

TESTA PRODUCE Market Report

Outlook for the Week of
February 9, 2015



BERRIES

Blueberries higher market, fairly light—light supply, good demand, *Variable quality*

Raspberries about steady—steady market, demand ranges from light—moderate *Wide range in quality*

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

Misc. Berries about steady market, demand for best is moderate while others are very light.

CITRUS

Clementines about steady market, moderate demand

Grapefruit steady market, moderate demand

Lemons market is about steady, good demand

Oranges steady market, good demand

Limes slightly higher market, supply 110-150s is heavy, 175-230s are fairly light, and demand is fairly good—moderate

MELONS

Cantaloupe market is lower—about steady, moderate demand *Wide range of quality and condition*

Honeydew market is slightly lower—about steady, light supply, moderate demand *Wide range of quality and condition*

Watermelon market is slightly lower, very light—light supply, fairly light—moderate demand *Wide range in quality.*

NON-CITRUS FRUITS

Apples steady market, moderate demand

Apricots market is about steady, moderate demand

Avocados steady market, fairly light demand

Cherries about steady market, moderate demand

Grapes about steady market, moderate demand

Kiwifruit about steady—steady market, moderate demand

Mangoes slightly lower—lower market, moderate demand

Nectarines about steady market, moderate demand

Papaya market about steady—steady, light supply, moderate demand

Peaches market is about steady, moderate demand

Pears steady market, good demand

Plums about steady market, moderate demand

Pineapples about steady market, light supply, fairly good—moderate demand

VEGETABLES

Asparagus lower—about steady market, fairly light—light supply, fairly good demand

Beans market ranges from slightly lower—steady, supply light, fairly light—moderate demand

Eggplant about steady market, light supply, good demand *Wide range in price, quality and condition*

Market Report, Cont'd...

Lettuce market is lower—slightly lower, fairly light—moderate demand

Iceberg lower—slightly lower market, fairly light demand

Romaine market is lower, fairly light—light supply, fairly light—moderate demand
Wide range in price and quality

Peppers, Bell Type market ranges from about steady—higher, fairly good demand *Very wide range in quality and size*

Squash market varies from lower—higher, moderate demand

Tomatoes about steady—steady market, moderate demand *Wide range of quality and condition*

Grape Type market is about steady, light supply, very good demand

Plum Type about steady—steady market, fairly light—moderate demand *Wide range of quality and condition*

POTATOES AND ONIONS

Onions, Dry about steady—steady market, fairly light—light demand

Potatoes steady market, light 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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