



# Produce Supply Update

## November 11th, 2019

### Good Morning!

Almost all east coast vegetables are plentiful and gorgeous right now. Florida is starting their season with peppers, cucumbers, squash and other items. Mexican farmers are also sending more volume across the border and things have been very smooth sailing on most items. Quality has been very nice and prices have been steady at lower levels.

Eggs are continuing their climb in anticipation for the pull of the holidays. With all of the baking done this time of year, egg prices are always stronger going into Thanksgiving and Christmas. Better to buy them earlier than later.



Pepper prices were so low for so long, there was only one way for them to go. As we get closer to Thanksgiving we're

starting to see higher prices due to improved demand.

We have local Chestnuts and they've been gorgeous. Most of the American Chestnut trees have gone extinct, but we have a lady that brings them to us every year and keeps us stocked with this Thanksgiving and Winter classic.



NC has started our local cabbage season and they're absolutely beautiful. Right in time for Thanksgiving dinner tables! 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.

California's Valencia orange season is finishing up, and they're actually at their best eating quality of the year as they've had time to fully ripen. Navels will begin this week, and they're everyone's favorites because they're seedless.



Washington State Apple growers have their fruit in the cooler now and are looking to sell. Prices are lower and the fruit is beautiful.

Idaho potato farmers have finished up their harvest and are getting a better idea of the volume for this year. They're expecting a good year overall, with nice quality by most reports.

Asparagus supply remains at very good levels and prices are low currently. I'd expect them to ease upwards as we get closer to Thanksgiving Week. It's a very popular item on holiday tables.



*Did you know that statistically 6 out of 7 dwarves aren't Happy?*

**Thank You For Trusting Us With Your Business!**

**Have a Great Week!!**

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