



October MARKET UPDATES

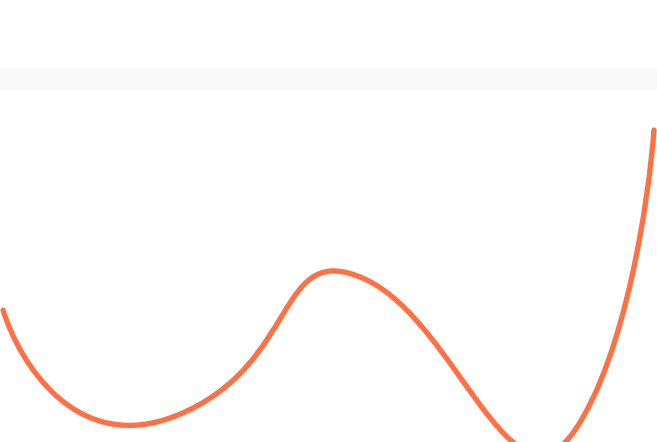
Fresh Produce Rundown

Planning your October menu? Lettuce, broccoli, tomatoes, and melons may cost more or be harder to get this month. Quality may vary, especially with lettuce, which may need more outer leaves removed before use. Your usual size or variety may not always be available, so **plan ahead** and be open to other options when ordering.

Apples, avocados, grapes, and cucumbers are more reliable options, and lime prices are trending downward. For larger orders or specials, **plan ahead** and be flexible with size or variety.

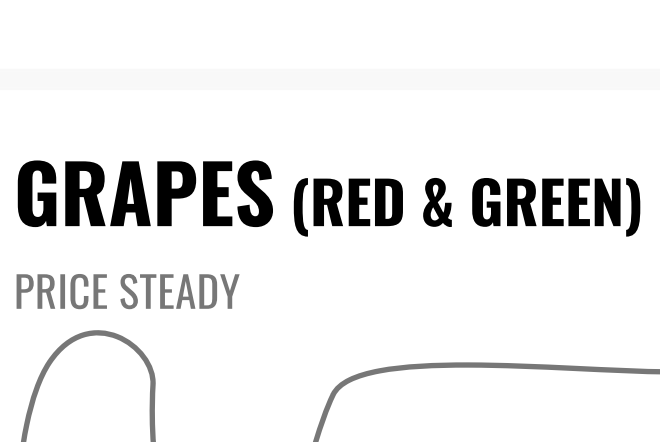
APPLES

PRICE STEADY



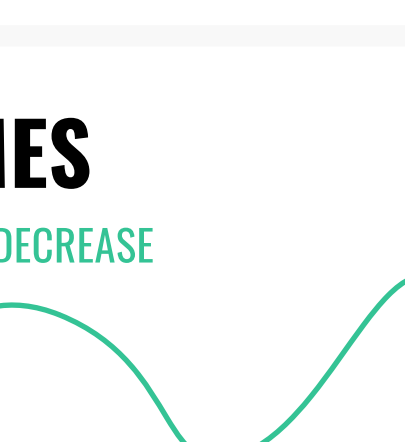
AVOCADOS

PRICE STEADY



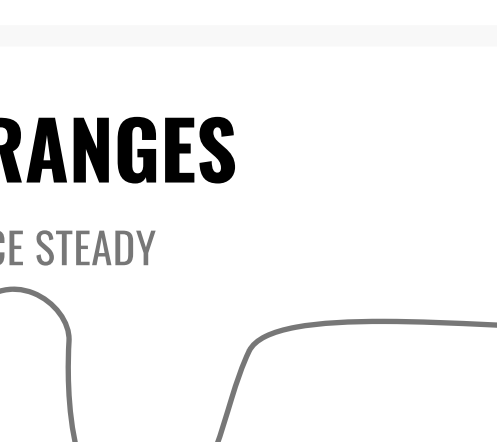
BANANAS

PRICE STEADY



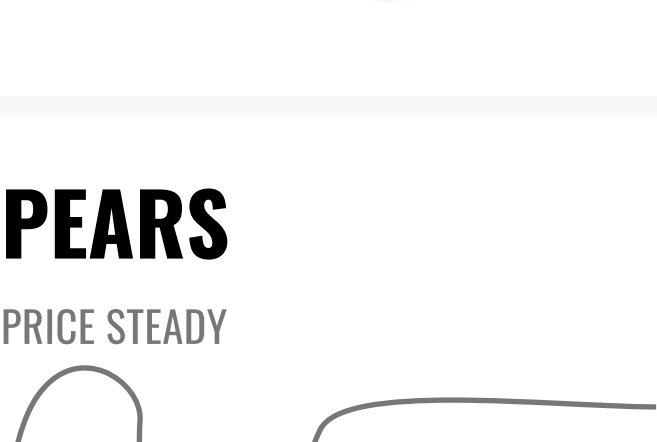
BLUEBERRIES

PRICE STEADY



CANTALOUPE

PRICE INCREASE



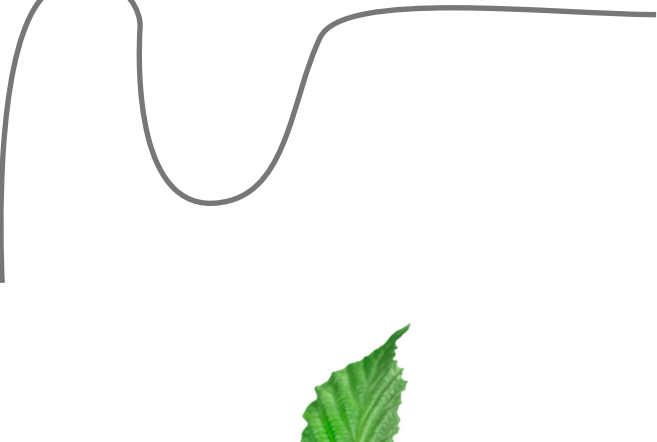
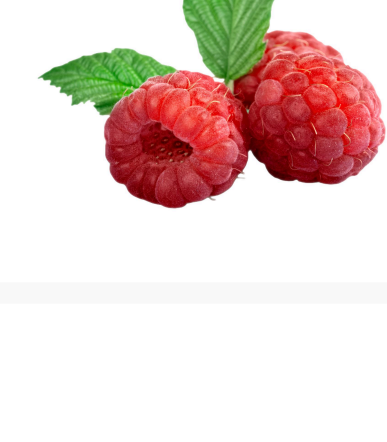
GRAPES (RED & GREEN)

PRICE STEADY



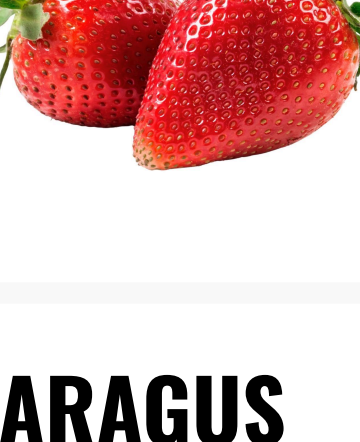
HONEYDEW

PRICE INCREASE



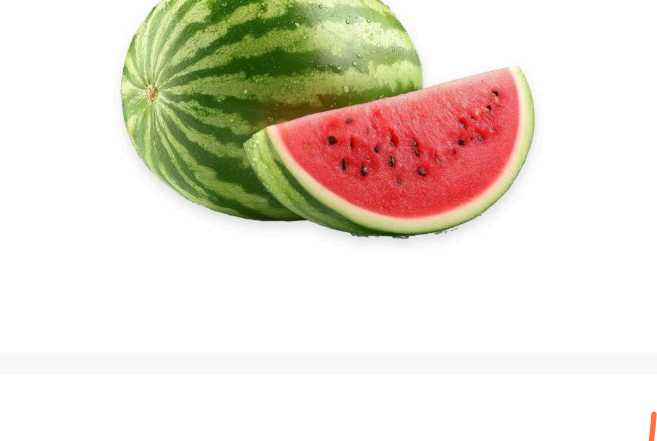
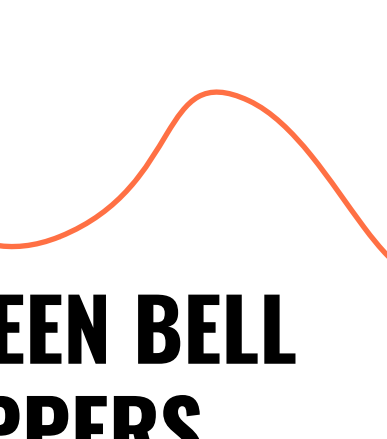
LEMONS

PRICE STEADY



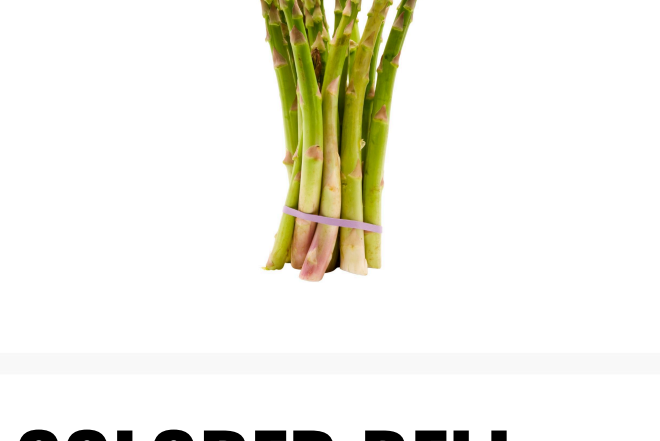
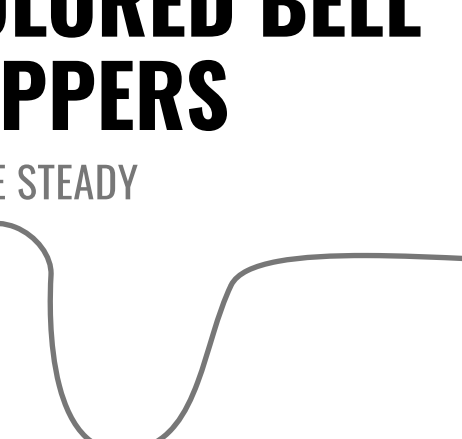
LIMES

PRICE DECREASE



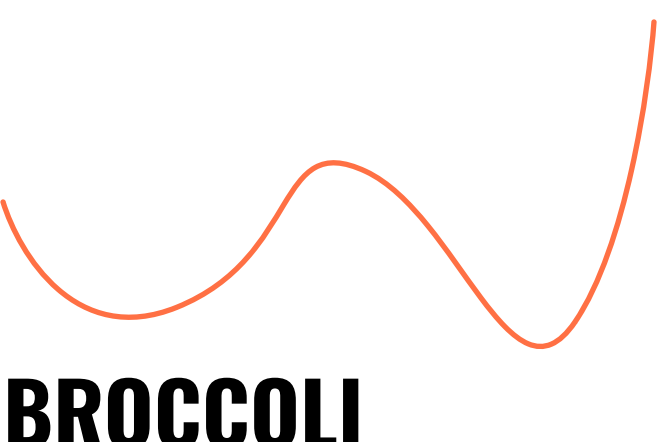
ORANGES

PRICE STEADY



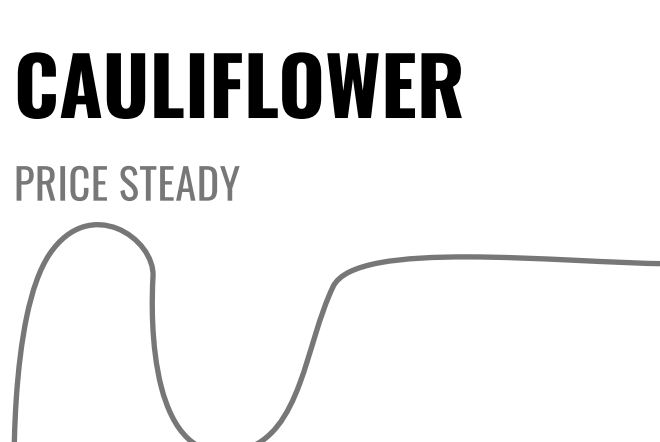
PEARS

PRICE STEADY



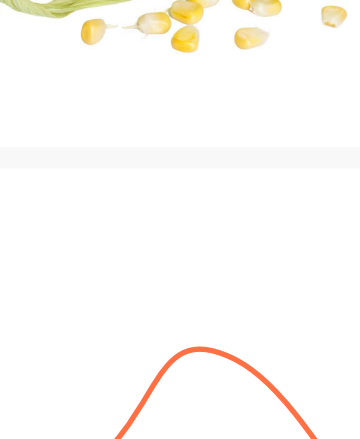
PINEAPPLES

PRICE INCREASE



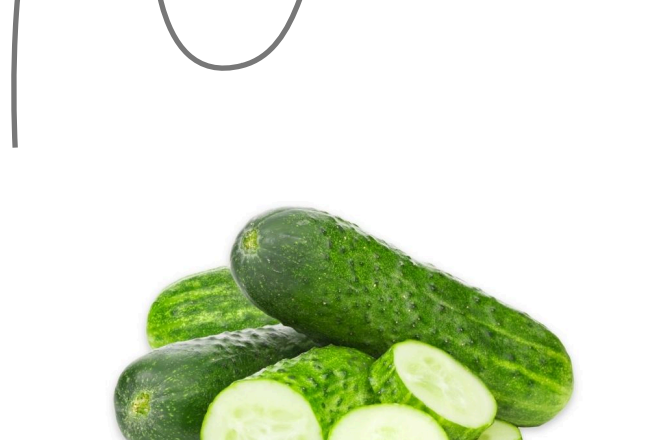
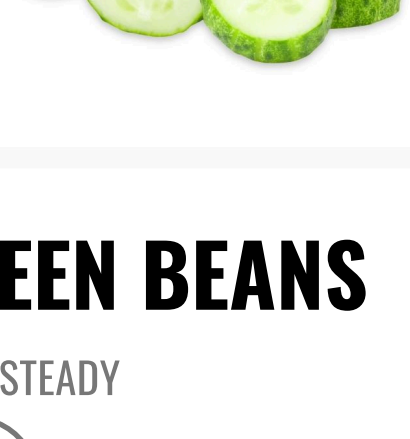
RASPBERRIES

PRICE STEADY



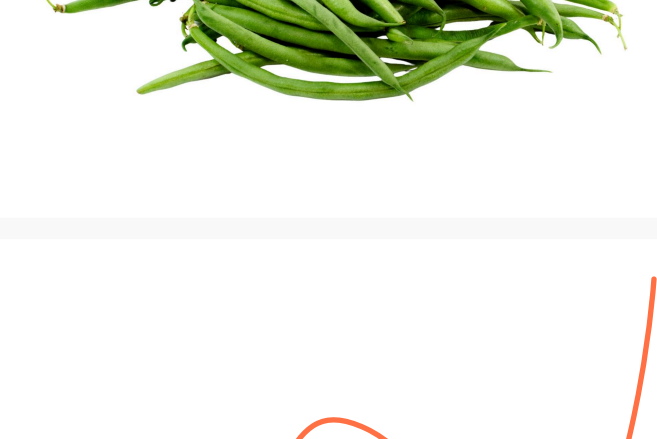
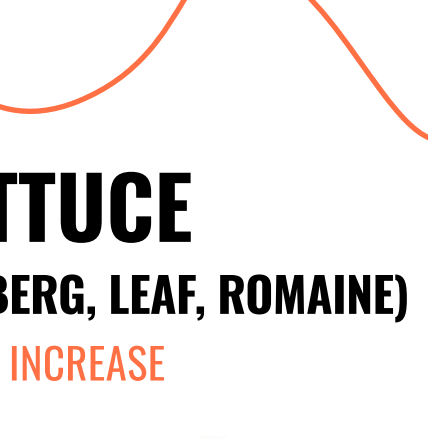
STRAWBERRIES

PRICE INCREASE



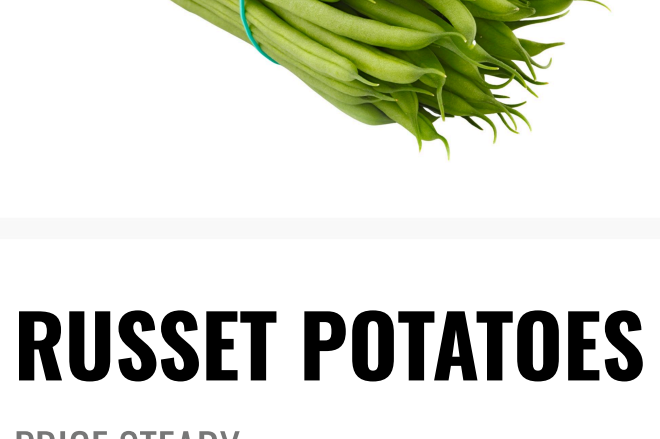
WATERMELONS

PRICE INCREASE



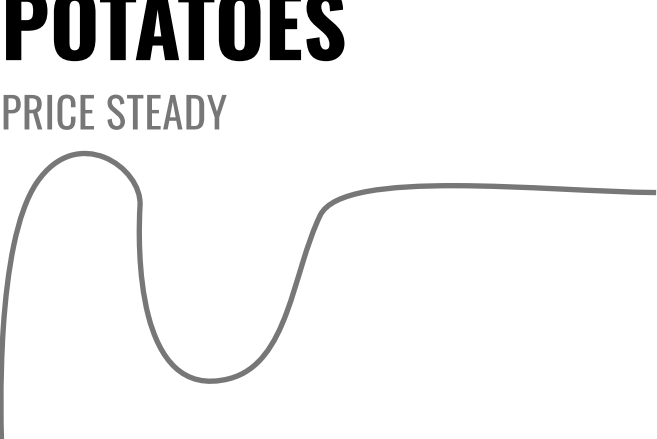
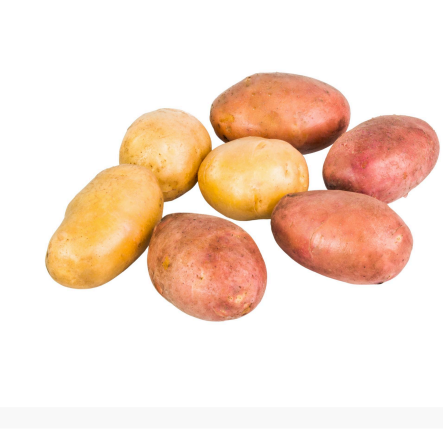
ASPARAGUS

PRICE DECREASE



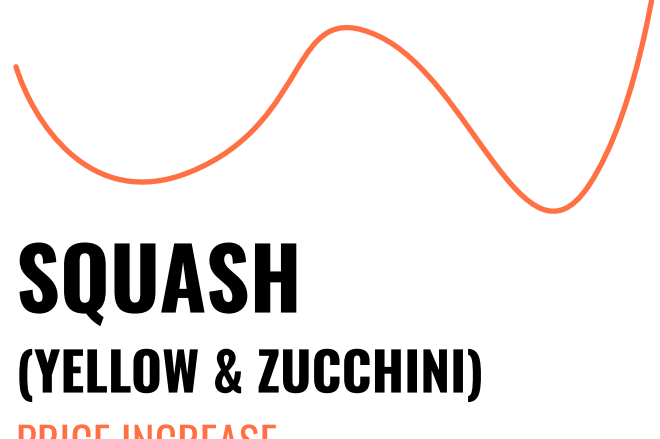
GREEN BELL PEPPERS

PRICE INCREASE



COLORED BELL PEPPERS

PRICE STEADY



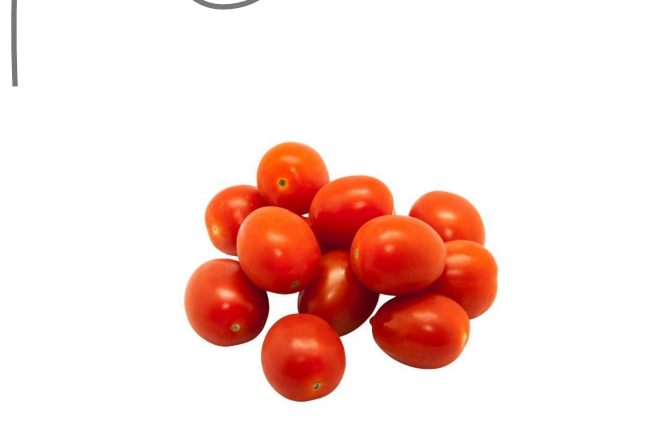
BROCCOLI

PRICE INCREASE



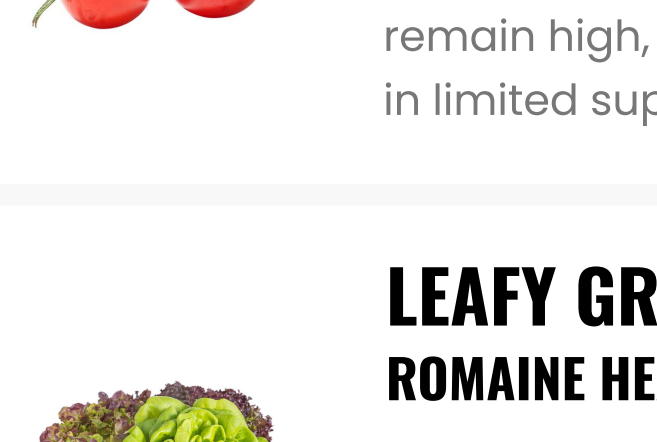
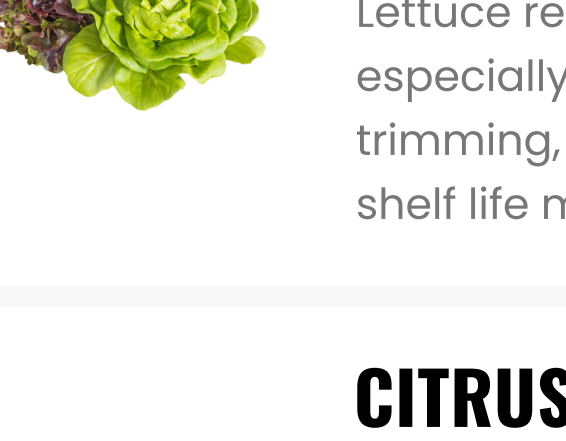
CAULIFLOWER

PRICE STEADY



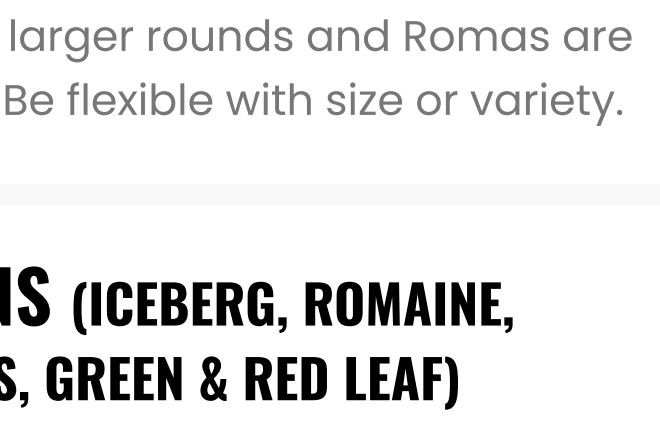
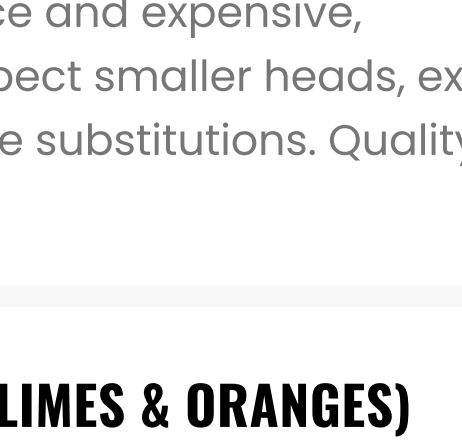
SWEET CORN

PRICE STEADY



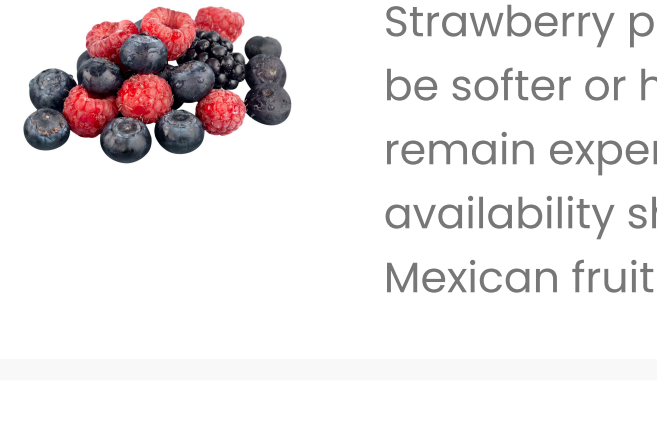
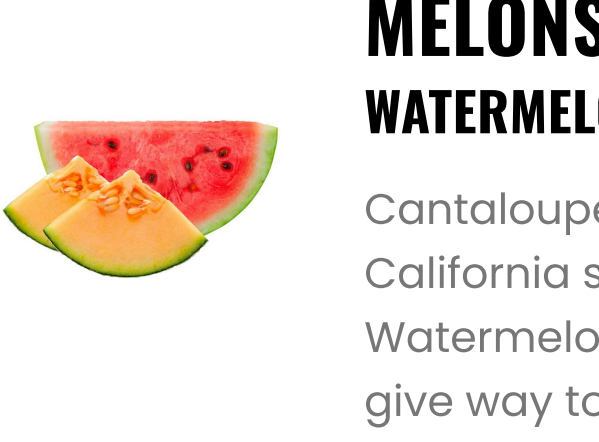
CUCUMBERS

PRICE STEADY



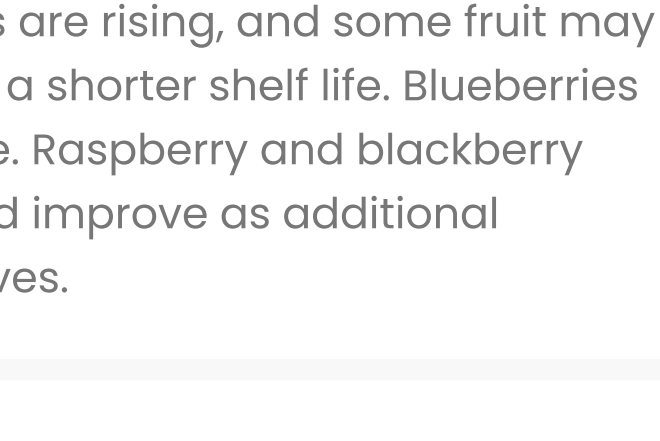
FRENCH BEANS

PRICE INCREASE



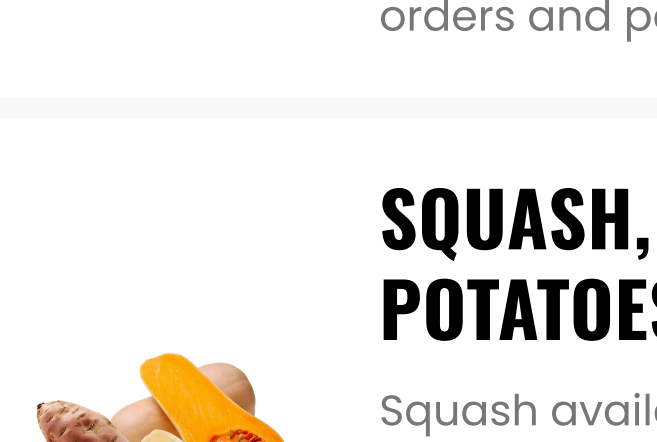
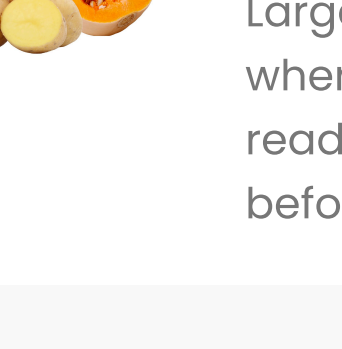
GREEN BEANS

PRICE STEADY



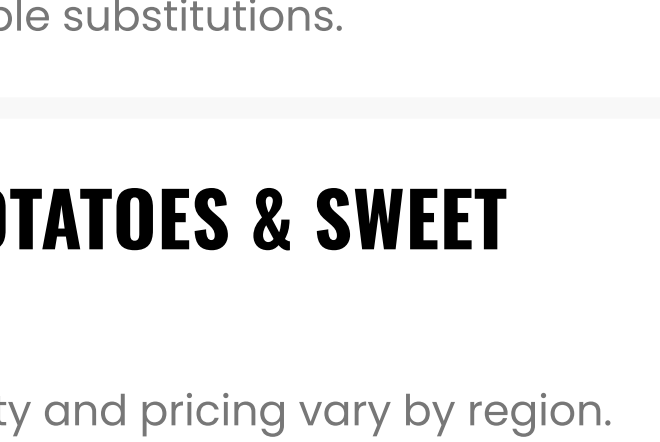
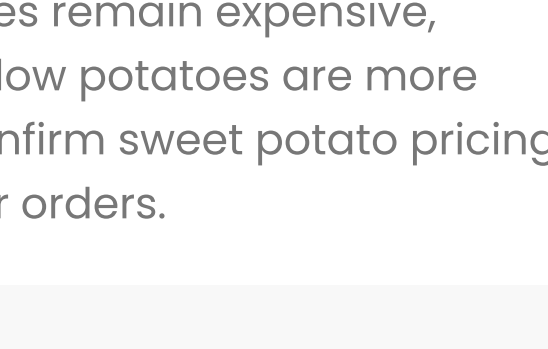
LETTUCE (ICEBERG, LEAF, ROMAINE)

PRICE INCREASE



RUSSET POTATOES

PRICE STEADY



RED/YELLOW POTATOES

PRICE STEADY

SQUASH (YELLOW & ZUCCHINI)

PRICE INCREASE

TOMATOES (ROUND/ROMA)

PRICE STEADY

TOMATOES (GRAPE/CHERRY)

PRICE STEADY

Special ALERTS

TOMATOES (ROUND, ROMA & SNACKING)

All tomato varieties are becoming harder to find, especially grape and cherry tomatoes. Prices remain high, and larger rounds and Romas are in limited supply. Be flexible with size or variety.

LEAFY GREENS (ICEBERG, ROMAINE, ROMAINE HEARTS, GREEN & RED LEAF)

Lettuce remains scarce and expensive, especially iceberg. Expect smaller heads, extra trimming, and possible substitutions. Quality and shelf life may vary.

CITRUS (LEMONS, LIMES & ORANGES)

Lime prices are easing, but larger fruit remains scarce. Small lemons and oranges are still hard to find. Orange availability should improve later this month as new crops begin shipping.

BERRIES

Strawberry prices are rising, and some fruit may be softer or have a shorter shelf life. Blueberries remain expensive. Raspberry and blackberry availability should improve as additional Mexican fruit arrives.

MELONS (CANTALOUPE, HONEYDEW & WATERMELON)

Cantaloupe and honeydew prices are rising as California supplies slow. Be flexible on size. Watermelon pricing varies as domestic supplies give way to Mexican fruit.

ASPARAGUS, BROCCOLI & CAULIFLOWER

Asparagus remains expensive despite some price relief. Broccoli prices are rising, and cauliflower is hard to find. Plan ahead for larger orders and possible substitutions.

SQUASH, POTATOES & SWEET POTATOES

Squash availability and pricing vary by region. Larger russet potatoes remain expensive, whereas red and yellow potatoes are more readily available. Confirm sweet potato pricing before placing larger orders.