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Highlights

- Markon First Crop® (MFC) Premium Green Leaf Lettuce weights are higher on average than the rest of the industry (23 to 25 pounds compared with 18 to 24 pounds).
- Texas-grown MFC Onions are ramping up. Northwest storage stocks remain on pace to be depleted sooner than normal.
- Markon inspectors have been reporting on elevated insect pressure in lettuces and leafy greens, as well as some growth crack, rib blight, and sun scald. These challenges are likely to persist with more high temperatures this week.

Fresh Crop Report

WEEK OF MARCH 20, 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: What seasonal specialty produce do you recommend for spring?

A: Once the weather warms and seasonal ingredients like ramps hit the market, I love to showcase their intense onion-y flavor. Also on my spring menu suggestions are rhubarb and strawberries (together and apart), as well as kale.

- Add sautéed ramps to dishes as varied as omelets, tacos, and flatbreads.
- Rhubarb and MFC Strawberries are a complimentary couple that work well in pies, tarts, jams, and even as a meat and poultry glaze.
- Kale is an ideal ingredient for dishes crossing over from winter to spring menus. Use it in fresh salads, bean and vegetable soups, pasta recipes, and pickled alongside barbecue meals.

*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.



Oil-Poached Shrimp with Asparagus & Chermoula

The delicate, spring flavors of asparagus and chervil make this light seafood dish ideal for warm-weather months.

Get the full recipe >

Tips for Serving Asparagus

- Lightly fry asparagus in buttermilk and panko breadcrumbs; serve with spicy wasabi dipping sauce.
- Wrap spears of asparagus in thinly sliced pancetta; grill until meat is crisp and asparagus is tender; serve with chicken breasts.
- Toss soba noodles with roasted MFC Asparagus and miso dressing; top with pan-seared scallops.
- Sauté MFC Asparagus, fresh morels, and shallots; serve over polenta with snipped MFC Chives and edible nasturtiums.



Browse additional usage tips >

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The citrusy notes of blood orange balance the grassy asparagus and peppery arugula in this healthy spring salad.

Produce Highlights

Carrots

- RSS and MFC Carrots are limited; packer label is being substituted as needed.
- California jumbo carrots are extremely tight.

Celery

- Prices are elevated.
- The Arizona/California desert season is winding down, shifting demand to Oxnard and Santa Maria, California.

Limes

- Large sizes are tightening; small supplies are increasing.
- Markets remain extremely high.

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Apples



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

Prices are weak. 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	^^^	*****	\$\$\$

The market ranges from low to average. Mexican supplies have increased. Peruvian imports will remain limited for another ten days or so. 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	^^^	*****	\$\$\$

Prices are stable. Mexican stocks are 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.

Bell Peppers - Green/Red



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

Expect green bell markets to remain elevated through March due to weather, seasonal decline, and tight supplies. Florida volume has fallen due to the early February freezing conditions which caused bloom drop. Red bell prices will fluctuate over the next two weeks. Canadian greenhouse harvesting has started in a limited manner. MFC and Markon Essentials® (ESS) Green and Red Bell Peppers are available.

Blackberries



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

Prices are level. Mexican volume is average. New crop harvesting is increasing in Oxnard, California. Quality is very good: berries are plump and juicy with deep purple color.

Blueberries



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

The market has stabilized. Mexican new crop stocks are becoming more plentiful. Delays at ports and unloading challenges persist on the import market. Quality is very good.

Broccoli



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

Low prices persist; supplies are ample in the Arizona/California desert region and Mexico. Quality is very good: size is consistent and flavor is earthy yet fresh. MFC Broccoli is available.

Cantaloupe



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

The market is slightly higher; stocks are tightening a bit due to higher spring consumption. Sugar levels range between 10 and 14 Brix.

Cauliflower



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

The Salinas Valley season has started in a limited manner, but fluctuating prices are forecast until the season fully ramps up. Quality is very good but size may be small. ESS Cauliflower is available.



Fresh Crop Report

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Celery



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

The market is elevated. The Arizona/California desert season is winding down, shifting demand to Oxnard and Santa Maria, California. Quality is excellent. MFC Celery is available.

Chile Peppers



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

Markets are high due to rising fuel costs, growing region transitions, and strong demand for Lent. Serranos, Red Fresnos, and Yellow Caribes are extremely limited; Jalapenos, Poblanos, and Anaheims are following suit. Cool evenings in Mexico coupled with seasonal harvesting transitions are tightening stocks. Spring Sonora crops will start in approximately three weeks, increasing overall volume. The Florida season is behind schedule; many crops experienced bloom drop during the February freeze. Expect elevated prices for a few more weeks.

Cucumbers



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

Prices are up. The East Coast transition from offshore fruit to Florida spring crops is behind schedule, but finally getting started; volume is low. Quality is very good: wind scarring is a minor issue. MFC and ESS Cucumbers are available.

Grapes



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

The market is steady; imported supplies are sufficient. 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	▲▲▲	*****	\$\$\$

Prices are up slightly; stocks are adequate despite current weather challenges. Quality is good: insect pressure is an industrywide issue. MFC Premium Green Leaf Lettuce is available.

Honeydew



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

The market is slightly higher; stocks are tightening a bit due to higher spring consumption. Quality is very good: sugar levels range between 10 and 14 Brix.

Iceberg Lettuce



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

Prices are elevated but starting to inch down as weather warms. Supplies should increase through the week. Quality is average: problems include growth cracks, rib blight, and sun scalding. MFC Premium Iceberg Lettuce is sporadic; Markon Best Available® (MBA) is being packed as necessary.

Lemons



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

The market is level. The California coastal region is the main growing source at this time; choice grade fruit dominates availability. MFC and ESS Lemons are on the market.

Limes



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

Prices are extremely high. Large sizes are tightening; small supplies are increasing. 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 supplies are still on pace to run out sooner than normal. Quality remains average: internal defects will be seen in remaining storage supplies. Texas-grown MFC Onions are ramping up. Mexican stocks have increased. The California Imperial Valley season will get underway the week of April 18. MFC Red and Yellow Onions are available.

Oranges



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

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

Pears



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

Prices are low; storage supplies are plentiful. MFC D'Anjou Pears are on the market; 80- to 110-count fruit is ample. California Bartletts will become available in June.

Pineapple



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

The market is stable; stocks are adequate in both growing areas. 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	^ ^ ^	*****	\$\$\$

Overall supplies have tightened as the Norkotah season begins to wind down. Norkotahs are expected to be depleted by early April; once that occurs, Burbanks will be the sole variety for the rest of the season. Expect markets to inch as suppliers work to extend remaining storage volume. MFC Burbank and Norkotah Potatoes are available.

Raspberries



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

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

Romaine



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

Prices are elevated but should inch down due to this week's warm weather. Stocks are starting to rebound. Quality is average: insect pressure, epidermal blistering, and peeling are issues. 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 markets are climbing; industry supplies are tight. Weights are low, making it necessary to harvest more heads to achieve 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	^ ^ ^	*****	\$\$\$

Prices are steady; Arizona/California desert supplies are sufficient. Quality is very good: yellowing is minimal. RSS Conventional and Organic Spring Mixes are available.

Squash



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

The market is high. Florida yellow squash stocks are extremely limited; zucchini volume is a bit higher. Spring production will start in a few weeks. Some crops are winding down in Southern Mexico, while other fields are not producing as expected due to disease problems. Expect tight supplies through at least early April. MFC Zucchini and Yellow Squash are available.

Strawberries



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

Prices remain high. Volume is low in Central Mexico and Florida; these seasons are ending. Harvesting is on the upswing in Oxnard, California. Quality is very good. MFC Strawberries are available.

Tomatoes



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

Markets remain low. Mexican harvesting transitions to new spring growing areas will occur over the next two to three weeks. Florida volume is slightly lower yet still meeting current demand. Growers in Northern Florida and South Carolina are assessing potential damage after freezing temperatures this past weekend. Expect prices to increase slightly as April approaches. MFC Tomatoes are available.

Tree Fruit



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

Prices are stable. Chilean white and yellow nectarine and peach stocks are adequate. Imported plums are available. Quality is very good: sugar levels range from medium to high.

Watermelon



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

The market is level. Mexican stocks are sufficient. Large sizes are especially plentiful. Quality is very good: sugar levels range between 10 and 14 Brix.



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