

CONFIDENCE
IN EVERY CASE.



Highlights

- Markon First Crop® (MFC) Premium Iceberg Lettuce weights are higher on average than the rest of the industry (46 to 50 pounds compared with 39 to 45 pounds).
- Northwest onion suppliers continue to raise prices in an effort to extend storage stocks. Mexican onions (crossing into South Texas) are increasing.
- Mexican tomato production is ramping up due to favorable weather, while Florida growers are facing near-freezing temperatures. Expect steady round, Roma, and cherry tomato markets over the next week; grape tomatoes remain a bargain.

Fresh Crop Report

WEEK OF FEBRUARY 6, 2022 | 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: Versatile, healthy broccoli can be used raw, steamed, roasted, fried...what are your favorite ways to showcase this earthy ingredient?

A: Broccoli has a vibrant color and unique texture so trying to capture all these qualities requires cooking methods to do so. Remove the florets and peel the stem so you can steam/shock, blanching both sections at the same time. Shocking in ice water after cooking allows you to capture the color and texture for a quick sauté or roast. To finish I top with Ready-Set-Serve® (RSS) Peeled Garlic, RSS Lemon Juice, olive oil, grated Parmesan cheese, and pre-roasted/seasoned, crunchy panko breadcrumbs.

- Stir steamed and chopped RSS Broccoli Crowns, cooked and chopped chicken breasts, and crispy bits of pancetta into macaroni and cheese.
- Top cheesy polenta with chopped and sautéed RSS Broccoli Crowns, RSS Peeled Garlic, and chopped Italian sausage.

*Chef Chris Cukjati,
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.



Heritage Shrimp & Scallop Bisque

Tender shrimp and scallops get bright color and deep flavor with a bisque made with RSS Heritage Blend, MFC Idaho Potatoes, and a hint of RSS Peeled Garlic.

Get the full recipe >

Tips for Serving RSS Heritage Blend

- Upgrade house salads with this colorful, hearty blend.
- Pair with bold flavors like blue cheese, pickled onions, roasted fennel, or shaved Parmesan.
- Top with proteins such as grilled salmon, poached eggs, sliced steak, or stir-fried tofu.

Browse additional usage tips >





A combination of sweet, bright, and zesty flavors, this simple side dish of sugar snap peas, shallots, and mushrooms works well with grilled fish and poultry.

Produce Highlights

Brussels Sprouts

- The market continues to ease.
- Size is dominated by small and medium sprouts; however, jumbo-size stocks are increasing.

Green Bell Peppers

- Although Mexican bell peppers are ample, freezing weather in Florida has affected crops.
- Prices are up.

Strawberries

- Prices are rising in all regions as Valentine's Day demand ramps up.
- Low Florida temperatures are shifting strawberry demand to the west.

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Apples



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

Prices are holding steady. Washington MFC Fuji, Gala, Golden Delicious, Granny Smith, and Red Delicious Apples are readily available; the storage crop is dominated by 88- to 113-count sizes. Quality is excellent: sugar levels range from 12 to 14 Brix.

Asparagus



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

Mexican prices are low; volume is ramping up in Caborca. Peruvian supplies are adequate. Quality is very good: spear and tips are firm, color is bright, and flavor is grassy. MFC Asparagus is available.

Avocados



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

The market is steady; 48-count and larger sizes are most plentiful in Mexican crops. Prices for small fruit are a bit higher. Quality is very good: texture is creamy and flavor is nutty. RSS Avocado Chunks, Halves, Pico de Gallo Guacamole, and Pure Pulp are on the market.

Bells: Green



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

Prices are increasing. Florida bell peppers avoided major frost damage this past weekend; however, growers are still evaluating crops. The Mexican markets have increased due to stronger demand. Quality ranges from good to very good: frost damage is a minor issue in Florida. MFC and Markon Essentials® (ESS) Green Bell Peppers are available.

Bells: Red and Yellow



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

The market is poised to rise slightly. Mexican supplies are steady; the best quality is coming from high-tech/greenhouse growers. All sizes are available. Cooler evenings will slow production this week. The East Coast does not produce a significant volume of colored peppers. Quality is good: frost damage is minimal. MFC and ESS Red Bell Peppers are available.

Blackberries



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

Prices have leveled out. Mexican volume is meeting demand. Quality is very good: berries are plump and juicy with deep purple color.

Blueberries



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

Although the market is elevated, it's forecast to start inching down; Mexican stocks are increasing. Imported fruit shipments are experiencing delays at ports as well as unloading challenges due to labor shortages. Quality is very good: flavor is sweet with pleasantly tangy undertones.

Broccoli



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

Prices are weak. Favorable growing conditions in the Arizona and California desert growing regions have increased supplies. Mexican stocks are plentiful. Quality is good: pin rot is an occasional problem. MFC Broccoli is available.



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Cantaloupe



Region	Supplies	Quality	Price
MEX	▲▲▲	*****	\$\$\$
OFFSHORE	▲▲▲	*****	\$\$\$

The market is level; stocks are adequate. Quality is very good: sugar levels are rising.

Cauliflower



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

Prices are low; supplies are abundant. Weather is ideal in the Arizona and California desert regions. ESS Cauliflower is available.

Celery



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

The market will remain steady or even dip in the coming weeks. Quality is very good: some Oxnard lots are being affected by disease pressure. MFC Celery is available.

Cucumbers



Region	Supplies	Quality	Price
MEX	▲▲▲	*****	\$\$\$
OFFSHORE	▲▲▲	*****	\$\$\$

Prices are inching up slightly due to stronger demand. Mexican stocks are sufficient in Sonora and Sinaloa; ideal weather is aiding growth. Honduran imports will ship through mid-March; port problems have improved. Florida growers will begin domestic production in March. MFC and ESS Cucumbers are available.

Grapes



Region	Supplies	Quality	Price
OFFSHORE	▲▲▲	*****	\$\$\$

The market is elevated. Importers are struggling with shipping delays from Chile and Peru. Imported MFC and ESS Green and Red Seedless Grapes as well as Lunch Bunch Grapes are available.

Green Leaf/Variety Lettuce



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

Prices are low; stocks are abundant. Quality is very good: ice and mildew damage are problems being trimmed at harvest. MFC Premium Green Leaf Lettuce is available.

Honeydew



Region	Supplies	Quality	Price
MEX	▲▲▲	*****	\$\$\$
OFFSHORE	▲▲▲	*****	\$\$\$

The market is high; available supplies are dominated by 6- and 8-count sizes. Quality is very good: sugar levels are increasing.

Iceberg Lettuce



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

Prices are weak; volume is high. Cold weather has caused lettuce ice, but quality is very good; damage is being trimmed from outer leaves at the field level. MFC Premium Iceberg Lettuce is available.

Lemons



Region	Supplies	Quality	Price
ARG	▲▲▲	*****	\$\$\$
AZ/CA, USA	▲▲▲	*****	\$\$\$
CHILE	▲▲▲	*****	\$\$\$
MEX	▲▲▲	*****	\$\$\$

High markets persist. Domestic stocks are dominated by 115-, 140-, and 165-count sizes; 200- and 230-count fruit is scarce. MFC and ESS Lemons are available.

Limes



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

The market has softened; demand has decreased. Despite improved availability, the market is expected to firm up by next week. Oil spotting is an occasional concern being culled during packing. MFC and ESS Limes are sporadic; packer label substituted when needed.

Onions



Region	Supplies	Quality	Price
CO, USA	▲▲▲	*****	\$\$\$
ID, USA	▲▲▲	*****	\$\$\$
MEX	▲▲▲	*****	\$\$\$
OR, USA	▲▲▲	*****	\$\$\$
UT, USA	▲▲▲	*****	\$\$\$
WA, USA	▲▲▲	*****	\$\$\$

Northwest onion suppliers continue to raise markets in an effort to extend storage stocks. Mexican onions (crossing into South Texas) are increasing. Quality is sporadic in remaining storage onions; occasional internal defects such as translucency, dryness, and watery scale may be seen. Texas-grown onions will become available in early March. California onions are estimated to start shipping from the Imperial Valley in mid-April. The New Mexico season will begin in early June.

Oranges



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

Prices are high. The Navel crop is dominated by large sizes (56- to 88-count packs); smaller sizes (113- and 138-count) are limited. Sugar levels range from 10 to 13 Brix. MFC Navel Oranges are available.

Pears



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

The market is weak; supplies are plentiful. MFC D'Anjou Pears are readily available; 80- to 110-count stocks dominate the crop. The California Bartlett season will begin shipping in June.

Pineapple



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

The market is up; volume is low, especially five-count sizes. Quality is very good: fruit is sweet and tangy.



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Potatoes



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

Idaho Burbank and Norkotah prices are climbing as suppliers extend storage stocks. The remaining crop is dominated by large sizes (40- to 70-count potatoes); smaller sizes (80- to 100-count supplies) are a bit tighter. Norkotahs are expected to remain on the market into early April; once Norkotah supplies are depleted, Burbanks will be the sole variety through the rest of the season. MFC Burbank and Norkotah Potatoes are available.

Raspberries



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

The market is steady; supplies are sufficient. Quality is very good: berries are plump, deep red, and tangy sweet.

Romaine



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

The market is inching down as stocks become more abundant. Quality is very good: fringe burn and light epidermal blistering/peeling are issues being trimmed in the fields. MFC Premium Romaine Lettuce is available.

Salads & Blends



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

The market is steady; iceberg/romaine supplies are adequate. Markon's Quality Assurance team continues to monitor quality and processing for the best packs.

Spring Mix



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

Prices are level; stocks are ample. Quality is very good: mildew pressure and tip burn are minor issues. RSS Conventional and Organic Spring Mixes are available.

Squash



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

The market is holding steady due to weak demand. Florida production is low due to limited acreage, cold weather, and strong winds. New crop Mexican supplies are getting a slow start due to low temperatures, but zucchini stocks are starting to increase. Quality ranges from good to very good. MFC Zucchini and Yellow Squash are available.

Strawberries



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

Prices are rising in all regions as Valentine's Day demand ramps up. California production is ramping up. Low Florida temperatures are shifting strawberry demand to the west. Mexican volume is steady. Quality is very good. MFC Strawberries are available.

Tomatoes



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

Mexican tomato production is ramping up due to favorable weather, while Florida growers are facing near-freezing temperatures. Expect steady round, Roma, and cherry tomato prices over the next week; grape tomatoes remain a bargain. Overall quality is very good. MFC Tomatoes are available.

Tree Fruit



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

Prices are fairly stable. Chilean white and yellow nectarine and peach volume is average. Imported plums are beginning to enter the market; supplies will increase through the month.

Watermelon



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

The market is elevated; Mexican stocks are limited. Large sizes dominate current availability. Quality is very good: fruit is sweet and juicy.



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by MARKON

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