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## Highlights

- Markon First Crop® (MFC) Premium Green Leaf Lettuce weights are higher on average than the rest of the industry (22 to 25 pounds compared with 19 to 24 pounds).
- Iceberg and romaine supplies continue to tighten throughout the industry due to inconsistent weather patterns in the Arizona/California desert region. Green leaf supplies are more readily available, although industry volume is lower compared to recent weeks.
- Strawberry volume is decreasing in the regions of Central Mexico and Florida as these seasons wind down. Production is ramping up in Oxnard, California.

# Fresh Crop Report

WEEK OF MARCH 13, 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:** As spring weather approaches, salads are becoming more dominant on menus. Which do you suggest for areas that are crossing over into warmer weather, but might still have some cold days?

**A:** I like taking a caprese salad and instead of serving it cold in the warmer months, I add a breading mix to the mozzarella and fry it so it's a warm melted component.

- Add heartier ingredients like roasted potatoes, cooked grains, and root vegetables to salad greens like Ready-Set-Serve® (RSS) Heritage Blend and RSS Hearts & Hearts for great seasonal crossovers.
- Salads made with RSS Brussels Sprout Halves and MFC Fennel (without greens) can serve as a bridge between winter and spring.
- Potatoes are great kitchen workhorses that can be prepared in myriad ways to complement seasonal menu changes, whether it's roasted, mashed, or baked.

*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.



### Roasted Asparagus with Yellow Bells

Roasting brings out the inherent grassy flavors of asparagus spears—top them with sweet yellow bell peppers and oniony fresh chives.

**Get the full recipe >**

## Tips for Serving Sweet Potatoes

- Mash boiled sweet potatoes with hot cream, butter, and brown sugar; top with chopped pecans and crumbled bacon.
- Roast sweet potato cubes with RSS Brussels Sprout Halves; drizzle with balsamic glaze and serve with steaks and poultry.
- Add cooked sweet potato chunks to wellness bowls alongside herbed rice, black beans, chopped avocados, and red onions.



**Browse additional usage tips >**

To learn more about Markon brands, please contact your sales representative | [markon.com](https://markon.com)



*Warm, steel-cut oats, plump raspberries, and toasted pecans make this a hearty, healthy breakfast.*

## Produce Highlights

### Cauliflower

- Demand has increased.
- Growers have begun light harvesting in the Salinas Valley, but volatile markets are expected until the season fully ramps up.

### Cucumbers

- Prices are rising.
- The East Coast transition from Honduran offshore fruit to Florida spring crops is behind schedule by two weeks, tightening overall volume.

### Yellow Onions

- Northwest storage supplies are on pace to be depleted sooner than normal (early to mid-April vs late April to early May).
- Markets are expected to remain elevated into May when production begins in the California.

# Fresh Crop Report

WEEK OF MARCH 13, 2022

## Apples



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

The market is level. Washington MFC Fuji, Gala, Golden Delicious, Granny Smith, and Red Delicious Apples are on the market; storage stocks are 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 | ▲▲▲      | *****   | \$\$\$ |

Prices are beginning to ease; Mexican volume is rising. Peruvian imports will remain snug through March. 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  |
|---------|----------|---------|--------|
| CA, USA | ▲▲▲      | *****   | \$\$\$ |
| MEX     | ▲▲▲      | *****   | \$\$\$ |

The market has stabilized. Mexican fruit is dominated by 48-count and larger sizes. Quality is very good. RSS Avocado Chunks, Halves, Pico de Gallo Guacamole, and Pure Pulp are on the market.

## Bells: Green



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

The market has nudged up slightly. Mexican volume has dipped; hot weather increased growth over the previous weeks, tightening current supply levels. All sizes and grades are available. Florida growers are approximately two to three weeks away from significant spring volume. Quality has improved. MFC and Markon Essentials® (ESS) Green Bell Peppers are available.

## Bells: Red and Yellow



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

Prices are inching down. Mexican volume is rising. The East Coast does not produce a significant volume of colored peppers. Quality is very good: skins are smooth and deep red. MFC and ESS Red Bell Peppers are available.

## Blackberries



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

The market is unchanged. Mexican supplies are meeting demand. New crop harvesting has started in Oxnard, California and will increase through March. Quality is very good: berries are plump and juicy with deep purple color.

## Blueberries



| Region  | Supplies | Quality | Price  |
|---------|----------|---------|--------|
| MEX     | ▲▲▲      | *****   | \$\$\$ |
| IMPORTS | ▲▲▲      | *****   | \$\$\$ |

Prices are a bit lower than last week. Mexican spring supplies are starting to increase. Delays at ports and unloading challenges persist on the import market. Quality is very good: flavor is sweet with pleasantly tangy undertones.

## Broccoli



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

The market is weak; stocks are abundant in the Arizona/California desert region and Mexico (into South Texas). Quality is very good: after weeks of temperature fluctuations causing odd shape, consistent size has returned. MFC Broccoli is available.



# Fresh Crop Report

WEEK OF MARCH 13, 2022

## Cantaloupe



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

Prices are level; Mexican and offshore supplies are sufficient. Quality is very good: sugar levels range between 10 and 14 Brix.

## Cauliflower



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

Growers have begun light harvesting in the Salinas Valley, but volatile markets are expected until the season fully ramps up. Quality is very good but size may be small size due to varying growing conditions. ESS Cauliflower is available.

## Celery



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

Prices are high; the Arizona/California harvest is nearly finished. The Oxnard season will run through mid- to late June. Quality is excellent. MFC Celery is available.

## Cucumbers



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

The market is climbing. The East Coast transition from offshore fruit to Florida spring crops is behind schedule by two weeks, tightening overall volume. Quality is very good: some wind scarring defects are being reported. MFC and ESS Cucumbers are available.

## Grapes



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

Prices are unchanged; imported volume is average. Quality is good. 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 | ▲▲▲      | *****   | \$\$\$ |

Strong demand is pushing up markets; volume is average despite weather fluctuations. Quality is very good. MFC Premium Green Leaf Lettuce is available.

## Honeydew



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

Prices are level; crops are dominated by 6- and 8-count sizes. Quality is very good: sugar levels range between 10 and 14 Brix.

## Iceberg Lettuce



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

The market is skyrocketing. Stocks are extremely limited; head weights are low due to inconsistent weather. Quality is average: wind- and freeze-damaged leaves are being trimmed in the field. MFC Premium Iceberg Lettuce is sporadic; Markon Best Available is being packed as needed.

## Lemons



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

Prices are steady. The California coastal region is the main growing source at this time; choice grade fruit dominates harvests. MFC and ESS Lemons are available.

## Limes



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

The market is elevated. Mexican production is past its peak. Offshore supplies are tight. MFC and ESS Limes are sporadic; packer label substituted when needed.

## Onions



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

Northwest storage supplies are on pace to be depleted sooner than normal (early to mid-April vs late April to early May). Markets are expected to remain elevated into May when production begins in the California. Texas-grown and Mexican fresh-run onions (crossing into South Texas) are tight but starting to increase. The New Mexico season will begin in early June. MFC Red and Yellow Onions are available.

## Oranges



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

Prices are steady. Large sizes (56- to 88-count packs) dominate the California Navel crop; smaller sizes (113- and 138-count) are snug. Quality is very good: sugar levels range from 10 to 13 Brix. MFC Navel Oranges are available.

## Pears



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

The market is weak; storage stocks remain plentiful. MFC D'Anjou Pears are available; 80- to 110-count supplies are most abundant. California Bartletts are forecast to enter the market in June.

## Pineapple



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

Prices are unchanged; supply is meeting demand in both regions. Quality is very good: fruit is sweet and tangy.



# Fresh Crop Report

WEEK OF MARCH 13, 2022

## Potatoes



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

The Idaho Burbank and Norkotah markets remain high. Storage crop stocks are dominated by large sizes (40- and 50-count potatoes); smaller sizes (80- to 100-count stocks) are adequate. Norkotahs will remain available into early April; once depleted, Burbanks will be shipped through the rest of the season. MFC Burbank and Norkotah Potatoes are available.

## Raspberries



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

Prices are inching down; stocks are increasing. Quality is very good: berries are plump, deep red, and tangy sweet.

## Romaine



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

The market is escalating; demand is strong. Supplies are extremely limited due to fluctuating weather. Quality is average: freeze-related blistering/peeling and fringe/internal burn are industrywide problems. MFC Premium Romaine Lettuce is sporadic; MBA is being substituted as necessary due to low weights.

## Salads & Blends



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

Raw product iceberg and romaine prices are up due to limited industry stocks. Weights are low, making it necessary to harvest more heads to reach necessary volume. Markon's Quality Assurance team continues to monitor quality and processing for the best packs.

## Spring Mix



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

The market is stable; Arizona/California desert stocks are meeting demand. Quality is very good: yellowing is minimal. RSS Conventional and Organic Spring Mixes are available.

## Squash



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

Prices are starting to climb. Florida yellow squash volume has fallen; zucchini stocks are more readily available. Spring production will begin over the next few weeks. Some crops are winding down in Southern Mexico, while other fields are not producing as forecast due to disease issues. Expect lower volume for a few weeks. MFC Zucchini and Yellow Squash are available.

## Strawberries



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

The market is climbing. Supply levels are decreasing in Central Mexico and Florida as these seasons wind down. Production is ramping up in Oxnard, California. Quality is very good. MFC Strawberries are available.

## Tomatoes



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

Round, Roma, and grape tomato prices are level. Although Florida supplies are sufficient, they will tighten 10-20% moving forward as growers harvest fields affected by bloom drop. Mexican production is meeting demand. Grape tomatoes are ample. Quality is very good: wind scarring is an occasional issue. MFC Tomatoes are available.

## Tree Fruit



| Region | Supplies | Quality | Price  |
|--------|----------|---------|--------|
| CHILE  | ▲▲▲      | *****   | \$\$\$ |

The market is unchanged. Chilean white and yellow nectarine and peach stocks are sufficient. Imported plums are on the market. Quality is very good: sugar levels are increasing.

## Watermelon



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

Prices are steady. Mexican supplies are meeting demand. Large sizes dominate the crop. Quality is very good: sugar levels range between 10 and 14 Brix.



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