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## Highlights

- Yuma regional temperatures dipped into the low 30s this past weekend, causing widespread lettuce ice on various desert crops. Current forecasts call for more rain this week that will cause disruptions and delays in harvest-ing, processing, and loading operations.
- Blackberry and raspberry prices are climbing. Cold weather and rain are reducing volume.
- The lime market is up a bit; 110- and 150-count stocks are tightening.

# Fresh Crop Report

WEEK OF DECEMBER 8, 2019 | CANADIAN EDITION

## Ask a Markon Chef

Markon has gathered a group of our member- and grower-affiliated chefs to answer your questions about produce.

**Ask us your most challenging cooking inquiries online >**

### FEATURED QUESTION

**Q:** Jewish foods are having a resurgence. Operators are combining nostalgia and adventure for a modern take on dishes like reubens, kugel, and matzo ball soup. What's your favorite dish?

**A:** Back when I was an apprentice chef, we had a very large event for a Jewish school with 6,000 people. Using our hotel's kosher kitchen, we created an entree of roasted chicken supremes with strawberry salsa that contained Ancho chile peppers, pineapple juice, cumin, cilantro, and olive oil. I thought strawberries and chicken no way, but yes, it was tasty.

- Matzo ball soup can be elevated by using ingredients such as duck fat, fresh herbs, garlic confit, Shiitake mushrooms, or jalapenos.
- Offer a vegetarian reuben by substituting roasted beets for the corned beef.

*Chef David Evans, Markon member chef*



## Menu Feature

Every chef needs a few solid recipes in his or her repertoire. That's why Markon has put together a catalog of fresh produce-based recipes that cover it all: day- and menu-parts, the range of seasons, a variety of cuisines, and a diverse list of ingredients.



### Open-Faced Chicken Pot Pie

Simple, yet elegant, this version of the traditional favorite eschews the gloppy gravy for a hearty mix of vegetables. Try offering both real and plant-based chicken to meet the needs of all your customers.

**Get the full recipe >**

## Tips for Serving Grapefruit

- Serve miso-glazed cod on a bed of sauteed Ready-Set-Serve® (RSS) Triple-Washed Spinach; place three RSS Grapefruit Sections on top of fish, then garnish with snipped Markon First Crop® (MFC) Chives.
- Add chopped bresaola, RSS Grapefruit Sections, and shaved Parmesan cheese to RSS Spring Mix; toss all with Campari vinaigrette.
- Serve roasted and chopped beets, RSS Grapefruit Sections, and crumbled blue cheese inside cups of butter lettuce.



**Browse additional usage tips >**



Add the intense flavor of garlic confit to roasted meats, salad dressing, and vegetable side dishes with what many chefs call their secret weapon.

## Produce Highlights

### Cucumbers

- Prices are inching up.
- Cold weather and rain are reducing volume.

### Strawberries

- Rain has impacted California's main growing regions and is forecast to persist for the next 10 days.
- Supplies will become increasingly limited; problems such as small size, decay, mold, and reduced shelf-life will develop.

### Tomatoes

- Markets are typically high in the month of December as new crop Mexican fruit doesn't hit the market until January.
- Roma supplies are especially tight.

# Fresh Crop Report

WEEK OF DECEMBER 8, 2019

## Apples



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| MI, USA | ^^^      | *****   | \$\$\$ |
| WA, USA | ^^^      | *****   | \$\$\$ |

Prices are level. Washington MFC Braeburn, Fuji, Gala, Golden Delicious, Granny Smith, and Red Delicious Apples are available. Specialty varieties like Autumn Glory, Envy, Honeycrisp, Jazz, and Sweetie are also on the market. Quality is excellent: fruit is crisp, crunchy, and juicy. Sugar levels range from 14 to 18 Brix.

## Asparagus



| Region | Supplies | Quality | Price  |
|--------|----------|---------|--------|
| MEX    | ^^^      | *****   | \$\$\$ |
| PERU   | ^^^      | *****   | \$\$\$ |

The market is near the bottom. Supplies are abundant in both growing areas; standard sizes are more plentiful than jumbo. Quality is very good: stalks are straight and firm, while flavor is slightly bitter, yet grassy. MFC Asparagus is available.

## Avocados



| Region | Supplies | Quality | Price  |
|--------|----------|---------|--------|
| MEX    | ^^^      | *****   | \$\$\$ |

Prices are holding steady; stocks are ample, especially 60-count and smaller fruit. Quality is very good: fruit is firm, yet creamy in texture with nutty flavor. RSS Avocado Chunks, Halves, Pico de Gallo Guacamole, and Pure Pulp are available.

## Bells: Green



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |
| FL, USA | ^^^      | *****   | \$\$\$ |
| MEX     | ^^^      | *****   | \$\$\$ |

The market is poised to climb. Supplies are tightening; rain is affecting harvests in California's Coachella Valley and Mexico. Quality is good. MFC and Markon Essentials® (ESS) Green Bell Peppers are available.

## Bells: Red and Yellow



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |
| FL, USA | ^^^      | *****   | \$\$\$ |

Prices are up; expect limited stocks for the next two weeks. Rain is affecting volume in the Coachella Valley. The Mexican season has been delayed due to recent storms. Quality is average: color is consistent and flavor is subtly sweet. MFC and ESS Red Bell Peppers are sporadic.

## Blackberries



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |
| MEX     | ^^^      | *****   | \$\$\$ |

The market is rising; stocks are tightening due to rain and low temperatures. West Coast growers are transitioning from California to Mexico. Quality is average: softness, small size, and bleeding are occasional problems. Sugar levels range from 12 to 13 Brix.

## Blueberries



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |
| MEX/TX  | ^^^      | *****   | \$\$\$ |

Prices are stable; supplies are tightening in California, but increasing in Mexico. Overall quality is good: issues include bleeding, softness, and decay. Sugar levels range from 12 to 16 Brix.

## Broccoli



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| AZ, USA | ^^^      | *****   | \$\$\$ |
| CA, USA | ^^^      | *****   | \$\$\$ |
| MEX/TX  | ^^^      | *****   | \$\$\$ |

The market has eased; stocks are ramping up in California's Imperial Valley and Yuma, Arizona. Quality is average: pin rot is a minor issue. MFC Broccoli Crowns are available.



# Fresh Crop Report

WEEK OF DECEMBER 8, 2019

## Cantaloupe



| Region   | Supplies | Quality | Price  |
|----------|----------|---------|--------|
| OFFSHORE | ^^^      | *****   | \$\$\$ |

The market is a bit higher than last week. Offshore supplies are ramping up. Quality is good: sugar levels range from 12 to 13 Brix. MFC Cantaloupes are not available for the import season.

## Cauliflower



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| AZ, USA | ^^^      | *****   | \$\$\$ |
| CA, USA | ^^^      | *****   | \$\$\$ |

Prices are inching down; yields are increasing in California's Imperial Valley and Yuma, Arizona. Quality is good: creamy color is a minor issue. ESS Cauliflower is available.

## Celery



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |

The market is slightly lower than last week. The Oxnard, California season is getting a slow start, but demand is weak. MFC Celery is sporadic.

## Cucumbers



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| FL, USA | ^^^      | *****   | \$\$\$ |
| MEX/AZ  | ^^^      | *****   | \$\$\$ |

Prices are inching up; cold weather and rain are reducing volume on both coasts. Quality is average: softness, decay, and scarring are problems. MFC Cucumbers are available.

## Grapes



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |

The market is starting to inch up. The California storage season is wrapping up. Offshore green seedless fruit will begin shipping in two to three weeks. Domestic MFC Lunch Bunch Grapes and ESS Red Seedless Grapes will be on the market through late December/early January.

## Green Leaf/Variety Lettuce



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| AZ, USA | ^^^      | *****   | \$\$\$ |

Prices are elevated; rain is disrupting harvests and causing loading delays, but growers are packing ahead to minimize problems. MFC Premium Green Leaf Lettuce is sporadic.

## Honeydew



| Region   | Supplies | Quality | Price  |
|----------|----------|---------|--------|
| MEX      | ^^^      | *****   | \$\$\$ |
| OFFSHORE | ^^^      | *****   | \$\$\$ |

The market is up; rain has delayed harvesting in Mexico. Offshore harvesting is ramping up. Quality is good: sugar levels range from 11 to 12 Brix. MFC Honeydews are not available during the import season.

## Iceberg Lettuce



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| AZ, USA | ^^^      | *****   | \$\$\$ |

Prices are steady to slightly higher than last week. More rain is forecast this week, but growers are packing ahead to reduce loading delays. Quality is good: low temperatures are causing lettuce ice in some lots. MFC Premium Iceberg Lettuce is sporadic.

## Lemons



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |

The market is unchanged; supplies are shipping from the California desert and San Joaquin Valley regions. Quality is average: persistent rain is increasing the crop's size profile. MFC and ESS Lemons are available.

## Limes



| Region | Supplies | Quality | Price  |
|--------|----------|---------|--------|
| MEX/TX | ^^^      | *****   | \$\$\$ |

Prices are up a bit; 110- and 150-count stocks are tightening. Quality is good: stylar and scarring are occasional issues. MFC and ESS Limes are available.

## Onions



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CO, USA | ^^^      | *****   | \$\$\$ |
| ID, USA | ^^^      | *****   | \$\$\$ |
| OR, USA | ^^^      | *****   | \$\$\$ |
| UT, USA | ^^^      | *****   | \$\$\$ |
| WA, USA | ^^^      | *****   | \$\$\$ |

The market is level; storage stocks are adequate. MFC Onions are available in Idaho, Oregon, Utah, and Washington. Packer label stocks are being shipped from Colorado. Overall quality is excellent.

## Oranges



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^^^      | *****   | \$\$\$ |
| CHILE   | ^^^      | *****   | \$\$\$ |

Prices are steady; California Navels supplies are sufficient. Color continues to deepen due to low temperatures. Quality is very good: sugar levels are approximately 11 Brix. MFC and ESS Navel Oranges are available.

## Pears



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| WA, USA | ^^^      | *****   | \$\$\$ |

The market is unchanged. MFC Washington Bartlett and D'Anjou Pears are on the market; the crop is dominated by 110- through 120-count fruit. Quality is excellent: fruit has firm texture, smooth skins, and sweet flavor. Sugar levels range from 12 to 14 Brix.

## Pineapple



| Region | Supplies | Quality | Price  |
|--------|----------|---------|--------|
| CR     | ^^^      | *****   | \$\$\$ |
| MEX/TX | ^^^      | *****   | \$\$\$ |

Prices remain near the bottom; volume is high in both growing regions. Expect low markets through December. Quality is very good: fruit is juicy and sweet, yet tangy. Sugar levels range from 13 to 16 Brix.



# Fresh Crop Report

WEEK OF DECEMBER 8, 2019

## Potatoes



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CO, USA | ^ ^ ^    | *****   | \$\$\$ |
| ID, USA | ^ ^ ^    | *****   | \$\$\$ |
| OR, USA | ^ ^ ^    | *****   | \$\$\$ |
| TX, USA | ^ ^ ^    | *****   | \$\$\$ |
| WA, USA | ^ ^ ^    | *****   | \$\$\$ |
| WI, USA | ^ ^ ^    | *****   | \$\$\$ |

Expect higher prices than last season due to cold temperatures this past October. Idaho's freeze event affected approximately 15% of the crop. Both Norkotahs and Burbanks will need to be ordered to prevent shortages. MFC Idaho Burbank and Norkotah Potatoes are available; 40- to 50-count Burbanks are tight.

## Raspberries



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^ ^ ^    | *****   | \$\$\$ |
| MEX     | ^ ^ ^    | *****   | \$\$\$ |

The market is poised to rise. The Mexican season is winding down; Santa Maria growers will ship through January, but rain is greatly affecting volume. Quality is good: problems include bleeding, softness, and decay. Sugar levels range from 13 to 14 Brix.

## Romaine



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| AZ, USA | ^ ^ ^    | *****   | \$\$\$ |

Prices are elevated; rain is disrupting harvests and causing loading delays, but growers are packing ahead to minimize problems. MFC Premium Romaine is sporadic.

## Salads & Blends



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| AZ, USA | ^ ^ ^    | *****   | \$\$\$ |

The market is firm. This week's rain is causing harvesting delays and quality issues, but Markon inspectors are closely monitoring finished packs to achieve the best mix.

## Spring Mix



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| AZ, USA | ^ ^ ^    | *****   | \$\$\$ |

Prices are up; low temperatures and rain are affecting production and affecting shelf-life. RSS Conventional and Organic Spring Mixes are sporadic.

## Squash



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| FL, USA | ^ ^ ^    | *****   | \$\$\$ |
| MEX     | ^ ^ ^    | *****   | \$\$\$ |

The market is stable to slightly higher due to rain in Mexico. Yellow squash supplies are extremely limited. East Coast volume has fallen a bit; cold weather has inhibited growth. Quality is average: wet weather is causing decay and pitting in some lots. MFC Yellow Squash and Zucchini are available.

## Strawberries



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| CA, USA | ^ ^ ^    | *****   | \$\$\$ |
| FL, USA | ^ ^ ^    | *****   | \$\$\$ |
| MEX     | ^ ^ ^    | *****   | \$\$\$ |

Prices are elevated. Rain has impacted California's main growing regions and is forecast to persist for the next 10 days. Supplies will become increasingly limited; problems such as small size, decay, mold, and reduced shelf-life will develop. New crop harvesting has started in a limited way in Florida and Mexico, but volume is not expected to significantly rise until mid-December. MFC Strawberries are limited.

## Tomatoes



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| FL, USA | ^ ^ ^    | *****   | \$\$\$ |
| MEX     | ^ ^ ^    | *****   | \$\$\$ |

Prices are elevated; new crop Mexican fruit won't hit the market until January. Roma supplies are especially tight. Quality is average, but rain-related problems and shortened shelf-life remain concerns.

## Watermelon



| Region | Supplies | Quality | Price  |
|--------|----------|---------|--------|
| MEX    | ^ ^ ^    | *****   | \$\$\$ |

The market is unchanged; stocks are sufficient. Quality is good: fruit is firm with bright color. Sugar levels range from 11 to 12 Brix.



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