



# May MARKET UPDATES

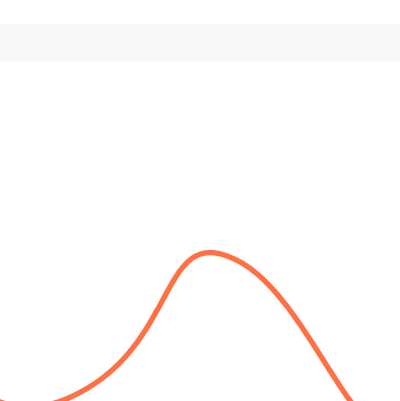
Spring is heating up, and so is the produce game. If you're running a kitchen, planning a menu, or trying to stretch your budget without sacrificing flavor, this update is for you.

Here is the latest USDA pricing data so you can see what's seasonally trending, what's dropping, and what to watch. From crisp greens to citrus transitions and avocado drama, here's the inside scoop to help you buy smarter and prepare better this week.

Have any questions or want any help with seasonal menu planning? Just reach out to us anytime.

## APPLES

PRICE STEADY



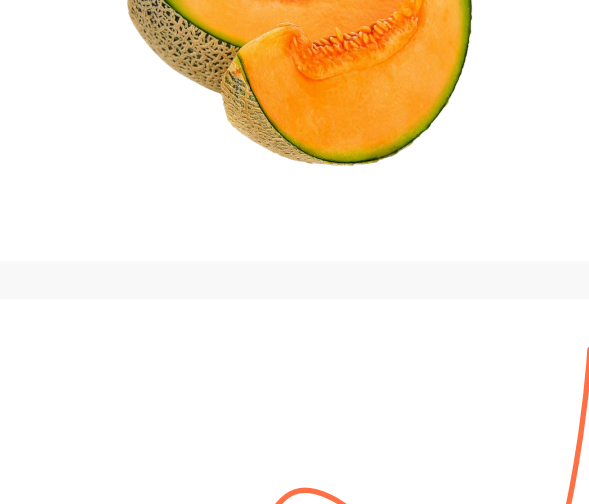
## AVOCADOS

PRICE INCREASE



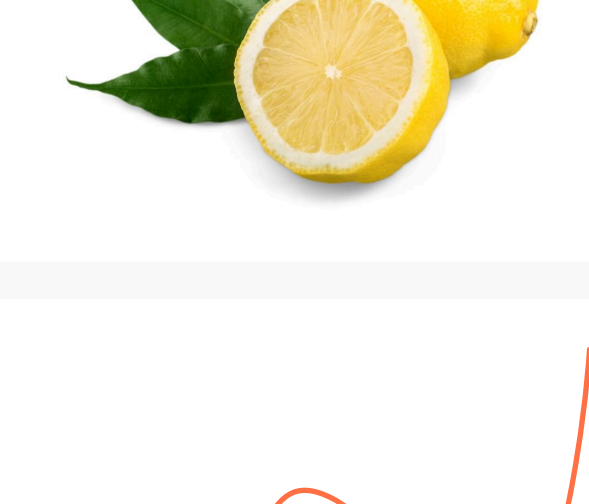
## BLACKBERRIES

PRICE STEADY



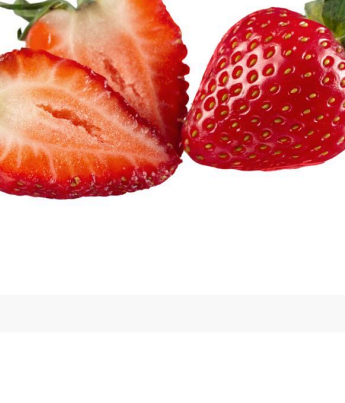
## BLUEBERRIES

PRICE INCREASE



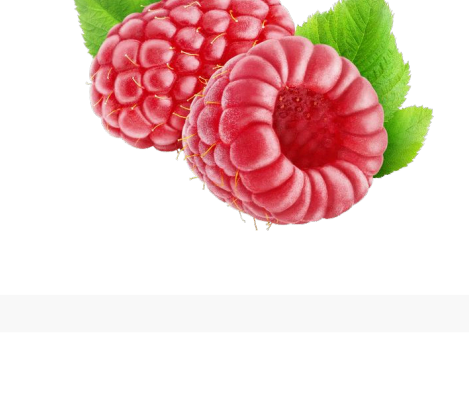
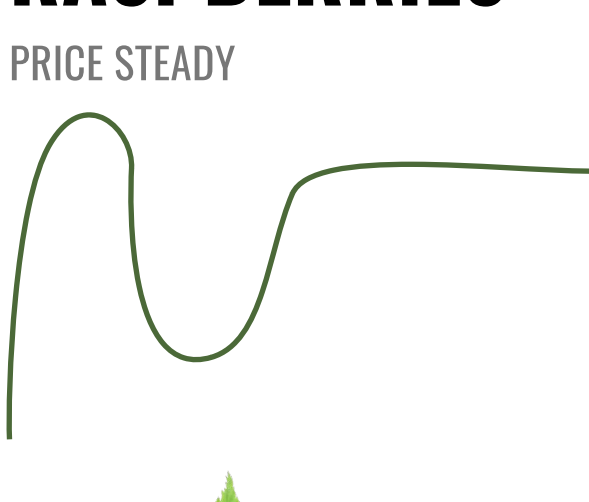
## CANTALOUPE

PRICE INCREASE



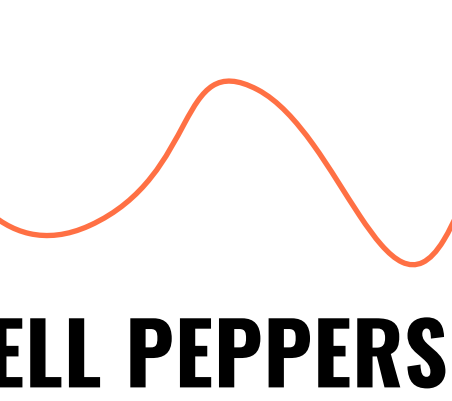
## LEMONS

PRICE INCREASE



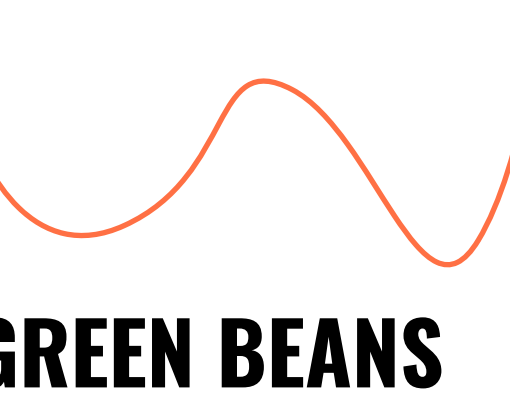
## LIMES

PRICE INCREASE



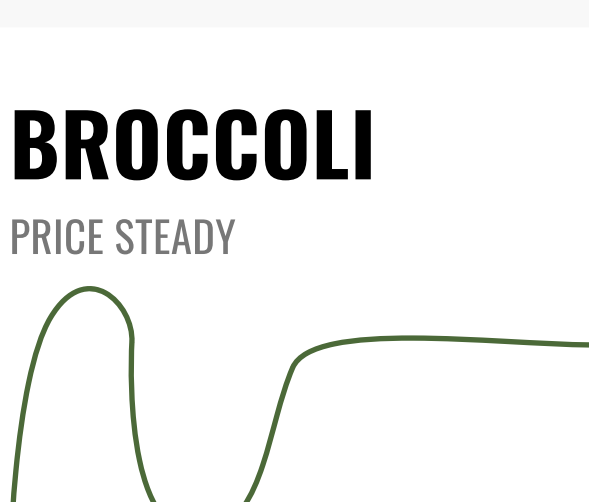
## ORANGES

PRICE INCREASE



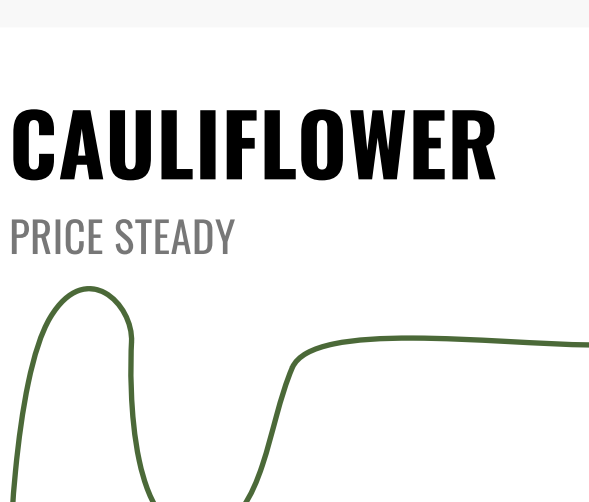
## STRAWBERRIES

PRICE INCREASE



## RASPBERRIES

PRICE STEADY



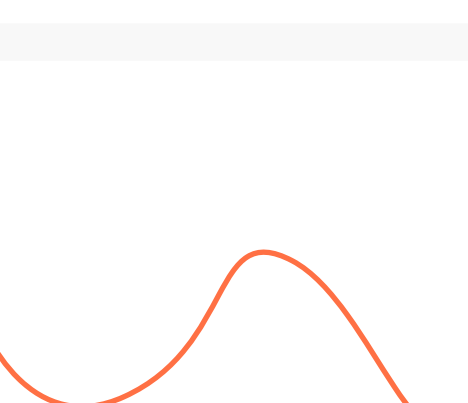
## WATERMELON

PRICE STEADY



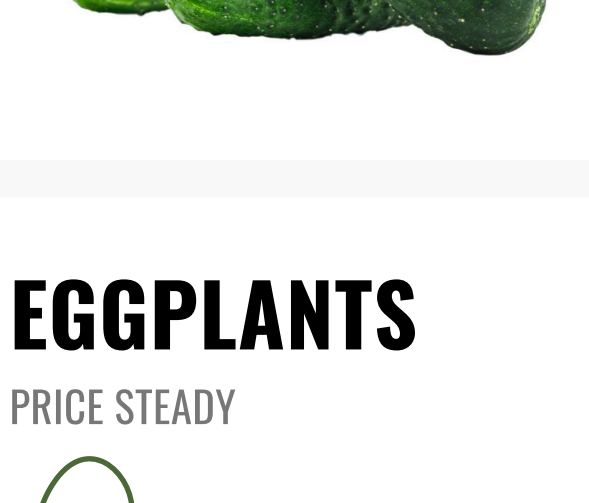
## ASPARAGUS

PRICE INCREASE



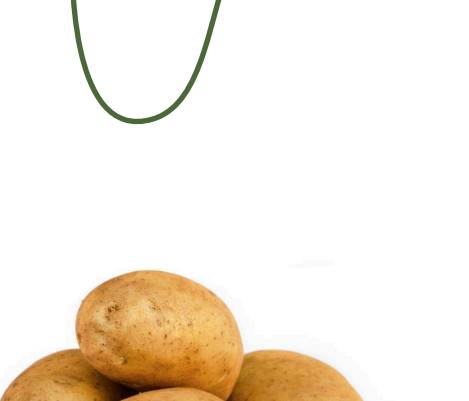
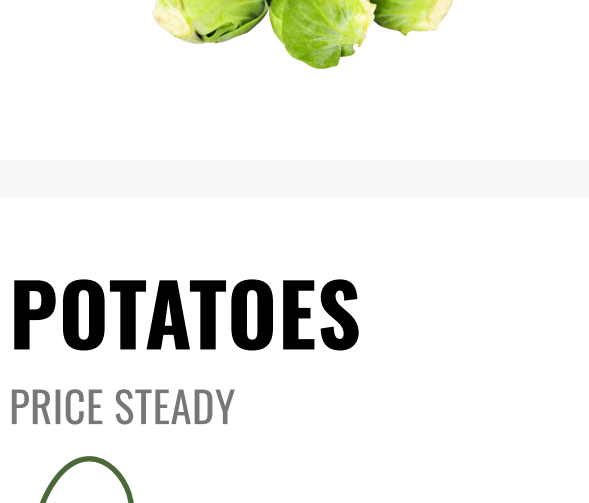
## BELL PEPPERS

PRICE INCREASE



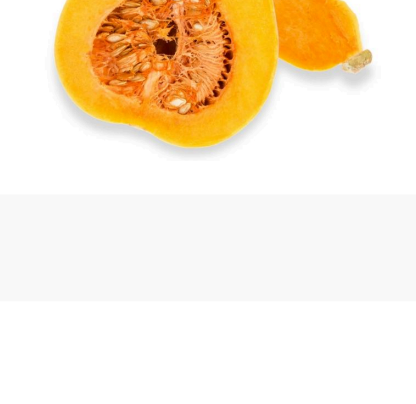
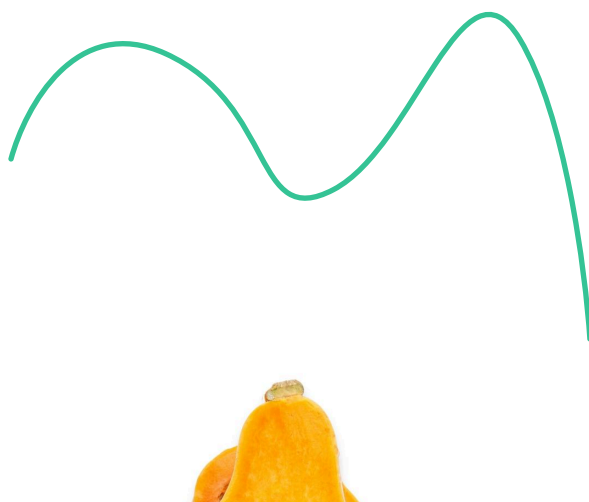
## GREEN BEANS

PRICE INCREASE



## BROCCOLI

PRICE STEADY



## CAULIFLOWER

PRICE STEADY



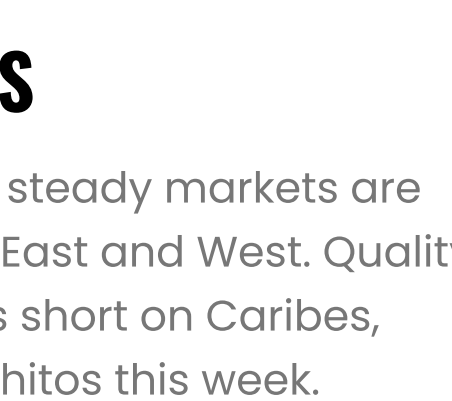
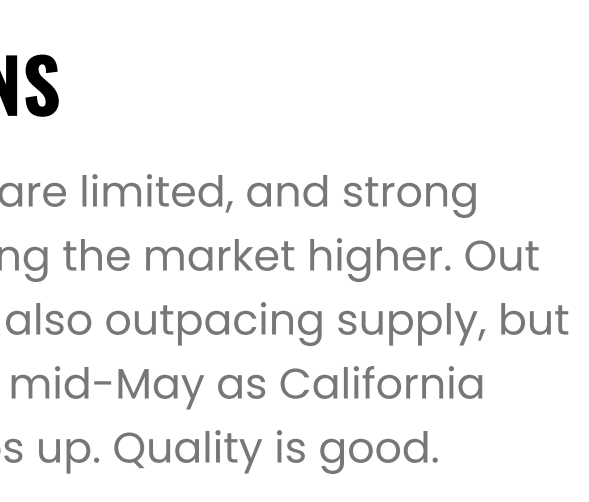
## LETTUCE

PRICE STEADY



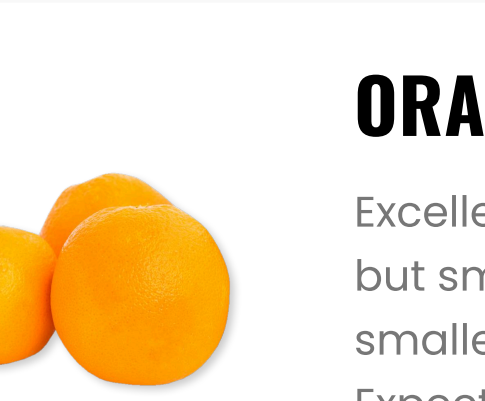
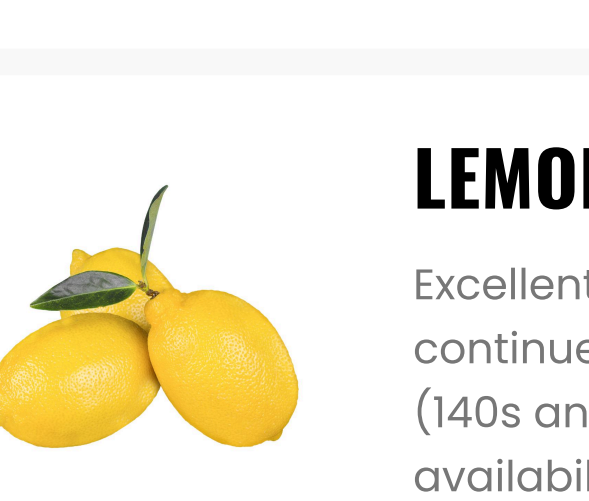
## CORN

PRICE INCREASE



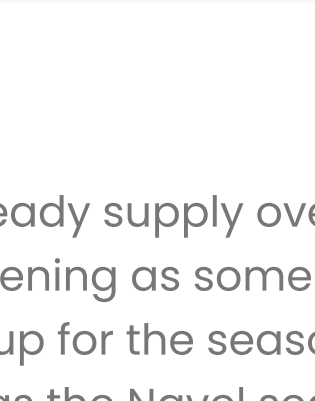
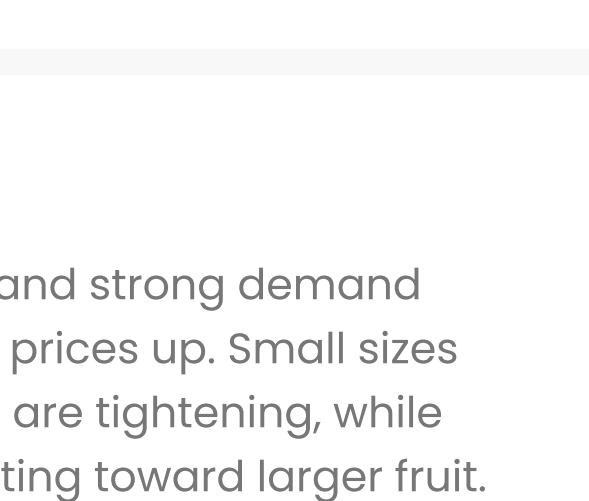
## CUCUMBERS

PRICE DECREASE



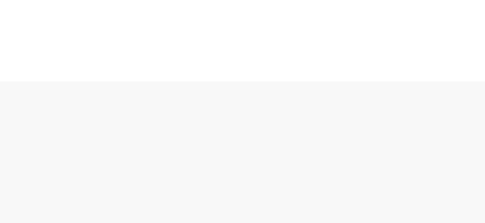
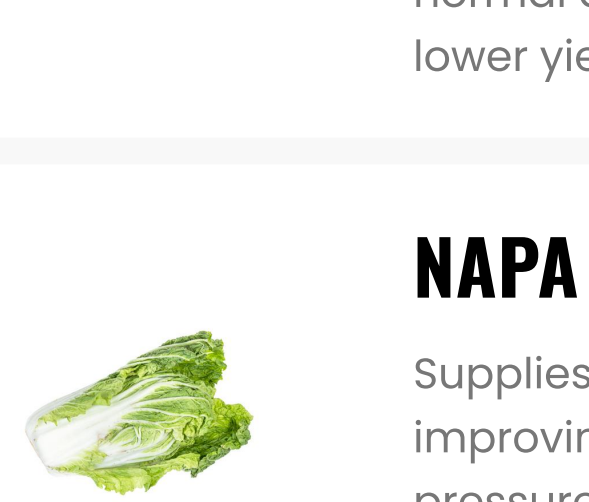
## BRUSSELS SPROUTS

PRICE INCREASE



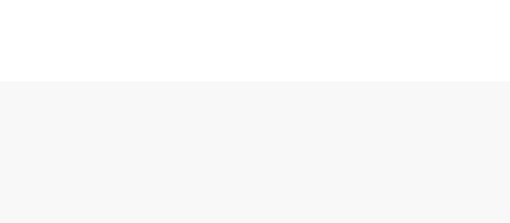
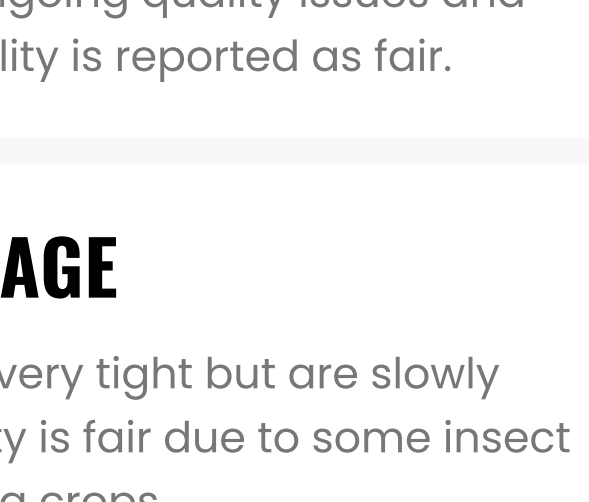
## EGGPLANTS

PRICE STEADY



## POTATOES

PRICE STEADY



## SQUASH

PRICE DECREASE



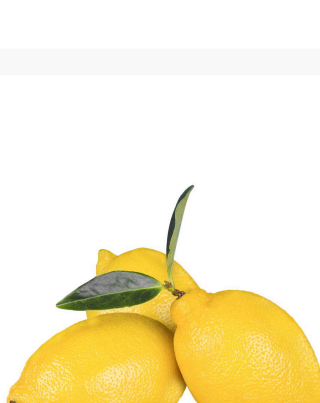
## TOMATOES

PRICE DECREASE



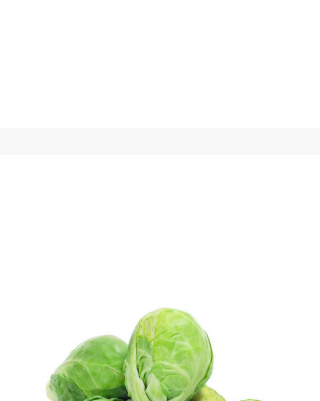
# Special ALERTS

## GREEN BEANS



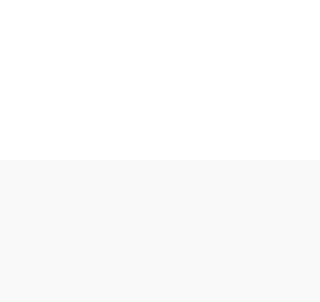
Eastern supplies are limited, and strong demand is pushing the market higher. Out West, demand is also outpacing supply, but relief is expected mid-May as California production ramps up. Quality is good.

## CHILI PEPPERS



Strong demand and steady markets are reported in both the East and West. Quality is good, but supply is short on Caribes, Habaneros, and Shishitos this week.

## CUCUMBERS



Prices are on the rise, but overall quality and volume are solid. Florida is seeing good volume, Georgia growers are starting, and crossings from Mexico remain steady.

## LEMONS



Excellent quality and strong demand continue to push prices up. Small sizes (140s and under) are tightening, while availability is shifting toward larger fruit.

## ORANGES



Excellent quality and steady supply overall, but small sizes are tightening as some smaller suppliers wrap up for the season. Expect tighter markets as the Navel season winds down.

## BRUSSELS SPROUTS



The market remains very active, and prices are high. Industry-wide supply is below normal due to ongoing quality issues and lower yields. Quality is reported as fair.

## NAPA CABBAGE



Supplies are still very tight but are slowly improving. Quality is fair due to some insect pressure affecting crops.