

Market Outlook

OCTOBER 29, 2021



THE PICK OF THE PATCH

Acorn Squash– From **DF&TF Farms** in Yolo County. The outside rind is dark green with a smooth and creamy, yellow flesh. 35# case or each

Butternut– From **Yeung Farms**. The most familiar and often used, butternut squash has abundant, meaty flesh, pronounced sweet flavor, and creamy texture when cooked. 35# case or each

Honeynut– From **Yeung Farms**. Honeynut squash looks very similar to a butternut, just much smaller. They are packed with much more flavor than the larger squash and have a smaller seed cavity. 35# case only

Kabocha– From **Yeung Farms**. Kabocha squash has a green exterior with a bright yellow flesh. It is prized for its sweet taste and velvety texture. 35# case or each

Red Kurri– We are currently stocking Red Kurri from **Full Belly and Riverdog**. Red Kurri has a vibrant reddish orange rind with an orange flesh. Its flesh is firm with a delicate and mellow chestnut-like flavor. 35# case only

Spaghetti– Grown by **Yeung Farms**. Spaghetti squash range from ivory to a rich yellow in color. Spaghetti squash is much different than other hard squashes in terms of texture. Once cooked, its flesh can be separated into long strands, much like spa-ghetti. 35# case or each

Delicata– Grown by **DF&TF**. Cream-colored squash with prominent stripes. Although considered a winter squash, delicata has **thin, edible skin**. Because of its thin skin, the squash has a shorter shelf life. Delicata can be roasted, sautéed, baked, boiled, or stuffed, no need to peel. 35# case only

Sugar Pie Pumpkins– Available from **Riverdog and Full Belly**. Weighing in at about 4 -5lbs, Sugar Pies are the modern baking pumpkin. Their skin is noticeably thinner than a regular pumpkin. They also have much sweeter and smoother flesh. Sugar Pies are ideal for pies, custards, cupcakes, and more. **A 4lb pumpkin should yield roughly a cup and a half of mashed pumpkin**. 35# case

TWIN PEAKS PERSIMMONS

Twin Peaks Orchards was established in 1912 and has been family owned and operated for more than 100 years. They are a fifth generation family farm which supplies Produce Express with a variety of exceptional fruit.

Fuyu Persimmons– Sweet and mild, non-astringent, and can be eaten as soon as they are picked. The flesh is crisp like an apple and are excellent in salads, on a cheese board, baked, or enjoyed out of hand. Keep in mind, locally grown persimmons are smaller in size than commercial varieties. Sold by the 24ct case only.

Amagaki Persimmons– Also known as **cinnamon persimmons**, these sweet beauties are golden fleshed with brown flecks. Amagaki persimmons have a **buttery texture and a cinnamon sweetness**. They are more astringent than Fuyus but Twin Peaks has perfected a curing process that removes the astringency. It leaves the Amagaki crisp yet creamy with an unmatched sweet flavor. They are delicious enjoyed out of hand and in salads. They **can not be baked or roasted but can be cooked at high temperatures for short amounts of time**, such as on pizzas. Available in a 10# case only. *Must specify Amagaki or Cinnamon when ordering.*

MARKET MOVERS



Fruit

AVOCADO- Market is improving, currently from Mexico. Mid 40's on 60ct 48's are considerably higher in the high 50's.

BERRIES- Watsonville has finished, Santa Maria and Oxnard had to strip plants due to heavy rain. Supply is very limited, white shoulders on strawberries, and market is in low 30's.

CITRUS- Navel oranges start next week along with local Satsumas. Lemons are down and limes are steady.

MELONS- Local mixed melons, watermelon, and black watermelon are finished. Cantaloupes are currently from Mexico and the market is strong, low -mid 30's.

PEARS- Stillwater pears have finished, all pears are now coming from the Northwest- Oregon and Washington.

STONE FRUIT- Peaches have finished until next season. Plums are pluots will finish next week.

SPECIALTY- Local pomegranates and persimmons are available from Twin Peaks in Newcastle, CA.

Veggies

ASPARAGUS- Market is very strong, into the low 40's, and will continue to climb.

BEANS- Dwelley bluelake beans are finishing quickly after heavy rains. We will begin sourcing from Coachella next week. Dwelley cranberry, yellow wax, and romano beans are done.

BRUSSEL SPROUTS- Market is steady in the mid 30's on coastal product.

CORN- Local growers are finished. Coachella corn will arrive next week.

LETTUCE- All lettuce and leaf markets are very strong due to northern growers finishing, weather and labor related issues. Yuma and imperial valley will not start until mid November.

TOMATOES- Ray Yeung is done for the season. No true vine ripers or local heirlooms. Heirlooms will be from Mexico beginning next week.

Local

Visit our website for full availability

Riverdog Farm

German Butterball- 25# case
Mixed Cherry Tomato- *Done*
Gypsy Peppers- 10# cs
Purple Daikon- 10# cs
Tokyo Turnip- 10# cs
Scarlet Queen Turnip- 10# cs
Bloomsdale Spinach- 4# cs



J&J Ramos (Finishing Next Week)

Plums- 25# cs/#
Pluots- 25# cs/#

Twin Peaks Orchards

Fuyu Persimmons- 10# case
Amagaki Persimmons- single layer



Full Belly Farm

Jimmy Nardello- 10# cs
Rainbow Chard- 12ct cs
Dino Kale- 12ct cs

Dwelley Farms

Bluelake Beans- *Done*
Yellow Wax Bean- *Done*
Romano Bean- *Done*
Cranberry Bean- *Done*
Corn- *Done*



Yeung Farms

Green Tomatoes- 10 & 20# cs
Toybox Heirlooms- *Done*
Vine Ripe Round- *Done*
Kabocha- 35# cs/ ea
Butternut- 35# cs/ea
Spaghetti Squash- 35# cs/ea



Vierra Farms-

Black Seedless- *Done*
Corn- *Done*

Dust Organic Growers

Mixed Cherry Tomato- Done*

Larsen Apple Barn

Fuji- 40# case
Braeburn- 40# & 10# case
Granny- 40# case
Arkansas Black- 40# case

