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## Highlights

- Markon First Crop® (MFC) Premium Iceberg weights are higher on average than the rest of the industry (40 to 48 pounds compared with 35 to 43 pounds).
- Broccoli supplies are extremely limited out of all areas. Prices will be elevated for the next 10 to 14 days.
- Expect extremely limited Valencia orange supplies until the Navel season begins in late October/early November.

# Fresh Crop Report

WEEK OF OCTOBER 10, 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:** Pears are a subtly flavored fruit that pairs well with fall meat dishes. What are some of your favorites?

**A:** Pears are delicious with seared duck breast or tender confit. I like to use them in Moroccan tagines, in Korean barbecue, and stuffed into pork tenderloin. A seriously underrated ingredient!

- Toss Ready-Set-Serve® (RSS) Heritage Blend with thick slices of MFC Pears, miso-toasted walnuts, and creamy Parmesan dressing.
- Roast quartered MFC Pears and chopped MFC Potatoes with bone-in chicken or thick pork chops.
- Poach peeled pears in Muscat wine and vanilla; dip in ganache followed by sliced almonds.

*Chef Marcus Calderon,  
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.



## Stuffed Eggplant

Italian-inspired, this vegetarian entree is packed with umami flavors and ancient grains.

**Get the full recipe >**

## Tips for Serving Pears

- Toss shaved MFC Pears with MFC Fennel, RSS Washed & Trimmed Parsley, and a citrusy vinaigrette.
- Offer a seasonal fall special of spiced pears over pancakes or waffles.
- Add shaved MFC Pears to grilled cheese and croque monsieur sandwiches.
- Bake thick slices of MFC Pears in a frangipane tart; decorate slices with pear-shaped pastry and candied pear slices.

**Browse additional usage tips >**





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These beautiful gluten-free tarts are filled with citrus-vanilla custard and roasted rose apples.

## Produce Highlights

### Blueberries

- Expect tight stocks for the next four weeks.
- Port delays are affecting the availability of South American fruit.

### Cabbage

- Supplies are limited due to inconsistent weather patterns.
- Elevated markets and tight supplies are forecast for the duration of the Salinas season; the Arizona/California Desert season will begin in mid- to late November.

### Green Beans

- Supplies are slowly increasing.
- Prices will hold steady this week.

## Apples



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

Prices are weak. New crop Washington MFC Fuji, Gala, Golden Delicious, Granny Smith, and Red Delicious Apples are abundant. Overall quality is excellent: sugar levels range from 12 to 14 Brix.

## Asparagus



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

The market remains high. Growers have moved from Central Mexico to Baja; stocks will increase in mid- to late October. 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 have stabilized. Mexican growers are harvesting the fall Aventejada crop; supplies are dominated by 48-count and smaller fruit. Jumbo sizes remain tight, but not to the same degree as last month. Peruvian shipments are being held up in ports, but should increase as the month proceeds. 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	^^^	*****	\$\$\$

The market is steady. East Coast growers will harvest in Georgia and the Carolinas through October; rain may hinder production this week. California supplies are plentiful; all sizes and grades are available, but demand is strong. Quality is very good: walls are thick, skins are smooth, and flavor is zesty. MFC and Markon Essentials® (ESS) Green Bell Peppers are on the market.

## Bells: Red and Yellow



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

Prices have stabilized. East Coast growers are harvesting in Georgia and North Carolina; the season will run through this month. West Coast stocks are meeting demand. The Canadian season will end in mid-November. Quality is very good: color is vibrant and shape is elongated. MFC and ESS Red Bell Peppers are available.

## Blackberries



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

The market is inching up; the Watsonville season is winding down. Quality is very good: berries are sweet, juicy, and plump.

## Blueberries



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

Prices are up. Expect tight stocks for the next four weeks. Port delays are affecting the availability of South American fruit. Peruvian supplies are increasing and will become the main source for the next several months. Mexican production began last month; volume is low but will increase each week. Quality is very good: berries are plump and sweet.

## Broccoli



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

Supplies are extremely limited out of all areas. Expect elevated markets for the next 10 to 14 days. Overall quality is good: pin rot is an issue in some lots. MFC Broccoli is on the market.



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## Cantaloupe



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

Prices are up. Growers are moving to the desert region; supplies will increase once the move is complete. MFC Cantaloupes are limited; packer label will be substituted as necessary.

## Cauliflower



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

The market is high, but starting to ease a bit as a short warming trend increased short-term volume. Low temperatures are forecast; expect tight stocks next week. ESS Cauliflower is available.

## Celery



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

Prices are low. California volume is high; Salinas will remain the main growing area through mid-November. The Michigan season is ending. Quality is very good. MFC Celery is available.

## Cucumbers



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

The market has eased. Smaller sizes are most plentiful; large sizes are snug. Production is underway in Georgia and North Carolina. Mexican growers are harvesting in Baja and Sonora; volume will increase through the month. MFC and ESS Cucumbers are sporadic.

## Grapes



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

Prices are low; domestic stocks are abundant. 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 starting to inch up. Growers are preparing for the seasonal harvesting transition south to Yuma, Arizona. Internal/fringe burn are occasional end-of-season issues. MFC Premium Green Leaf Lettuce is available.

## Honeydew



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

Prices are high; growers are moving to the Arizona/California desert region. MFC Honeydew Melons are limited; packer label will be substituted as needed.

## Iceberg Lettuce



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

The market is up. Growers are preparing for the move to Huron, California then Yuma, Arizona. Internal burn, mildew pressure, and seeder are potential problems. 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 are elevated. Both domestic and imported stocks are limited, but quality is very good. MFC and ESS Lemons are available.

## Limes



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

The market has stabilized despite heavy rain in Mexico. Supplies continue to increase, particularly small sizes. MFC and ESS Limes are available.

## Onions



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

Prices will remain high through October. Medium-size yellow onions are most plentiful; super colossals are extremely tight. Red onions are dominated by jumbo sizes. MFC Red and Yellow Onions are on the market. Packer label onions are available in Colorado.

## Oranges



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

The market is elevated. The California Navel season will begin over the next few weeks; prices will ease once supply meets demand. Valencia stocks are nearly depleted; quality has suffered. The Early orange variety is shipping from Mexico (into McAllen, Texas); Texas early oranges will become available in early November.

## Pears



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

Prices are weak. California Bartlett supplies are abundant and will remain on the market through this month. Washington Bartlett and D'Anjou are available.

## Pineapple



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

Expect stable markets through late November. Stocks are sufficient; 5- and 6-count sizes dominate current crops. 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 level. Large-size (40- to 70-count) MFC Idaho Norkotah Potatoes are abundant; 90- through 100-count MFC Idaho Norkotah Potatoes are tight. Quality is good, but will improve once supplies have gone through the sweat process and are in storage; minor skinning and excess moisture may be observed in fresh-run potatoes. U.S. No. 2 stocks are scarce.

## Raspberries



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

Prices will inch up until new crop California volume increases. Mexico will be the primary growing area through this month. Quality will continue to improve as the season progresses.

## Romaine



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

The market is slightly higher than last week. Growers are preparing for the seasonal move to Yuma, Arizona. Quality is average: internal burn, mildew pressure, seeder, and fringe burn are potential problems. MFC Premium Romaine Lettuce is sporadic; MBA is being packed as needed.

## Salads & Blends



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

Prices are stable despite tightening iceberg and romaine supplies. Quality is good: internal burn, mildew pressure, seeder, and fringe burn are occasional issues.

## Spring Mix



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

The market is unchanged; Salinas Valley supplies are ample. Quality is very good: brittle texture, mildew pressure, and yellowing are minor problems. RSS Conventional and Organic Spring Mixes are available.

## Squash



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

Prices are average. East Coast growers are harvesting in Georgia and North Carolina; rain may delay production this week. The Santa Maria, California season will run through this month, but cooler weather will tighten supplies. Mexican growers have moved to the mainland.

## Strawberries



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

There is a two-tiered market. Growers are transitioning from the Salinas/Watsonville region to the Santa Maria area for fall; demand is strong. New crop Santa Maria berries are commanding higher prices. Quality is very good: dark, overripe, and bruised fruit is being seen in Watsonville/Salinas. MFC Strawberries are available in Markon's recyclable cardboard or plastic clamshells.

## Tomatoes



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

Round tomato prices are level; California has sufficient volume. Vine ripe stocks will remain tight until the Florida season hits its stride; there are limited supplies in Mexico. Roma and grape tomatoes have increased. MFC Tomatoes are available.

## Tree Fruit



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

The California nectarine and peach seasons have ended. Plums will run through the end of this week. Offshore fruit will hit the market by late December/early January.

## Watermelon



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

Weak prices persist; supplies are plentiful, especially large sizes. Growers will transition from California to Arizona over the next several weeks. Quality is very good: fruit is sweet and juicy.



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