



# August MARKET UPDATES

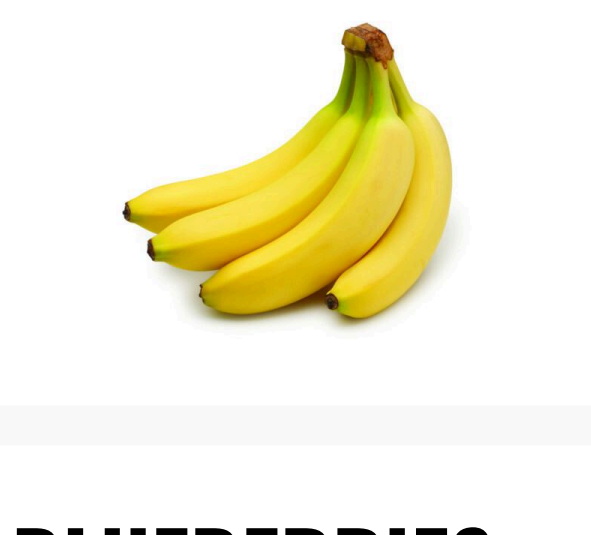
Mid-August days bring very hot weather and a mix of stable markets and supply challenges. California's Central Valley is in peak production of grapes, melons, and leafy greens, while Mexico and offshore growers are managing late-season harvests. Heat, wind, and insect pressure continue to affect yields for citrus and lettuce.

East Coast vegetable production is ramping up, helping to ease prices on green beans, cucumbers, and squash. Overall quality is strong, but small sizing, sporadic defects, and regional gaps mean smart substitutions and forward planning remain key.

As always, if you need help navigating market changes or making product swaps, give us a call.

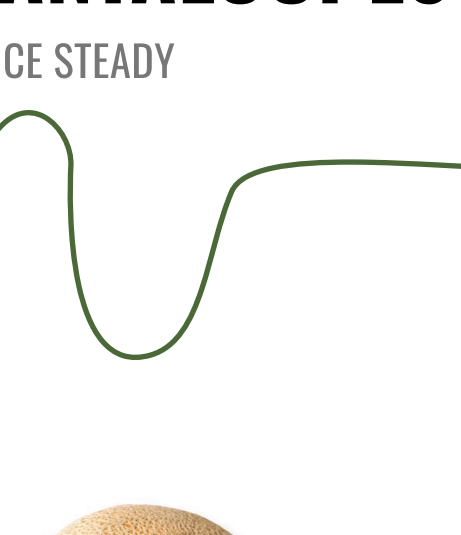
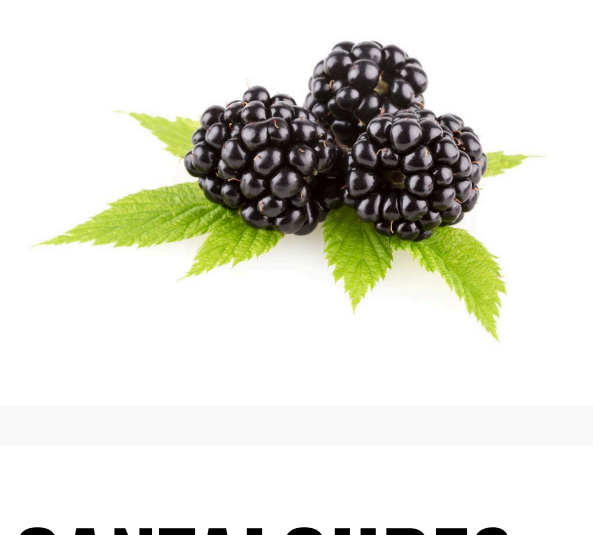
## APPLES

PRICE STEADY



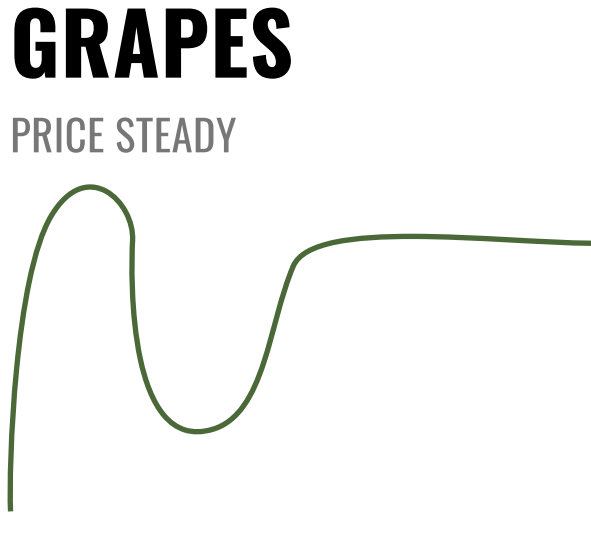
## AVOCADOS

PRICE STEADY



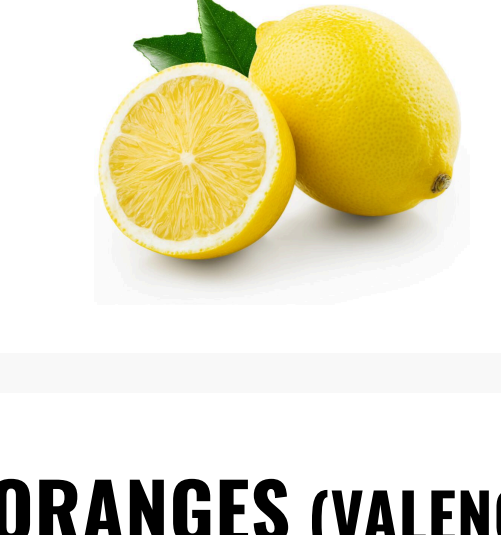
## BANANAS

PRICE STEADY



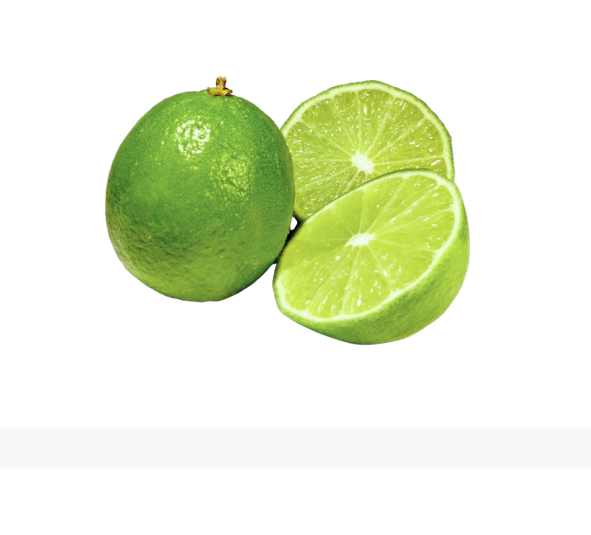
## BLACKBERRIES

PRICE INCREASE



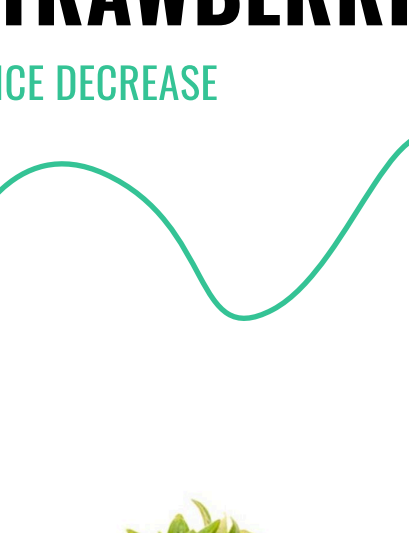
## BLUEBERRIES

PRICE DECREASE



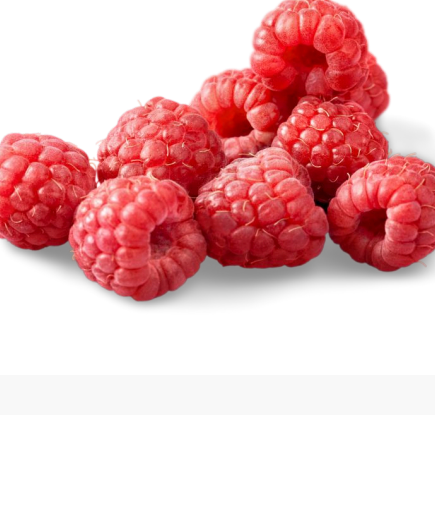
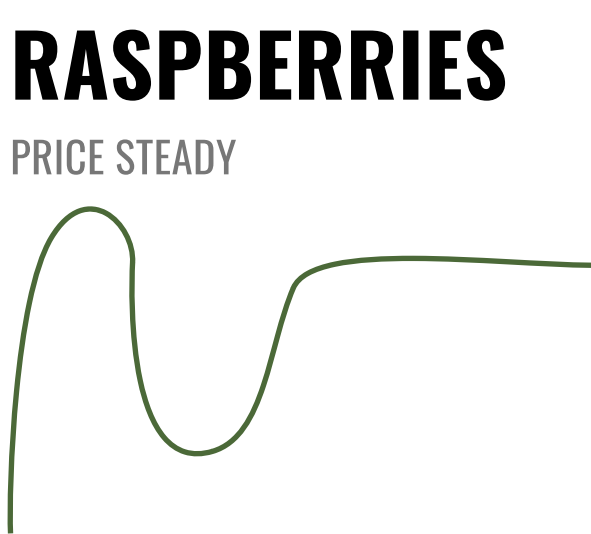
## CANTALOUPE

PRICE STEADY



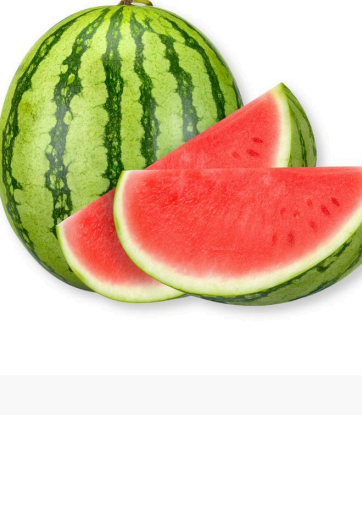
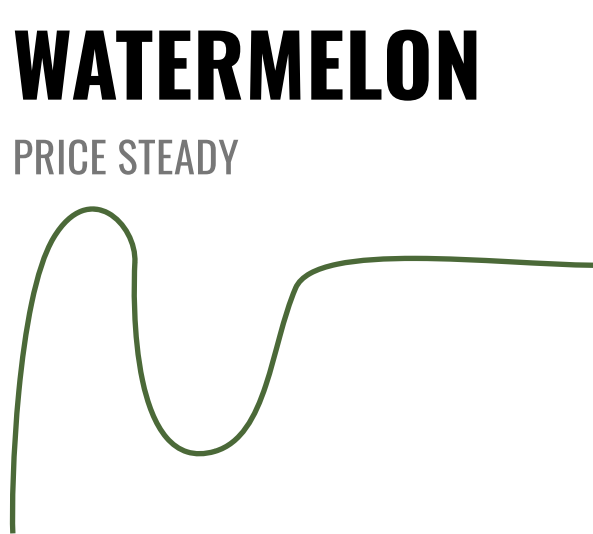
## GRAPES

PRICE STEADY



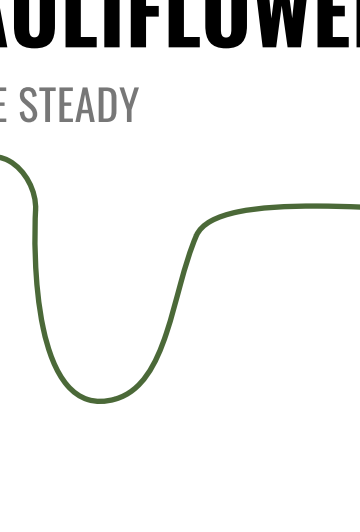
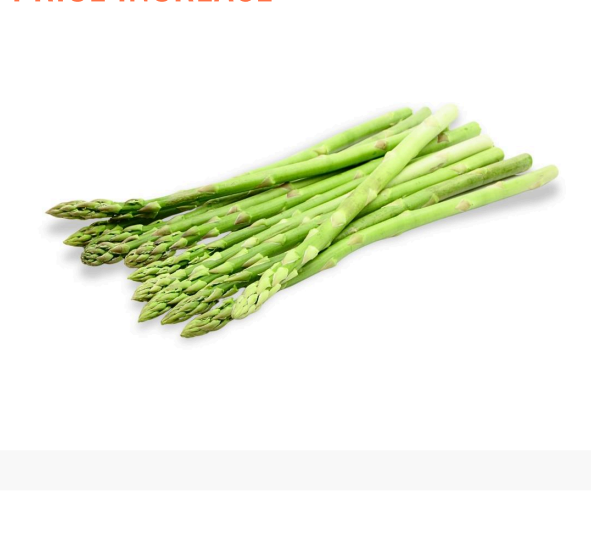
## LEMONS

PRICE INCREASE



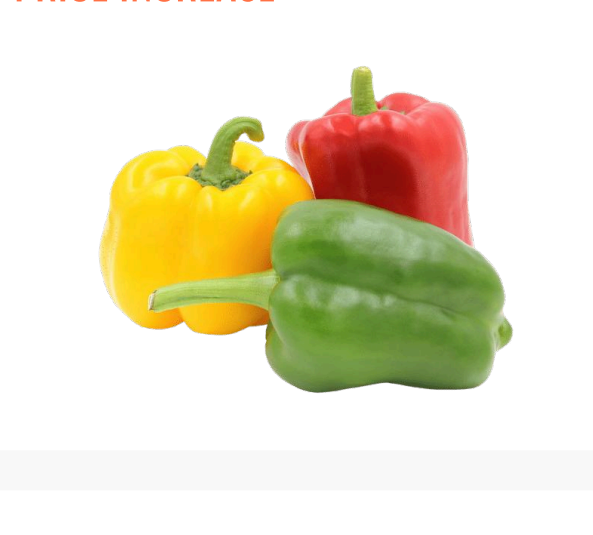
## LIMES

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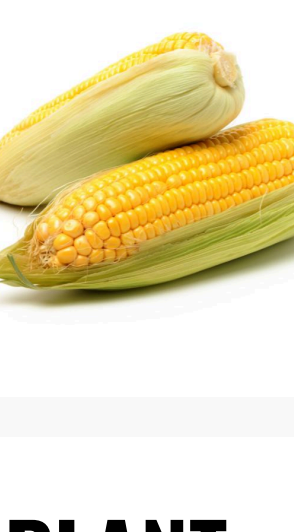
## ORANGES (VALENCIA)

PRICE STEADY



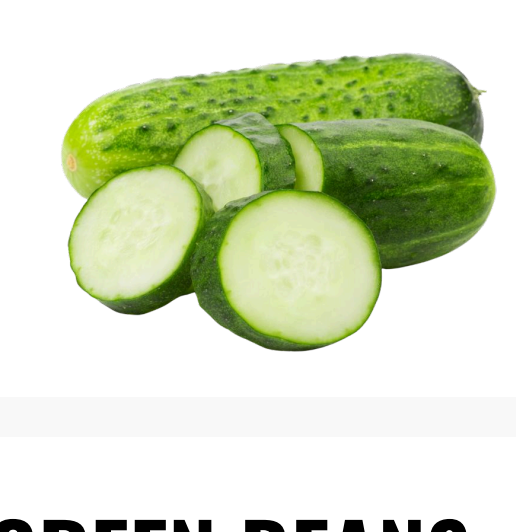
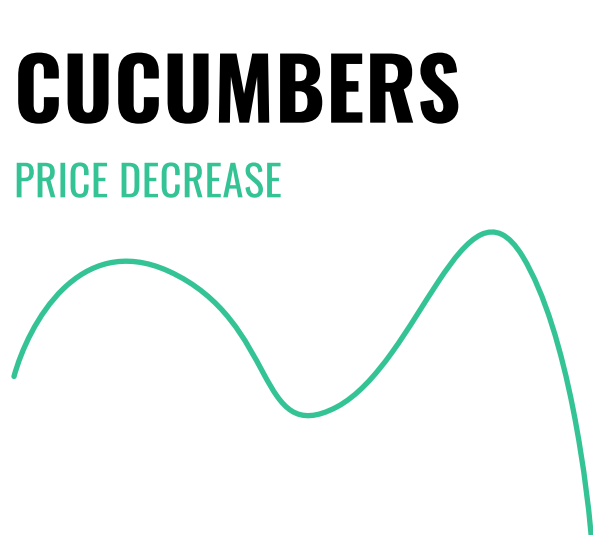
## PEARS

PRICE STEADY



## STRAWBERRIES

PRICE DECREASE



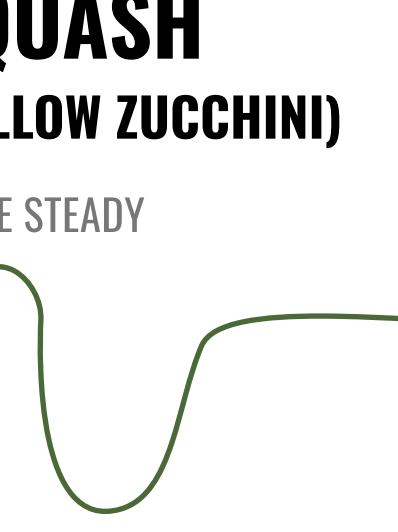
## RASPBERRIES

PRICE STEADY



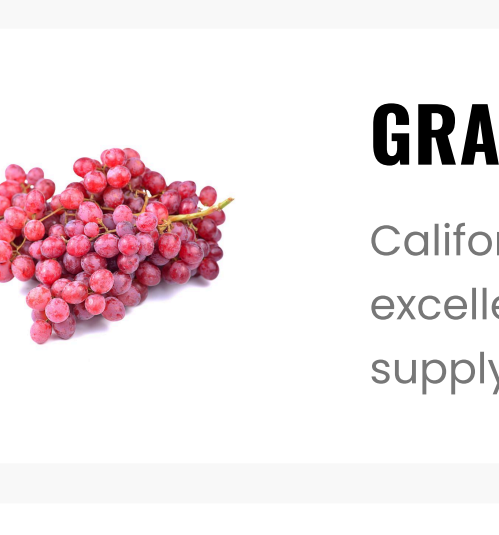
## WATERMELON

PRICE STEADY



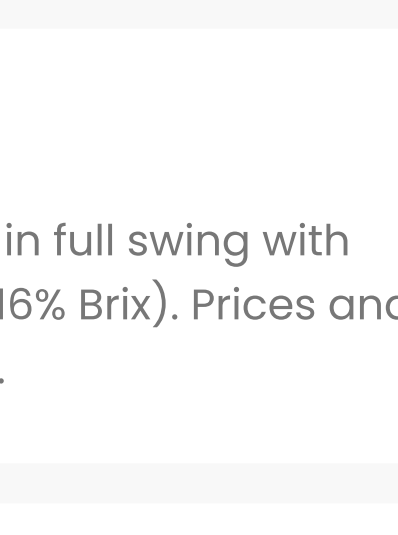
## ASPARAGUS

PRICE INCREASE



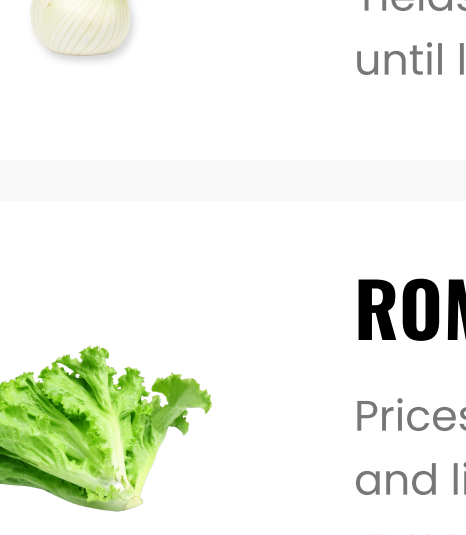
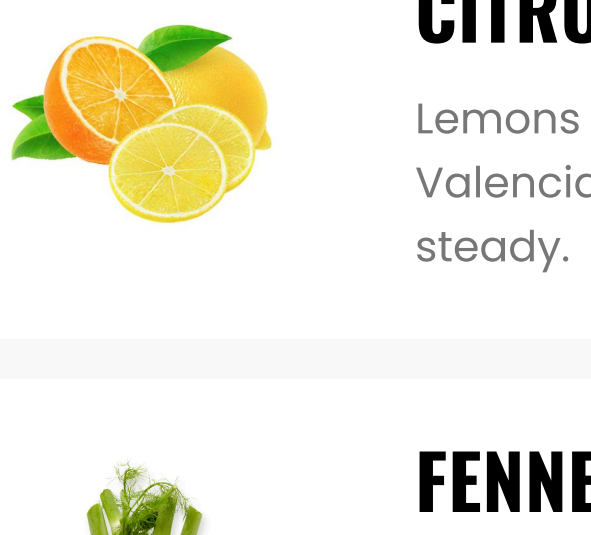
## BELL PEPPERS

PRICE INCREASE



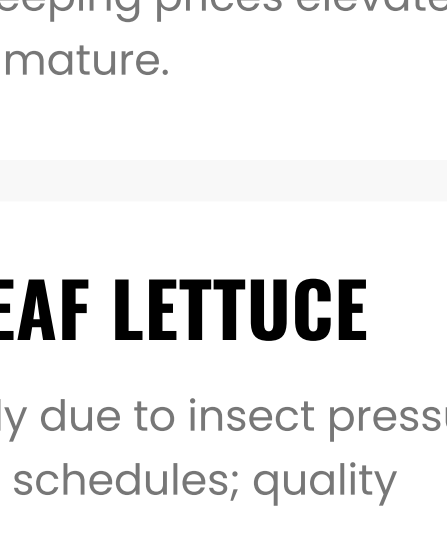
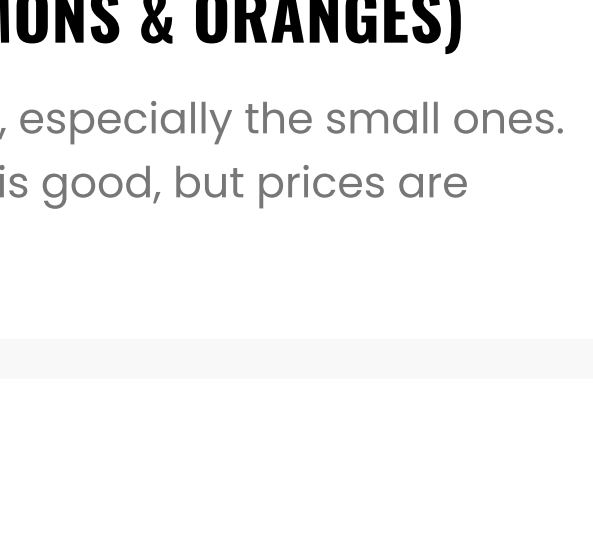
## CAULIFLOWER

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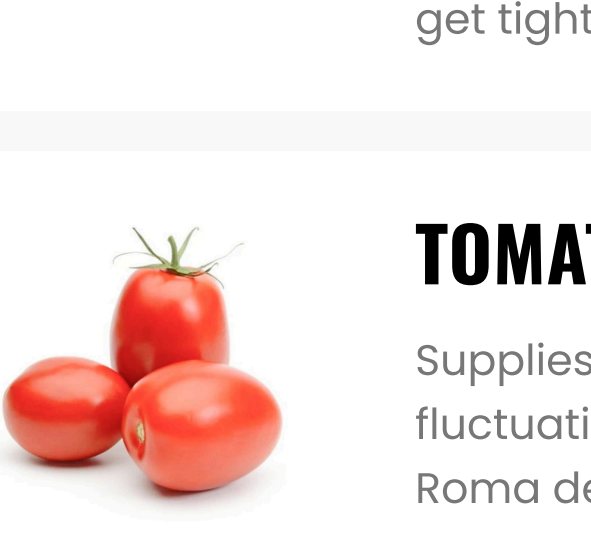
## CELERY

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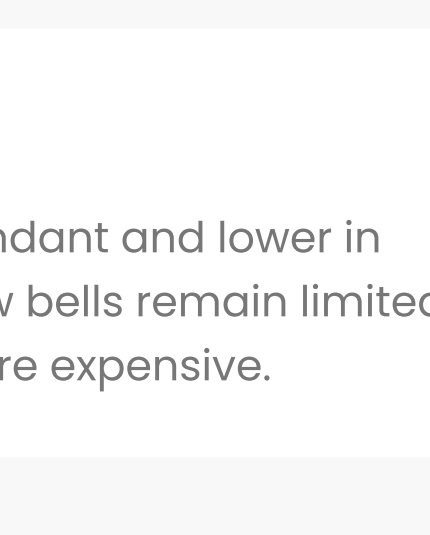
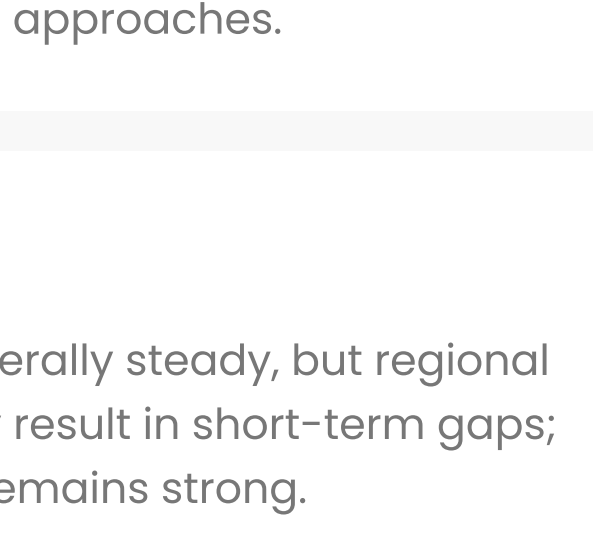
## CORN

PRICE STEADY



## CUCUMBERS

PRICE DECREASE



## EGGPLANT

PRICE STEADY



## GREEN BEANS

PRICE DECREASE



## LETTUCE/ROMAINE

PRICE INCREASE



## SQUASH (YELLOW ZUCCHINI)

PRICE STEADY



# Special ALERTS



## GRAPES

California's season is in full swing with excellent quality (14–16% Brix). Prices and supply remain stable.



## CITRUS (LEMONS & ORANGES)

Lemons are tight, especially the small ones. Valencia quality is good, but prices are steady.



## FENNEL

Yields remain low, keeping prices elevated until later plantings mature.



## ROMAINE & LEAF LETTUCE

Prices remain steady due to insect pressure and lighter planting schedules; quality remains good.



## BANANAS & PINEAPPLES

Pineapple supplies are low, and sizes can vary. Bananas are steady, but they might get tighter as fall approaches.



## TOMATOES

Supplies are generally steady, but regional fluctuations may result in short-term gaps; Roma demand remains strong.



## PEPPERS

Green bells are abundant and lower in price. Red and yellow bells remain limited in some areas and more expensive.