

Market Report

FOR THE WEEK OF 6/3/19 — 6/8/19

Berries



Blueberries market about steady, fairly light—good demand *Wide range in quality and condition*

Raspberries lower market, fairly light demand

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

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



Melons

Cantaloupes have an about steady market, light—moderate demand

Honeydew about steady—higher market, moderate demand *Wide range in quality and appearances*

Watermelon lower—about steady market, light—moderate demand *Wide range in quality and condition*

Non-Citrus Fruits



Apples have a steady market, moderate demand

Avocados have a steady market, moderate demand

Grapes have a steady market with moderate demand

Kiwifruit has a steady market, moderate demand

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

Nectarines market steady, good demand

Papaya about steady market, fairly light—moderate demand

Peaches have a lower—steady market, moderate demand

Pears have an about steady—steady market, moderate demand

Pineapple have a lower—about steady market, moderate demand



Citrus

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

Grapefruit has a steady market, with moderate demand *Wide range in prices*

Lemons market ranges from about steady—higher, fairly light supply, good demand *Wide ranges in price*

Limes have a lower market, with light demand

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

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Vegetables

Artichokes have a higher market, very light supply, good demand

Asparagus has an about steady—steady market with fairly light demand

Beans have a lower—steady market, moderate demand

Broccoli has an about steady market, fairly light—moderate demand

Cabbage about steady market, moderate demand

Carrots about steady market, fairly good—moderate demand *Wide range in quality*

Cauliflower has a lower market, fairly light—very light demand *Wide range in price*

Celery about steady—slightly higher market, good demand

Corn-Sweet has a lower—steady market, fairly light—moderate demand

Cucumbers fairly good—moderate demand

Eggplant market about steady, good demand

Lettuce has an about steady market, fairly light—moderate demand

Iceberg slightly higher market, good demand

Romaine about steady market, light—moderate demand

Peas, Green demand exceeds supply

Peppers have an about steady market, very light supply, moderate demand *Wide range in price, quality and size*

Bell Type market ranges from lower—higher, moderate demand *Wide range in size and quality*

Tomatoes have an about steady—slightly higher market, very light supply, light—moderate demand

Grape Type about steady—higher market, very light supply, moderate demand

Plum Type About steady—higher market, good demand



Potatoes & Onions

Onions, Dry have a steady market, very light—good demand

Potatoes steady market, light—good demand

Produce Quiz

Last Quiz Answer:
FIG

I am the first seasoning whose use was ever recorded. I date back as far as 3000- BC Assyria. There is some confusion about my actual origin. While some believe it was Africa, others insist on India. Frankly, I don't care, I'm just proud to be number one. I have been used in China for over 200 years but I never made it to the inner circles and I'm considered a foreigner there. My arrival in America is attributed to African Slaves and this is why I was initially very popular in southern cooking. I am an annual who grows tall and straight with deeply veined egg-shaped leaves and lovely pink or white flowers. I get plucked when I'm green (doesn't everyone?) to avoid bruising. I am popular all over the world where I am regularly used in sweet and savory foods. My latest fad is to be blackened, but you can still find me in white and brown. More intense when toasted, I impart a slightly sweet, nutty flavor essential in specific types of bagels, breads, pastes, halvah, noodles, meats, fish, and oil. In fact I am 50% oil, so be careful, if you keep me too warm I'll turn rancid. Best to keep me in an airtight container and my bedroom cool and dark. In this condition I'll give you a good three months, in the icebox I'll hold up for six months, and I can go a whole year in your freezer. My fat is largely unsaturated and when dried I provide magnesium, potassium, iron, calcium, phosphorus, zinc and copper as well as dietary fiber and riboflavin. I help calm your nervous system and ease your bowels and make fine massage oil. Although my name is often used to "open" doors. I've never actually seen it work.

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Local P r o d u c e



Available the week of 6/3/19 — 6/8/19

Item	Description	Farm Name & Location	Miles
71904	Celery Root, 20-25#	J & J- MI	177
26652	Mushroom, Button, 10#	Monterey Mushroom-IL	107
20657	Mushroom, Med, 10#	Monterey Mushroom-IL	107
26658	Mushroom, Portabella,5#	Monterey Mushroom-IL	107
26647	Mushroom, Sliced 10#	Monterey Mushroom-IL	107
1692	Shoots, Snow Pea, flat	Living Water - IL	108
3344	Sprouts, Bean, 4/2.5#	Phoenix Bean - IL	15
65225	Sprouts, Bean, 1/2.5#	Phoenix Bean - IL	15
400	Sprouts, Sunflower, Flat	Living Water - IL	108
314	Wheat Grass, Flat	Living Water - IL	108
63709	Watercress, Living, 2/6ct	Living Water - IL	108

ASK ABOUT OUR OTHER LOCAL ITEMS

Including:

- Meats
- Cheeses
- Eggs & Dairy
- Tofu and other Meatless options
- Gluten Free pizzas, breads
- Honey
- Juices
- Dips
- Desserts
- Snacks



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Organic produce

Available the Week of:
6/3/19 – 6/8/19

Fruits

Item #	Description
82277	Apples, Ambrosia 12/3#
65972	Apples, Braeburn, 12/3#
76304	Apples, Fuji, cs
65973	Apples, Fuji, 12/3#
65238	Apples, Gala, cs
72608	Apples, Gala, 12/3#
65698	Apples, Gold, 12/3#
67017	Apples, Granny Smith, 12/3#
74576	Apples, Honey Crisp, cs
83403	Apples, Pink Lady, 12/3#
65237	Apples, Red Delicious, 12/3#
65268	Bananas, 40#
65443	Blackberries, Flat
67551	Blueberries, Flat
80580	Clementines, 15/2#
76771	Coconut, Young, 9ct
66173	Grapefruit, Ruby, cs
65262	Honeydew, cs
65264	Kiwi, flat
65362	Lemons, 115ct
76748	Lime 15/1#
71824	Mangoes, cs
73921	Oranges, 10/4#
69074	Oranges, Satsuma Mandarin, 25#
83856	Papaya, Formosa 32#
74577	Pears, Anjou, cxs
76606	Pears, Gold Bosc, 12/3#
66152	Pears, Bartlett, 12/2
65171	Pineapples, 6-8ct
65484	Strawberries, 8/1#
65483	Raspberries, 12/6oz flat

Vegetables

Item #	Description
74103	Avocado, 48ct
65487	Beets, Gold, 24ct
72005	Beets, Red, 24ct
65046	Beets, Red, 25#
64983	Broccoli, 14ct
65749	Cabbage, Green, 45#
76832	Cabbage, Green, cello, 24ct cs
76687	Cabbage, Red, cello, 24ct
66560	Carrots, Baby Peeled, 30/1#
83447	Carrots, Baby Rainbow, 12/12oz
5079	Carrots, 25#
79209	Carrots, 24/2#
64991	Cauliflower, 9-12ct
76614	Celery, Sleeve 30ct
74862	Cucumbers, cs
66162	Fennel, 12ct
71836	Fennel, 24ct
76805	Leeks, 12ct
65019	Peppers, Green, 25#
66122	Peppers, Orange, 11#
65367	Peppers, Red, 11#
65368	Peppers, Yellow, 11#
71268	Radish, cs
66121	Squash, Acorn, cs
66161	Squash, Butternut, cs
66328	Squash, Spaghetti, cs
65465	Squash, Yellow, cs
65301	Zucchini, 20-22# cs

Herbs/Greens

65276	Arugula, Baby, 4#
66237	Cilantro, cs
76689	Dill, 24ct vol
72026	Garlic, 30#
79362	Ginger, 12/4oz
65361	Ginger, 30#
64986	Greens, Collard, 24ct
76833	Greens, Dandelion, Red, cs
77712	Greens, Dandelion, Green, cs
72630	Kale, Baby, 8/5oz
65021	Kale, Black, 24ct
64987	Kale, Green, 24ct
65020	Kale, Red, cs
64601	Mesclun Mix, 3#
67082	Parsley, Plain, 30ct
74447	Parsley, Curly, 30ct
65274	Spinach, Baby, 4#
38260	Spinach, 24 bu
65008	Swiss Chard, Green, 24bu
65079	Swiss Chard, Red, 24bu
64985	Swiss Chard, Rainbow, 24bu

Salads/Lettuce

Item #	Description
71465	Lettuce, Head Cello, 12ct
64988	Lettuce, Green Leaf, 24ct
64989	Lettuce, Red Leaf, 24ct
65265	Lettuce, Romaine, 24ct
64990	Lettuce, Romaine Heart, 12/3ct

76618	Lettuce, 50/50 Salad Blend, 8/5oz
76619	Lettuce, Salad Baby Herb, 8/5oz
76621	Lettuce, Salad Baby Lettuce, 8/5oz
76622	Lettuce, Salad Baby Romaine, 8/5oz
76623	Lettuce, Salad Baby Spinach, 8/5oz
76630	Lettuce, Spinach Salad, 9/1#

76624	Lettuce, Salad Baby Spring Mix, 8/5oz
76631	Lettuce, Salad Spring Mix, 9/1#
76632	Lettuce, Salad Wellness Blend, 8/5oz
76806	Lettuce, Salad Baby Arugula, 8/5oz
79665	Lettuce, Salad Kale Medley, 8/5oz

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Organic produce continued...

Mushrooms

76615	Mushrooms, Cello, 12/8oz
76616	Mushrooms, Sliced, 12/8oz
66145	Crimini Mushrooms, 5#
79675	Cremini, 12/8oz tray
82822	Miatake Mushrooms, 6/3.5oz
66974	Portabella Mushrooms, 5#
74650	Portabella Caps, 6/6pk
66335	Trumpet Royale Mushrooms, 2/3#

Potatoes

76648	Potato, Red A, 10/5#
66969	Potato, Red A, 50#
65090	Potato, Russet, 10/5#
66107	Potato, Sweet, 40# (Yam Garnet)
75742	Potato, Yukon A Gold, 10/5#
76651	Potato, Yukon B Gold, 16/3#

Tomatoes

63812	Cherry Tomatoes, 12 pkg cs
64992	Grape Tomatoes, 12 pkg cs
66463	Heirloom Tomatoes, cs
65476	Roma (Plum) Tomatoes, 25#
65266	Tomatoes, On the Vine, cs
76700	Tomatoes, Beefsteak, 22ct cs

Onions

65263	Onions, Red, Jumbo, 40# vol
66745	Onions, Red 16/3#
71792	Onions, Spanish, 40# cs
70037	Onions, Spanish, 16/3# sack
80060	Onions, Sweet, 40#



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Specialty Produce

Available the Week of 6/3/19 – 6/8/19



#64106
Baby Iceberg Lettuce
(40ct)



#1203
Meyer Lemons
(8-10#)



#2511
Dragonfruit
(9ct)

ITEM CODE PRODUCT / CASE SIZE

72591	Apple Cider, Gallon
2270	Apricots, case
43051	Beans, Vanilla, 1#
2515	Beans, Vanilla, each
63745	Carrots, Rainbow, 25#
5355	Celery Root, 20-25#
67277	Cauliflower, Green, case
73252	Clementines, 10/3# case
77241	Clementines, 3#
2511	Dragonfruit, 9ct
10299	Endive, Red Belgian, 8-10#
3827	Gooseberries, Caped, 12pk flat
16157	Horseradish, Fresh, 5#
1203	Lemons, Meyer, 8-10#
64106	Lettuce, Baby Iceberg, 40ct
77297	Mushrooms, Chef's Mix, 6#
66335	Mushrooms, Royal Trumpet, 6#
27350	Nectarines, case
30069	Onions, Vidalia, 40-50#

78109	Oranges, Blood, 10#
1593	Oranges, Cara Cara, case
62489	Oranges, Satuma Mandarin, 28#
67900	Pomegranate Seeds, 12/4.5 oz
23365	Ramps, 5#
35060	Rapini, 24ct
67090	Romanesco, 8-12cts
2171	Saffron Tins, 1 oz
37085	Salsify, 11#
78283	Spinach, Savoy 4#
17777	Quince, 2 layer

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TESTA ITEM CODE	DESCRIPTION	CASE SIZE
#80830	Diced Tomatoes	6/10#
#80832	Tomato Sauce	6/10#
#80836	Crushed Tomatoes	6/10#
#70173	Stewed Tomatoes	6/10#
#80842	Tomato Puree	6/10#
#80844	Tomato Paste	6/10#
#80834	Marinara Sauce	6/10#
#80838	Pizza Sauce with Basil	6/10#
#80840	Spaghetti Sauce	6/10#
#59528	Sacramento Tomato Juice	8/46oz

