

CONFIDENCE
IN EVERY CASE.



Highlights

- Markon First Crop® (MFC) Premium Green Leaf weights are higher on average than the rest of the industry (23 to 25 pounds compared with 19 to 22 pounds).
- Squash prices are easing due to ideal growing conditions on both coasts.
- The California stone fruit season is underway. Nectarine, peach, and plum volume will continue to ramp up quickly through the month of June.

Fresh Crop Report

WEEK OF JUNE 19, 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: Nutritious fast food is gaining momentum. From smoothies, to salads, to healthy vending machines, what are your favorite on-the-go dishes?

A: Many people are looking for an interesting twist on a bowl or salad on the go. A classic chef or house salad doesn't drive repeat business—you need to increase the dish's craveability to keep them coming back for more. I suggest house-made dressings with fresh herbs, vegetables that pop with color and flavor, and crunchy, umami-rich toppers. Go beyond just the standard lettuce, tomato, and bacon bits.

- Allow customers to customize their rice and noodle bowls with toppings like charred Ready-Set-Serve® (RSS) Sweet Baby Broccoli, curried-spiced RSS Cauliflower Florets, pickled RSS Sliced Onions, and Mexican street corn.
- Store hot and cold ingredients separately to prevent wilting salads and soggy fried toppers.

*Chef Shane Henderson,
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.



Kid-Friendly Tacos

Perfect for kids' menus, these chicken tacos are topped with healthy tomatoes, sliced avocados, and green leaf lettuce.

Get the full recipe >

Tips for Serving Green Leaf

- Add pan-seared RSS Brussels Sprout Halves, golden raisins, and sunflower seeds to MFC Premium Green Leaf; drizzle with creamy lemon-fennel dressing.
- Mix MFC Premium Green Leaf with sliced nectarines and candied walnuts; drizzle with ginger-soy dressing.
- Toss chopped MFC Premium Green Leaf with quartered and boiled fingerling potatoes, blanched RSS Trimmed Green Beans, chopped MFC Tomatoes, sliced MFC Cucumbers, flaked tuna, and black olives; dress all with tarragon vinaigrette.



Browse additional usage tips >

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A healthy option to oatmeal and other warm breakfast cereals...piled high with fruits, nuts, and seeds.

Produce Highlights

Brussels Sprouts

- The market has eased.
- Expect prices to continue declining over the next 10 to 14 days

Idaho Potatoes

- Burbanks will be the sole variety on the market until new crop Norkotahs become available in August.

- Prices are up as suppliers continue to work to extend remaining stocks.

Red & Yellow Potatoes

- MFC Red and Yellow Potato supplies continue to diminish.
- The market has increased.

Fresh Crop Report

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Apples



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

The market is unchanged. Washington MFC Fuji, Golden Delicious, Granny Smith, and Red Delicious Apples are available. Remaining MFC Gala Apples are diminishing, especially 125- to 150-count fruit. Quality is excellent: sugar levels range from 12 to 14 Brix.

Asparagus



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

Prices are rising as the industry begins the transition to West Coast supplies. Quality is very good. MFC Asparagus is available.

Avocados



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

Expect elevated markets through the summer season; volume is low. Small avocados (60- to 84-count fruit) are especially limited as demand has shifted to these sizes. RSS Avocado Chunks, Halves, Pico de Gallo Guacamole, and Pure Pulp are available.

Bell Peppers - Green/Red



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

Green bell prices are slightly lower, but the market for red bells is elevated. The Georgia season is at its peak. Growers will start harvesting in the Carolinas later this week. California production will move to the San Joaquin Valley at the end of the month. Mexican summer crops are supplementing the red bell market. MFC and Markon Essentials® (ESS) Green and Red Bell Peppers are available.

Blackberries



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

The market is stable; supplies are average. Quality is very good: berries are plump and sweet with deep purple color.

Blueberries



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

Prices are steady; stocks are adequate in Baja, Mexico and California's San Joaquin Valley. Quality is very good: fruit is firm and tangy-sweet.

Broccoli



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

The market is low; supplies are plentiful in Salinas and Santa Maria. Mexican volume is a bit lower due to extremely hot weather. Quality is very good: head size is consistent. MFC Broccoli is available.

Cantaloupe



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

Prices have eased; 15-count melons are tight, but 9-count fruit is readily available. Domestic quality is excellent: sugar levels range between 10 and 14 Brix.

Cauliflower



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

The market is inching down; supplies are abundant in the Salinas Valley and Santa Maria regions. Quality is very good: curds are snowy white. ESS Cauliflower is available.



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Celery



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

Prices have stabilized; Salinas Valley stocks are ample. Quality is very good: seeder and disease pressure will not be problems in this new growing region. Production will start in Michigan by early July. MFC Celery is available.

Chile Peppers



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

The market is unchanged. Although East Coast supply is meeting demand, volume is lower than in previous years. Poblanos are tight. On the West Coast, all varieties are shipping, but Anaheim and yellow chile shortages are expected as the mainland Mexican season winds down. More fields are slowing starting up in Baja to minimize any production gaps.

Cucumbers



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

Prices are up slightly despite ample stocks. Demand is strong on both coasts. Growers are harvesting in Georgia, North Carolina, and New Jersey. Mexican supplies are increasing in Baja. Quality ranges from very good to excellent: some scarring has been reported in mainland Mexico. MFC and ESS Cucumbers are available.

Grapes



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

The market is a bit lower. Mexican fruit is now on the market; volume will increase through the month. California harvests will start in early to mid-July. MFC and ESS Green and Red Seedless Grapes as well as Lunch Bunch Grapes are available.

Green Leaf/Variety Lettuce



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

Weak prices persist; Salinas Valley volume is high. Quality is very good: fringe burn is an occasional issue. MFC Premium Green Leaf Lettuce is available.

Honeydew



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

The market has stabilized. California desert stocks are plentiful. Mexican supplies remain tight. Quality is good: sugar levels range between 10 and 14 Brix.

Iceberg Lettuce



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

Prices are a bit higher. Quality is average: sun scalding, wind burn, and disease pressure are being trimmed in the field. MFC Premium Iceberg Lettuce is sporadic; Markon Best Available® is being substituted as needed.

Lemons



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

The market for fancy grade fruit remains higher than prices for choice grade supplies. Quality is very good: skins are smooth and fruit is juicy. MFC and ESS Lemons are on the market.

Limes



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

Prices are stable. Large sizes remain tight, but small sizes are more readily available. The crop is dominated by 230- to 250-count sizes; 150-count and larger fruit is limited. Quality is very good: light green coloring is a minor problem. MFC and ESS Limes are on the market.

Onions



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

The market is level; stocks are increasing. Fresh-run onions have dry, thin skins and light-colored exteriors; size is currently favoring medium and jumbo sizes, with few super colossals. Northwest onion harvesting will begin in early August. MFC Onions are available in New Mexico and California's San Joaquin Valley.

Oranges



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

Prices are steady. The Valencia season is fully underway. Stocks of 88- through 163-count fruit are scarce. Valencia quality concerns include re-greening and softness due to above-normal temperatures. Packinghouses will gas fruit to brighten color. Sugar levels range from 12 to 13 Brix. MFC Valencia Oranges are available.

Pears



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

The market is stable; storage stocks are meeting demand. MFC Washington D'Anjou Pears will be on the market through late July; the crop is dominated by 90- to 110-count supplies. Small sizes are limited. The new crop California Bartlett season will begin in early July.

Pineapple



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

Prices are unchanged; supplies are adequate in both major growing regions. Quality is excellent: fruit is firm, sweet, and tangy.



Fresh Crop Report

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Potatoes



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

Markets are up as suppliers continue to work to extend remaining stocks. Burbanks will be the sole variety on the market until new crop Norkotahs become available in August. Pressure and shoulder bruising, along with hollow heart, will be seen sporadically in remaining storage supplies. MFC Burbank Potatoes are available. MFC Red and Yellow Potato supplies continue to diminish; prices have increased.

Raspberries



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

Prices are level; stocks are sufficient in both growing regions. Quality is very good: berries are plump, deep red, and tangy sweet.

Romaine



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

The market is steady; Salinas Valley and Santa Maria supplies are plentiful. Quality is very good: fringe burn, thrip damage, and sun scalding are issues being trimmed in the field. MFC Premium Romaine Lettuce is available.

Salads & Blends



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

Prices for raw product iceberg and romaine are unchanged; Salinas Valley stocks are abundant. Chunks and core material are being closely monitored in finished cartons. Markon's Quality Assurance team continues to monitor quality and processing for the best packs.

Spring Mix



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

The market is level. Salinas Valley supplies are plentiful. Quality is very good: mechanical damage and yellowing are minimal. RSS Conventional and Organic Spring Mixes are available.

Squash



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

Prices are low. East Coast harvesting is focused in Georgia, but is also starting up in North Carolina, New Jersey, Kentucky, and Virginia. Expect steady supplies out of California's Central Valley and Santa Maria for the next four months. MFC Zucchini and Yellow Squash are available.

Strawberries



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

The market is weak. California supplies are increasing in the Salinas/Watsonville and Santa Maria regions. Quality is excellent: berries are deep red, juicy, and sweet. MFC Strawberries are available.

Tomatoes



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

Prices for round and Roma supplies are up slightly. Growers are harvesting in Quincy, Florida and South Carolina. Most supplies are shipping from Baja and Jalisco, Mexico. Production in California's San Joaquin Valley is getting started. Quality is very good. MFC Tomatoes are available.

Tree Fruit



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

The California stone fruit season is underway. Nectarine, peach, and plum volume will continue to ramp up quickly through the month of June. Size is dominated by small fruit (60-count); larger sizes are available (54- and 56-count). Apricots, cherries, and plums are also on market. Quality is very good: sugar levels are rising.

Watermelon



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

Prices are steady to slightly higher as volume has dipped a bit and demand is strong for summer. Quality is excellent: sugar levels range between 10 and 14 Brix. Central California growers will start full-size and mini melon production in two to three weeks.



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