

CONFIDENCE
IN EVERY CASE.



Highlights

- Markon First Crop® (MFC) Premium Iceberg weights are higher on average than the rest of the industry (42 to 49 pounds compared with 35 to 43 pounds).
- New crop onion harvesting continues in the Northwest. Yellow onion sizing continues to be dominated by medium onions; very few super colossals are available.
- It's a great time to promote MFC Washington Apples. The season is underway and quality is excellent.

Fresh Crop Report

WEEK OF SEPTEMBER 19, 2021 | 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: Fall is near—which ingredients do you suggest to transition from summer to autumn seasonal menus?

A: The fall is one of my favorite seasons as a chef. During this transition I move away from things like summer squash into butternut, buttercup, pumpkin, etc. Fall is also a great time for root vegetables like rutabaga, turnips, and beets. When it comes to spices, I like to use a lot of warm Middle Eastern flavors for stews and braises.

- Toss roasted red and gold baby beets with Kefir and toasted baharat spices; serve with warm pita bread.
- Thinly slice MFC Fennel and roast these chips until crisp; substitute for croutons in green salads.
- Poach MFC Apples and Pears in red wine until tender; drizzle with balsamic glaze and top with a dollop of whipped mascarpone cheese.

*Chef Jonathon Merrick,
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.



Kale- and Chard-Stuffed Portabella Mushrooms

Offer a hearty vegetarian option with umami-flavored Portabella mushrooms stuffed with healthy kale and rainbow chard, crunchy pine nuts, and creamy Fontina cheese.

Get the full recipe >

Tips for Serving Ready-Set-Serve (RSS) Heart-Y Slaw

- Toss RSS Heart-Y Slaw with tzatziki sauce, RSS Peeled Garlic, and wasabi; serve with burgers and sandwiches.
- Mix with roasted red beets, Greek yogurt, and RSS Lemon Juice—an ideal side salad for fall menus.
- Stir-fry RSS Heart-Y Slaw with chopped chicken, waterchestnuts, RSS Green Onions, RSS Peeled Garlic, ginger, and Hoisin sauce; serve with white rice.



Browse additional usage tips >



Fresh Crop Report

WEEK OF SEPTEMBER 19, 2021



This classic French soup combines thyme-accented broth with complexly flavored onions and decadent Gruyere cheese. Perfect for fall menus!

Produce Highlights

Cucumbers

- The market is rising.
- West Coast stocks are tight due to inclement weather and supply gaps.

Lettuces

- Green leaf, iceberg, and romaine prices continue to rise.
- Salinas Valley and Santa Maria, California yields and carton weights have fallen; inconsistent weather has impacted quality and hindered growth.

Mixed Berries

- Mixed berry supplies remain tight.
- Blueberries will be the most challenged over the next two weeks.

Apples



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

Prices are level. New crop Washington MFC Fuji, Gala, Golden Delicious, and Red Delicious Apples are on the market. Granny Smith stocks are starting to increase but 88- to 138-count sizes remain tight. New crop quality is excellent: sugar levels range from 12 to 14 Brix.

Asparagus



| Region | Supplies | Quality | Price |
|---------|----------|---------|--------|
| MEX | ▲▲▲ | ***** | \$\$\$ |
| PERU/FL | ▲▲▲ | ***** | \$\$\$ |

The market is high. Baja supplies are limited. Peruvian volume remains sufficient but demand is strong. Quality is good: tips are firm, color is bright, and flavor is grassy. MFC Asparagus is available.

Avocados



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

The market is elevated. Mexico's Flora Loca crop has ended, but new crop production will start soon. The California and Peruvian harvests are also wrapping up. Quality is very good: texture is creamy and flavor is nutty. RSS Avocado Chunks, Halves, Pico de Gallo Guacamole, and Pure Pulp are available.

Bells: Green



| Region | Supplies | Quality | Price |
|------------|----------|---------|--------|
| CA, USA | ▲▲▲ | ***** | \$\$\$ |
| EAST COAST | ▲▲▲ | ***** | \$\$\$ |
| MEX/TX | ▲▲▲ | ***** | \$\$\$ |

Prices are stable. The Michigan season is ending; other East Coast regions are recovering from the recent hurricane. Production will start in Georgia and South Carolina next week. West Coast quality is very good: walls are thick, skins are smooth, and flavor is zesty. MFC and Markon Essentials® (ESS) Green Bell Peppers are available.

Bells: Red and Yellow



| Region | Supplies | Quality | Price |
|------------|----------|---------|--------|
| CA, USA | ▲▲▲ | ***** | \$\$\$ |
| CAN | ▲▲▲ | ***** | \$\$\$ |
| EAST COAST | ▲▲▲ | ***** | \$\$\$ |
| MEX | ▲▲▲ | ***** | \$\$\$ |

West Coast prices are steady. East Coast supplies are beginning to rebound from Hurricane Ida. West Coast quality is best: color is vibrant and shape is elongated. MFC and ESS Red Bell Peppers are available.

Blackberries



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

High prices are expected through early October; supplies are tightening as growers transition into Mexican growing regions. Quality will remain average until new crop fruit is fully available.

Blueberries



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

Expect elevated markets through this month; volume is tight but will increase in late September when production starts in Baja, Mexico and Peru. The Pacific Northwest season has ended. Quality is good: berries are plump and sweet.

Broccoli



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

Prices are climbing. Inconsistent weather has slowed growth in California, while rain has hindered harvesting in Mexico. Crown quality is average: brown bead, hollow core, and yellowing are potential issues. MFC Broccoli is available.



Fresh Crop Report

WEEK OF SEPTEMBER 19, 2021

Cantaloupe



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

The market is level. Medium sizes dominate availability. Quality is very good: sugar levels range from 11 to 13 Brix. Domestic MFC Cantaloupes are on the market.

Cauliflower



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

Prices are inching up. Supplies will tighten through the month. Inconsistent weather has hindered California growth. Quality is very good: browning is a potential problem. ESS Cauliflower is available.

Celery



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

The market is steady; stocks are adequate. Quality is very good: seeder is an occasional problem. MFC Celery is available.

Cucumbers



| Region | Supplies | Quality | Price |
|------------|----------|---------|--------|
| EAST COAST | ▲▲▲ | ***** | \$\$\$ |
| MEX | ▲▲▲ | ***** | \$\$\$ |

Prices are rising. Inclement weather and supply gaps are tightening West Coast supplies. East Coast volume is low, but new crop harvesting is about to start in Georgia and North Carolina. MFC and ESS Cucumbers are sporadic.

Grapes



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

The market is weak; domestic supplies are ample. Quality is very good: fruit is firm, yet juicy with subtly sweet flavor. Domestic MFC and ESS Green and Red Seedless Grapes are available.

Green Leaf/Variety Lettuce



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

Prices are starting to inch up; inconsistent weather has impacted quality and hindered growth. Quality is good: internal and fringe burn are occasional issues. MFC Premium Green Leaf Lettuce is available.

Honeydew



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

The market is poised to rise; stocks are tight as growers begin their move to new crop regions. Sugar levels range from 10 to 12 Brix. MFC Honeydew Melons are available.

Iceberg Lettuce



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

Prices continue to rise; yields and weights have fallen. MFC Premium Iceberg Lettuce is sporadic; Markon Best Available (MBA) is being substituted as necessary.

Lemons



| Region | Supplies | Quality | Price |
|---------|----------|---------|--------|
| ARG | ▲▲▲ | ***** | \$\$\$ |
| CA, USA | ▲▲▲ | ***** | \$\$\$ |
| CHILE | ▲▲▲ | ***** | \$\$\$ |
| MEX | ▲▲▲ | ***** | \$\$\$ |

The market is steady at high levels. California supplies are limited; growers are in transition to new regions. Mexican fruit is helping fill any shortages. MFC and ESS Lemons are available.

Limes



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

Prices are stable; new crop supplies are becoming more plentiful. Quality is good: incidences of styler, oil spotting, and scarring has decreased. MFC and ESS Limes are available.

Onions



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

The market has stabilized. MFC Onions are being shipped out of Idaho, Oregon, and Washington. Northwest stocks are dominated by medium and jumbo sizes; super colossals are extremely tight. Utah-grown MFC Onions are also on the market. Packer label onions are available in Colorado.

Oranges



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

Expect high prices until the California Navel season begins in mid- to late October. Valencia volume is low. The Early orange variety will ship from Mexico (into McAllen, Texas) in early to mid-October; Texas early oranges will become available in early November.

Pears



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

The market is stable. New crop California Bartlett stocks are ample and will be shipped through late October. Washington Bartlett and D'Anjou are on the market.

Pineapple



| Region | Supplies | Quality | Price |
|---------|----------|---------|--------|
| CR | ▲▲▲ | ***** | \$\$\$ |
| ECUADOR | ▲▲▲ | ***** | \$\$\$ |

Prices are level; supplies are sufficient. Large sizes dominate availability, especially 5-count fruit. Quality is very good: fruit is juicy with tangy flavor. Sugar levels are approximately 15 Brix.



Fresh Crop Report

WEEK OF SEPTEMBER 19, 2021

Potatoes



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

Prices have stabilized. Field-run MFC Norkotah Potatoes are on the market. Quality is good: minor skinning and excess moisture may be observed in fresh-run potatoes. U.S. No. 2 stocks are limited; new crop potatoes exhibit very few quality defects during the early stages of harvesting. Quality will improve once supplies have gone through the sweat process and are in storage.

Raspberries



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

The market will remain elevated through September. Mexico will become the main growing region in early October; supplies will remain tight until that time. Quality is good, but will improve when new crop fruit hits the market.

Romaine



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

Prices are up. Salinas Valley yields and carton weights have been below normal due to inconsistent weather. MFC Premium Romaine Lettuce is sporadic; MBA is being packed as needed.

Salads & Blends



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

The market is unchanged. Iceberg and romaine raw product supplies are limited. Quality problems in iceberg and romaine include fringe and internal burn, mildew pressure, and seeder. Markon inspectors are choosing the best fields for pack outs.

Spring Mix



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

Despite low volume, prices are stable. Markon inspectors are monitoring supplies closely. Quality is good: lettuce and baby leaf items such as arugula and spring mix can be particularly susceptible to heat stress and/or reduced shelf-life in late summer/early fall. RSS Conventional and Organic Spring Mixes are available.

Squash



| Region | Supplies | Quality | Price |
|------------|----------|---------|--------|
| CA, USA | ▲▲▲ | ***** | \$\$\$ |
| EAST COAST | ▲▲▲ | ***** | \$\$\$ |
| MEX | ▲▲▲ | ***** | \$\$\$ |

The West Coast market is level. East Coast prices are starting to ease; recent hurricanes ended some harvests, but new crop production is starting in Georgia and North Carolina. Yellow squash is tighter than zucchini. West Coast quality is very good: skins are smooth and flavor is pleasantly bitter. Mexican growers will move harvesting to Sonora next week.

Strawberries



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

Santa Maria harvesting is underway, easing prices. Supplies will continue to increase. Quality is very good: size is large and flavor is sweet. MFC Strawberries are available in Markon's recyclable cardboard or plastic clamshells.

Tomatoes



| Region | Supplies | Quality | Price |
|------------|----------|---------|--------|
| CA, USA | ▲▲▲ | ***** | \$\$\$ |
| EAST COAST | ▲▲▲ | ***** | \$\$\$ |
| MEX | ▲▲▲ | ***** | \$\$\$ |

The market is steady. East Coast supplies remain limited due to Hurricane Ida and cool evenings. Vine ripe and Roma stocks are sufficient in California and Mexico. Overall quality ranges from good to very good. MFC Tomatoes are available.

Tree Fruit



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

Expect high prices as the season winds down. Nectarines and peaches will remain on the market through late September. Sugar levels range from 10 to 12 Brix. Plums will be shipped through mid-October. Sugar levels range from 12 and 14 Brix.

Watermelon



| Region | Supplies | Quality | Price |
|------------|----------|---------|--------|
| CA, USA | ▲▲▲ | ***** | \$\$\$ |
| EAST COAST | ▲▲▲ | ***** | \$\$\$ |
| TX, USA | ▲▲▲ | ***** | \$\$\$ |

The market is low; stocks are plentiful. Large sizes dominate availability. Quality is very good: fruit is sweet and juicy.



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