



Produce Supply Update

October 28th, 2019

Happy Halloween!

We still have gourds, hard squashes and pumpkins for your fall decorations, but they're going fast. Everyone tries to be out of pumpkins after Halloween, so if you need some, please go ahead and get your orders in.



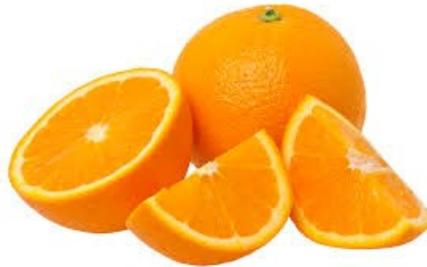
Almost all east coast vegetables are plentiful and gorgeous right now. Lots of areas are harvesting large volumes of squash, peppers, corn and cucumbers and markets are reflecting the glut of product.



With the cooler weather we've had, kale, turnip and mustard greens are thriving. Both local

and out of state farms are reporting good harvests and great quality.

Idaho is shipping new crop spuds and they are gorgeous. It's not unusual for late season potatoes to have internal bruising and we've been seeing some of that over the past few months, but thankfully that's all gone. Supplies are strong and pricing is very favorable.



California is winding down their Valencia orange season and looking forward to Navels beginning. Valencia's are starting to show their age, but are at their most delicious condition of the year due to their maturity. Florida is starting to harvest their citrus, but we'll give their fruit a bit more time to sweeten on the tree before we bring any in.

We're still seeing lots of pretty NC apples from our mountains. We have different varieties available for your local menus.

We currently have Jonagold, Fuji, and Galas, with more on the way.



Domestic Honeydew and Cantaloupe seasons are winding down and supplies are beginning to tighten up. As the season ends, we'll have to look to Mexico and Central America for fresh melons. Sadly, we'll all be seeing less sweet fruit with the longer shipping requirements.

We've got perfect weather right now for lettuce locally, and ours is coming up beautifully. Try a box of Carolina Mix! It's a great blend of many different kinds of lettuce that will give you a very interesting salad, with different textures, colors, and flavors.

Q: What's it like to be kissed by a vampire?

A: It's a pain in the neck.

Q: Why did the ghost go into the bar?

A: For the Boos.

Thank You For Trusting Us With Your Business!

Have a Great Week!!

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