

TESTA PRODUCE Market Report

Outlook for the Week of
May 26, 2015



BERRIES

Blueberries about steady market, very good demand (demand exceeds supply from Eastern North Carolina and South Georgia) *Wide range in quality*

Raspberries about steady market, demand best is good while others are fairly good—moderate *Wide range in quality*

Strawberries about steady market, supply from Eastern North Carolina is fairly light, demand ranges from very light—moderate *Wide range in quality*

Misc. Berries about steady market, very light—light demand

CITRUS

Clementines have an about steady market, with fairly good demand

Lemons about steady market, fairly good demand

Limes lower market, supply 230s are heavy, 110s are light, 150s are fairly light, all with light demand *Very wide range in price and quality*

Oranges about steady market, supply 48-56s are moderate while 113-138s are fairly light

Misc. Citrus market is about steady, moderate demand

MELONS

Cantaloupe market ranges from about steady—slightly higher, good demand

Honeydew market ranges from slightly lower—about steady, light supply from CA, demand ranges from light—moderate, (demand for 8s from CA and AZ are good at lower prices)

Watermelon market ranges from lower—about steady, supply of 28 & 35 counts are heavy along with red flesh seedless 60s, demand varies from light—moderate

NON-CITRUS FRUITS

Apples steady market, moderate demand

Avocados steady market, moderate demand

Cherries steady market, good demand

Grapes about steady market, fairly light—moderate demand

Kiwifruit market about steady, moderate demand

Mangoes about steady-steady market, demand ranges from light—moderate

Nectarines about steady market, moderate demand

Papaya steady market, moderate demand

Peaches market is slightly lower—about steady, light supply, moderate demand

Pears steady market, fairly good demand

Pineapples market, ranges from slightly lower—steady, light—moderate demand

VEGETABLES

Asparagus market is about steady—slightly higher, light supply from Peru, demand ranges from light—

Market Report, Cont'd...

moderate *Wide range in prices*

Beans market is slightly higher with light—moderate demand

Broccoli about steady—higher market, good demand

Cabbage about steady—steady market, moderate demand

Carrots steady—about steady market, moderate demand

Celery market varies from lower—higher, moderate demand *Wide range in price*

Corn, Sweet overall market is about steady, from southern Georgia market for white is slightly higher while others are slightly lower, supply from CA is very light; so much that demand exceeds supply, demand elsewhere is moderate

Cucumber market, ranges from lower—higher, light—moderate demand

Lettuce slightly higher market, moderate demand

Iceberg slightly higher market, fairly good—moderate demand

Romaine about steady—slightly higher market, moderate demand *Wide range in price and quality.*

Peppers lower—about steady market, demand is fairly light—moderate

Bell Type about steady—steady market, fairly good—moderate demand

Tomatoes about steady market, light demand

Grape Type market is about steady, demand varies from light—moderate

Plum Type market ranges from about steady—moderate, with light demand

POTATOES AND ONIONS

Potatoes steady market, fairly light demand

Onions, Dry steady market, fairly light demand



Produce Quiz

Dating back to the Fourth century AD, I was held in high regard by the Greeks and Romans for my medicinal properties. I am similar to spinach but easier to prep and consume because my stems are edible. Often called a leaf beet, I am grown for my leaves, not for my root. I come in many colors including white, red, green and even a rainbow variety, but we all turn the same dark green when cooked. My hearty leaves keep better than spinach due to the lower levels of oxalic acid which allows for better nutritional absorption. Our baby leaves are used in salads, while the elders get braised or steamed and often served with lemon. Mixed with raisins, apples, pine nuts, lemon and cheese I create a traditional specialty of Nice often served on Christmas eve called tourte de biettes. You will also find me combined with ham in quiche. Eaten raw I am an excellent source of vitamins C and A. Cooked, I become an excellent source of iron, copper, vitamins C and B6. We are also used as a laxative and a diuretic. Although we share a first name, I am no relation to cheese.

Last Quiz Answer: ELDERBERRY

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