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## Highlights

- Markon First Crop® (MFC) Premium Romaine weights are higher on average than the rest of the industry (32 to 39 pounds compared with 28 to 38 pounds).
- Broccoli quality is excellent; however, yields are lower than prior weeks due to inconsistent weather patterns.
- Quality and size profile of Brussels Sprouts has greatly improved; burn and early breakdown are no longer significant issues at the field level.

# Fresh Crop Report

WEEK OF SEPTEMBER 26, 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:** Eggplant is gaining mainstream popularity. What are some of your favorite ways to serve it?

**A:** I like to salt my eggplant to remove the bitter element, then I rinse and dry before cooking. My top three eggplant recipes would have to be caponata (a Sicilian dish), babaganoush, and old school eggplant parmesan.

- Lasagna is a favorite eggplant application. Whether you layer it in roasted strips or mashed pulp, it adds an earthy, umami flavor to both meat- and vegetable-based dishes.
- Add eggplant cubes to stir-fry recipes and fried rice.
- Crispy eggplant cubes make a smart addition to fall green salads; they add texture and rich flavor.

*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.



### Israeli Couscous-Stuffed Bell Peppers

Whether served hot or cold, this hearty vegan dish makes a great lunch entree or dinner side.

**Get the full recipe >**

## Tips for Serving Bell Peppers

- Sautéed MFC Bell Peppers of all colors are integral to the Tex-Mex favorite, fajitas.
- Rajas, or cooked bell pepper strips, are a classic addition to steamed tamales.
- Stew chunks of MFC Red and Yellow Bell Peppers in spicy curries and chili dishes.
- The classic French dish ratatouille gets its earthy flavor from a blend of eggplant, garlic, onions, bell peppers, and squash.



**Browse additional usage tips >**



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Mix your favorite wings' flavors in a much healthier, modified salad version great for watching every sport, every season.

## Produce Highlights

### Idaho Potatoes

- Supplies of large-size (40- to 70-count) MFC Potatoes are increasing.
- Markets are expected to ease over the next two weeks.

### Strawberries

- Sizing ranges from medium to large (approximately 16-18 pieces per one-pound clamshell).
- Salinas and Watsonville volumes are diminishing.

### Yellow Onions

- Yellow Onion harvest continues to progress up in the northwest, shipping out of Idaho, Oregon, and Washington.
- The crop remains heavy to medium sized onions.

## Apples



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

Prices are starting to ease. New crop Washington MFC Fuji, Gala, Golden Delicious, and Red Delicious Apples are abundant. Granny Smith supplies remain tight, especially 88- to 138-count sizes, but will increase as the season progresses. New crop quality is excellent: sugar levels range from 12 to 14 Brix.

## Asparagus



Region	Supplies	Quality	Price
MEX	^^^	*****	\$\$\$
PERU/FL	^^^	*****	\$\$\$

The market remains elevated. Strong demand and limited stocks, especially in Mexico, are holding prices up. 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	^^^	*****	\$\$\$

Prices are high; supplies are tight. Production in California is coming to an end this week. Peru arrivals are declining but should have supplies into October. Harvest is slowing down due to rainy weather and holiday in Mexico.

## Bells: Green



Region	Supplies	Quality	Price
CA , USA	^^^	*****	\$\$\$
EAST COAST	^^^	*****	\$\$\$
MEX/TX	^^^	*****	\$\$\$

The market is slightly higher. The Michigan season has ended; production has begun in Georgia and South Carolina, however rain has slowed harvesting. West Coast quality is best: 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 slightly higher. East Coast markets are starting to recover from the effects of last month's hurricane. 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	^^^	*****	\$\$\$

Production will begin to decline by the end of the month in Watsonville. Expected elevated markets through early October; growers are moving into new crop regions. Quality will remain average until new crop fruit is fully available.

## Blueberries



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

Prices are high; supplies are limited, but will increase in over the next few weeks when harvesting begins in Baja, Mexico and Peru. The Pacific Northwest season is over. Quality is good: berries are plump and sweet.

## Broccoli



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

Prices are climbing. Stocks are tight due to slow growth in California and rain in Mexico. Crown quality is average: brown bead, hollow core, and yellowing are occasional problems. MFC Broccoli is available.



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## Cantaloupe



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

Prices are unchanged. Medium sizes dominate the current crop. 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	^^^	*****	\$\$\$

The market is a bit higher. Stocks will continue to tighten through early October. Inconsistent weather has hindered California growth. Quality is very good: browning is a minor issue. ESS Cauliflower is available.

## Celery



Region	Supplies	Quality	Price
CA, USA	^^^	*****	\$\$\$
MI, USA	^^^	*****	\$\$\$

Prices are stable; supplies are sufficient. Quality is very good: seeder is a potential problem in some lots. MFC Celery is available.

## Cucumbers



Region	Supplies	Quality	Price
EAST COAST	^^^	*****	\$\$\$
MEX	^^^	*****	\$\$\$

The market is elevated. Poor weather and harvesting gaps reduced West Coast volume. New crop harvesting has begun in Georgia and North Carolina; stocks will increase soon. MFC and ESS Cucumbers are sporadic.

## Grapes



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

Prices are low; domestic stocks are plentiful. 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	^^^	*****	\$\$\$

The market is a bit higher than last week; fluctuating weather has impacted quality and hindered growth. Quality is average: internal and fringe burn are minor problems. MFC Premium Green Leaf Lettuce is available.

## Honeydew



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

Prices are starting to inch up; growers are in transition to new crop areas. Sugar levels range from 10 to 12 Brix. MFC Honeydew Melons are available.

## Iceberg Lettuce



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

The market is high; yields and weights below normal for this time of year. MFC Premium Iceberg Lettuce is sporadic; Markon Best Available (MBA) is being substituted as needed.

## Lemons



Region	Supplies	Quality	Price
ARG	^^^	*****	\$\$\$
CA, USA	^^^	*****	\$\$\$
CHILE	^^^	*****	\$\$\$
MEX	^^^	*****	\$\$\$

Prices remain elevated. California volume is low; growers are moving to new harvesting areas. Mexican stocks are helping fill any shortages. Chilean fruit is available with good volume.

## Limes



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

The market is level; new crop volume is rising. Quality has improved: incidences of styler, oil spotting, and scarring are minimal. MFC and ESS Limes are available.

## Onions



Region	Supplies	Quality	Price
CA, USA	^^^	*****	\$\$\$
CO, USA	^^^	*****	\$\$\$
ID, USA	^^^	*****	\$\$\$
NM, USA	^^^	*****	\$\$\$
OR, USA	^^^	*****	\$\$\$
WA, USA	^^^	*****	\$\$\$

Prices are steady. Sizing continues to be small with very few Super Colossal sizes available. The crop remains heavy to medium sized onions.

## Oranges



Region	Supplies	Quality	Price
CA, USA	^^^	*****	\$\$\$
IMPORTS	^^^	*****	\$\$\$

The market will remain high until the California Navel season starts in mid- to late October. Valencia supplies are extremely limited. The Early orange variety will ship from Mexico (into McAllen, Texas) in early to mid-October; Texas early oranges will hit the market in early November.

## Pears



Region	Supplies	Quality	Price
CA, USA	^^^	*****	\$\$\$
WA, USA	^^^	*****	\$\$\$

Prices are level. New crop California Bartlett supplies are abundant and will remain on the market through late October. Washington Bartlett and D'Anjou are available.

## Pineapple



Region	Supplies	Quality	Price
CR	^^^	*****	\$\$\$
ECUADOR	^^^	*****	\$\$\$

The market is unchanged; supplies are adequate. Large sizes dominate current supplies, especially 5-count fruit. Quality is very good: fruit is juicy with tangy flavor. Sugar levels are approximately 15 Brix.



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## Potatoes



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

The market is easing on larger sizes (40-70ct). Pricing on smaller packs has firmed slightly. 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 supplies remain tighter as new crop potatoes exhibit very few quality defects during this stage 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	^^^	*****	\$\$\$

Mexico will be the primary growing area through October. Quality is good, but will improve when new crop fruit hits the market. Production looks to be steady through Mid-October in Watsonville.

## Romaine



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

The market is elevated. Salinas Valley volume and carton weights are below normal. MFC Premium Romaine Lettuce is sporadic; MBA is being packed as needed.

## Salads & Blends



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

Prices are level despite tight iceberg and romaine raw product stocks. Potential quality issues 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	^^^	*****	\$\$\$

The market is unchanged. Markon inspectors are monitoring stocks 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	^^^	*****	\$\$\$

Prices are lower on both coasts. New crop harvesting has begun in Georgia and North Carolina. Yellow squash is a bit tighter than zucchini. Mexican production is starting up in Sonora. West Coast quality is very good: skins are smooth and flavor is pleasantly bitter.

## Strawberries



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

Supplies in Santa Maria came in short over the weekend due to heavy fog and overcast conditions. Overall, markets have come up for the beginning of the week and will level out for the back half of the week.

## Tomatoes



Region	Supplies	Quality	Price
CA , USA	^^^	*****	\$\$\$
EAST COAST	^^^	*****	\$\$\$
MEX	^^^	*****	\$\$\$

Prices are higher. East Coast stocks are lower as effects of past storm affected plant health and yields. Vine ripe and Roma supplies are adequate in California and Mexico. Overall quality ranges from good to very good. MFC Tomatoes are available.

## Tree Fruit



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

The season is winding down. Nectarines and peaches will be available until the end of 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	^^^	*****	\$\$\$

Prices are weak; supplies are ample. Large sizes dominate current stocks. Quality is very good: fruit is sweet and juicy.



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