

# TESTA PRODUCE Market Report

Outlook for the Week of  
**February 2, 2015**



TESTA NATURAL



## BERRIES

**Blueberries** steady market, good—very good demand *Variable quality*

**Raspberries** lower market, light—moderate demand *Wide range in quality*

**Strawberries** about steady market, demand ranges from moderate—very good *Wide range in quality*

**Misc. Berries** lower market, demand is fairly light—very light *Wide range in quality*

## CITRUS

**Clementines** have an about steady market, moderate demand

**Grapefruit** steady market, moderate demand

**Lemons** steady market, with fairly good demand

**Limes** about steady market, supply on 110-150s are heavy, 200-230s fairly light, demand 200-230s fairly light—light

**Oranges** steady market, demand varies from fairly light—fairly good

## MELONS

**Cantaloupe** about steady market, moderate demand

**Honeydew** about steady market, fairly light supply with moderate demand

**Watermelon** about steady market, light supply very light—light demand

## NON-CITRUS FRUITS

**Apples** market is steady, with moderate demand

**Avocado** about steady market, moderate demand

**Cherries** market is about steady, with moderate demand

**Grapes** about steady market, moderate demand

**Kiwifruit** steady market, moderate demand

**Mangoes** market is slightly lower—about steady, very light supply and moderate demand

**Nectarines** about steady market, moderate demand

**Papaya** about steady—steady market, light supply, moderate demand *Wide range quality and condition*

**Peaches** market is about steady with moderate demand

**Pears** steady market, good demand

**Pineapple** market ranges from about steady—higher with light supply and moderate demand

**Plums** about steady market, moderate demand

## VEGETABLES

**Asparagus** about steady market, light supply, moderate demand

**Beans** market ranges from slightly lower—slightly higher, with fairly good—moderate demand

**Broccoli** market is lower, fairly light demand

**Cabbage** about steady market, demand is fairly light—moderate

**Carrots** about steady market, fairly light supply, demand ranges fairly light—good

### Market Report, Cont'd...

**Cauliflower** market ranges from lower—higher, fairly light—moderate demand *Wide range in price and quality*

**Celery** about steady market, light supply, overall moderate demand

**Corn-Sweet** about steady market, good demand

**Cucumbers** overall market is about steady, moderate demand

**Lettuce** about steady market, moderate demand

**Iceberg** about steady—higher market, fairly good—moderate *Very wide range in quality*

**Romaine** market, is about steady—slightly higher, light supply, good demand

**Peppers** market ranges from lower—higher, supply is fairly light with moderate demand *Wide range in size and quality*

**Bell Type** market is higher, fairly good demand

**Squash** market for yellow straightnecks are higher, while others are about steady *Wide range in quality and condition*

**Tomatoes** about steady—steady market, fairly light—moderate demand *Wide range in quality and condition.*

**Grape Type** about steady—slightly higher market, moderate demand

**Plum Type** about steady market, fairly light—moderate demand

## POTATOES AND ONIONS

**Onions, Dry** steady market, light demand

**Potatoes** about steady market, fairly light—moderate demand



## Produce Quiz

*Like the onion, I have been around for so long (9000 years at least) that my mother, the original wild plant, is gone. I have learned to adapt to many different growing environments in the same way that I have learned to respond to many different names. From my immature leaves and shoots to my white, cream-colored or purple-gray flesh, most of me gets consumed. My prolific cultivation and harvest easily explain my use as a staple food throughout 33% of this planet. Once, just to show off, we proved we could yield over 1,000 bushels on a single acre of damp soil in just two years! Although I have 100 siblings and appear in shapes from oblong to round, we all come with a thick brownish ringed skin that is rugged and hairy. I do require caution as I contain toxic crystals of calcium oxalate, a sticky juice, just beneath my skin that can produce an allergic reaction if direct contact is made. A simple solution is to use gloves in my preparation or use running water when peeling my skin. You will need heat to consume me as my leaves and roots contain an indigestible starch that is neutralized when cooked. I have a high starch content, a sweet artichoke-chestnut taste and can be used in the same way as a potato. I have been boiled and ground and fermented into poi, sliced, dried, smoked, wrapped in banana leaves and cooked in the umu pit. My leaves can be pureed, mixed with minced onion and coconut milk for umukai. I am rich in thiamin, vitamin C and potassium, low in protein, and rich in starch.*

## Last Quiz Answer: TAMARILLO



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