

# Market Report

FOR THE WEEK OF 7/15/19 — 7/20/19

## Berries



**Blueberries** about steady—steady market, fairly light supply, light—moderate demand *Wide range in price*

**Raspberries** have a steady market, good demand

**Strawberries** have an about steady market, moderate demand

**Misc. Berries** have a steady market, good demand *Wide range in quality*



## Citrus

**Clementines** have a slightly lower market, moderate demand

**Grapefruit** has a lower—about steady market, moderate demand *Wide range in price*

**Lemons** market ranges from about steady—higher with moderate demand *Wide range in price*

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

**Oranges** have a lower—steady market, light supply, fairly light demand *Wide range in price*



## Melons

**Cantaloupe** about steady market, light—good demand

**Honeydew** has a lower—about steady market, light supply, light demand

**Watermelon** about steady—slightly higher, light supply, good demand

## Non-Citrus Fruits



**Apples** about steady—steady market, fairly light demand

**Apricots** have a steady market fairly light supply, moderate demand

**Avocados** market ranges from lower—steady, very light supply, fairly light—moderate demand

**Cherries** have a steady market, moderate demand *Wide range in price*

**Grapes** have a steady market, moderate demand

**Kiwifruit** have a steady market, moderate demand

**Mangoes** have an about steady—steady market, very light supply, light—moderate demand

**Nectarines** steady market, with moderate demand

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

**Peaches** dull—steady market, light—very light demand

**Pears** have a steady market, moderate demand *Wide range in price*

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

**Plums** have a steady market, moderate demand

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## Vegetables

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

**Beans** about steady market, moderate demand

**Broccoli** has a higher market, with good demand *Wide range in quality and condition*

**Brussels Sprouts** have an about steady market, heavy supply, light demand

**Cabbage** lower—steady market, light—good demand

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

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

**Celery** market ranges from about steady—higher, fairly good demand *Wide range in quality and condition*

**Corn—Sweet** lower market, good demand at lower prices

**Cucumbers** have a slower—about steady market, fairly good demand

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

**Iceberg** has a slightly higher market, very good demand, *Demand exceeds supply Wide range in quality and condition*

**Romaine** lower—higher market, good demand *Wide range in quality and condition*

**Peas, Green** have a lower market with moderate demand

**Peppers** about steady market, good demand *Wide range in quality and size*

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

**Tomatoes** lower—steady market, good demand

**Plum Type** have a lower—about steady market, good demand



## Potatoes & Onions

**Onions, Dry** lower—higher market, good—very good demand

**Potatoes** have an about steady—higher market, moderate demand

## Produce Quiz

Last Quiz Answer:

We've been raised hard, not soft. From years on the ground our skin has grown tough, not thin. You have one narrow window of opportunity to eat us, but you'll be robbing the cradle. Some desperate folk steal our unripe, 3 to 4-inch children. Can you imagine! Our roots are thick, tough and ancient. People in Africa call some of us "woo lo gwa". Our exact origins are a mystery. It's a toss-up between Africa and South America, or perhaps we were old enough to have originated on Pangaea. Either way our seeds arrived from one continent to the other via ocean currents. We were cultivated in North America over 8,000 years ago and in South America/Africa over 12,000 years ago. But today we can be found growing all over the world, some of us in trees but most of us on vines. We are fruits believe it or not, and we produce flowers that are white. We come in all sizes, shapes and colors, with lumps, bumps, knobs, protrusions, warts, and grooves. With all these complexion problems we are still admired for our beauty, or perhaps our extreme ugliness. We have so many shapes that we have developed numerous functional uses. For soup, we can be the soup, the ladle, the bowl or all three. Some of us are shaped like basketballs, but we don't bounce, so don't try. Others of us look like bananas but you can't bite into them raw, and they don't peel. Our Canteen cousin is aptly named as it can be used to carry water. Many family members are shaped like a Club, and some are carved into breadbaskets. We also come in a Nine-Gallon size, my largest form. Some of us are called Apple, but not of your eye. Some of us are called snake, but we won't slither by. We may not be as high in potassium and carotene as some of our relatives, but we are still a good source of fiber. We have small amounts of calcium, magnesium and a bit of iron and zinc. When ripe we have fair amounts of vitamin C and folic acid.

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