



## Produce Supply Update November 4th, 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 starting 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.

With green pepper staying so cheap and plentiful for so long, it's put pressure on the colored pepper markets. Red, yellow, and orange are all lower this week as growers are trying to

move their product. We should begin to see an uptick as we get closer to Thanksgiving.



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.



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.

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

California's lettuce farmers are seeing improved weather and better volumes being harvested. They are expected to see lesser supplies as they make the seasonal move to more southern fields in the upcoming weeks.

We still have plenty of fall decorations and a few pumpkins left for your seasonal displays. Pie pumpkins are still available also. And don't forget to use winter squashes as they're gorgeous right now with lots of delicious and interesting varieties available.

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. We're also growing local microgreens! Ask us about them.

*Q: What does it sound like when 2 helium atoms laugh?*

*A: HeHe*

*Q: Why would dinosaurs struggle to play the piano?*

*A: They're extinct.*

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

**Have a Great Week!!**

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