ranges from lower—steady, fairly good—moderate demand

Pineapples about steady—steady market, moderate demand

Plums steady market, good demand



Citrus

Clementine's about steady—steady market, light—moderate demand

Lemons steady market, good demand *Wide range in prices*

Limes market, for 175s-200s are lower while others are about steady *Wide range in prices*

Oranges about steady market, supply 113-138s are light with fairly good demand

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Vegetables

Asparagus market for XL is lower, L is slightly higher while others are about steady with moderate demand

Beans about steady market, very light supply from southern GA, moderate demand

Broccoli about steady market, fairly light demand *Wide range in quality*

Cabbage market ranges from slightly lower—about steady fairly light demand

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

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

Celery about steady market, very light supply, fairly light—moderate demand

Corn-Sweet about steady—steady market, light—moderate demand

Cucumbers about steady—higher market, fairly light—good demand

Lettuce slightly lower—about steady market, fairly light demand *Wide range in quality and condition*

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

Romaine slightly lower—about steady market

very light supply of hearts, fairly light—moderate demand *Wide range quality and condition*

Peppers lower—about steady market, very light supply from south GA, moderate demand *Wide range in quality and size*

Bell Type about steady—steady market, demand ranges from fairly light—very good *Wide range in appearances*



Potatoes & Onions

Onions, Dry lower—about steady market good demand

Potatoes about steady—steady market, demand ranges from fairly light—very good demand

Produce Quiz

Last Quiz Answer:
POMEGRANATE

I'm often called a homely tuber, and being thin-skinned doesn't help. Some people consider me a cross between a potato and an apple. My roots can be traced back to the days of the Aztecs and Incas, and I have always been very popular throughout Central and South America. Today I am also grown in Asia. Although I am a legume, I am grown mainly for my tuberous roots. I have a nubby, pointed end, white juicy flesh, and a thin fibrous dusty brown skin. When full grown I can be as large as one foot in diameter, and weigh as much as 22 pounds, but I am usually dug up when I am about 5 inches in diameter and about 3–5 pounds. Cold kills, so you won't find us in regions that have frost. Don't even think about growing us anywhere north of the Texas Oklahoma border. I have two varieties: pachyrhizus tuberosus & pachyrhizus erosus (the second is the one you usually see). I have a sweet nutty flavor. While I'm watery when young my older, dried up relatives are usually ground into flour. I maintain my crispness when cooked. I get a beautiful tan and taste very sweet when deep fried. I can also be simmered in soup or sliced raw into salads, baked, steamed, boiled, or mashed. Use me like water chestnuts or grate as a passable (milder) daikon radish substitute. Loaded with starch, I am also high in vitamin C, and I have some iron.

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75595	Assorted Greek Yogurt	24/3.5oz
69061	Pineapple Low Fat Yogurt	12/5.3oz
69063	Strawberry Banana Yogurt	12/5.3oz
69064	Blueberry Non-Fat Yogurt	12/5.3oz
69065	Peach Non-Fat Yogurt	12/5.3oz
69066	Plain Non-Fat Yogurt	12/5.3oz
69067	Pomegranate Non-Fat Yogurt	12/5.3oz
69068	Raspberry Non-Fat Yogurt	12/5.3oz
69069	Strawberry Non-Fat Yogurt	12/5.3oz
70599	Black Cherry Non-Fat Yogurt	12/5.3oz
76673	Mango Low Fat Yogurt	12/5.3oz



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