



Week of June 22, 2009

## Market News, See What's Cropped Up!

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**Beans** are moving up again. **Cucumbers** are higher and quality is fair at best. **Eggplant** are the same, **Broccoli** and **Cauliflower** are slowly moving higher. **Celery** is steady. **Cabbage** is higher on Green, Red is still high. Texas cabbage is showing signs of tip burn. Unfortunately, in cabbage this is an internal disorder and cannot be detected until the head is cut open. Let's hope we get some rain and lowers temperatures soon. Green **Onions** are steady. Yellow Onions are way up, supplies are very tight and prices are going up for the first time in 6 months. Red Onions are also moving up, but not as fast. **Napa Cabbage** is higher, **Bok Choy** is the same. **Carrots** are steady. **Romaine Hearts** are moving up and overall leaf lettuce is fair at best. Head lettuce is looking better. However, with temps in the 90's this week and weather pat-

terns nowhere near normal things could be completely different next week. Red "B" **Potatoes** are higher. Red "A" Potatoes are the same and there are plenty of Fingerling Potatoes are available.

**Tomato** prices are still very high, most growers have been caught short with light supplies and new areas are not ready to harvest. Romas look to be lower in price along with grape vine ripe tomatoes. Heirloom Tomatoes are about to get started in a big way. As we get closer to July, production really starts to get ramped up and so by the second week or so of July we should start to see a big drop in price and a big increase in availability. The **Strawberry** market is a steady right now and quality is good. We are seeing some white shoulders and just a little bleeding, but taste is excellent. **Raspberries** are very

reasonable and good quality, **Blackberries** are steady and we are beginning the transition from Mexico into California. **Blueberries** are still your best deal & excellent quality. **Texas Peaches, Plums, Nectarines, Cherries, Ranier Cherries, Yellow Watermelon, Crenshaw Melons, White Peaches, Forelle Pears, Sharlyn Melons, Clementines, Watermelon Radish** are all available. For the following items please call ahead to preorder, some items are limited - **Dragon Fruit, Lychee, Mangosteen, Black Velvet Apricots, Sugar Plums, Rambutans, Black Radish, and 8 Ball Squash.**



### Summer Spectaculars!

Texas Tomatoes

Texas Peaches

Texas Sweet 100 's Tomatoes

Vidalia Onions

### In the Spotlight

#### Black Velvet Apricots

The results of crossing an Apricot with a Plum are apparently infinite. The latest hybrid to make an appearance is the **Black Velvet Apricot (actually an Aprium)**. Its skin is the color of a Black Plum but it has the light colored fuzz of an Apricot. The texture and color are Plum-esque but the Apricot heritage has mellowed the flavor of the skin. Very, very pretty fruit.



### Do you know your ripe from wrong?



Peaches are sometimes tricky to pick out. You can smell, squeeze or eye one only to bring it home and find out that it just doesn't suit your taste. Yellow peaches are ready-to-eat when soft and juicy; they'll yield slightly to gentle palm pressure and have a balance of sweet and tart flavors. Some peach lovers like them when slightly firm, when they'll be a little more tart. White peaches are naturally less tart so they are sweet and can be ready-to-eat when still firm and crunchy. Both varieties will taste sweeter and juicier as they soften. Red blush of a peach is beautiful but, it doesn't tell whether the fruit is ripe. Instead, look for a uniform yellow background color, (golden yellow on yellow peaches, creamy yellow on white peaches) with no green around the stem.



## Summer outlook brightens for restaurants

Ashley Bentley - The Packer: A summer job forecast for the restaurant industry suggests the recession's effect on the foodservice industry will see a reprieve.

The restaurant industry is expected to give almost 400,000 people summer jobs in the U.S., a 4.1% increase over the employment level in March.

The industry is the second largest summer employer, according to the National Restaurant Association's Industry Employment Outlook.

"While overall U.S. employment growth remains negative, the industry is bucking that trend as it added jobs in May for the first time in 10 months," said Hudson Riehle, senior vice president of research and knowledge for the association, in a news release.

Not surprisingly, New York, California and Texas are projected to employ the highest numbers of people in the restaurant industry over the summer. Maine and Alaska boast the largest proportional increase, when compared to March employment levels, at 29% and 25%, respectively.

Only two states, Florida and Arizona, are projected to have lower levels of employment, because the summer's not their busiest travel and tourism season, according to the release. Florida is forecast to have 18,000 fewer jobs,

while Arizona's estimate is at least 7,000 fewer.

Last summer also had a 4.1% increase in summer jobs overall, according to the release, while 2007's growth was higher at almost 5%.

In April, the association reported the highest overall score in its monthly Restaurant Performance Index in 11 months, and its highest industry outlook score in 1 1/2 years.

"Restaurant operator optimism has increased steadily this year and combined with these advances in restaurant summer employment, the end of the current downturn for the restaurant industry is likely in sight," Riehle said in the release.



## Summer's Market Musings

Here are some great menu ideas using our Farmer's Market specialties from Harvest Sensations compliments of Chef Gewn Kvavli Gulliksen

- ◆ GLAZED CIPOLLINI ONIONS WITH SAFFRON & HONEY
- ◆ ORGANIC WILD MUSHROOM SALAD WITH FRESH CHERVIL & GARLIC
- ◆ ROASTED BABY BEETS WITH GORGANZOLA
- ◆ STIR FRIED BABY BOK CHOY WITH CHILIES & SESAME
- ◆ MARINATED FRENCH BEANS AND HEIRLOOM TOMATOES
- ◆ FRESH FIGS WITH PEACH ICE CREAM & RASPBERRIES
- ◆ SAUTEED GARLICKY BABY SHIITAKE MUSHROOMS
- ◆ BABY PEELED CARROT CRUIDTE & LIME DIPPING SAUCE
- ◆ FINGERLING POTATO SALAD WITH FRESH DILL & CHIVES
- ◆ SAVOY CABBAGE COLESLAW WITH JULIENNE SNAP PEAS
- ◆ RED & WHITE ENDIVE SALAD WITH FRESH GRAPES
- ◆ CLASSIC BASIL PESTO WITH LINGUINI
- ◆ BRAISED FENNEL IN ORANGE JUICE & GRILLED SALMON
- ◆ STEAMED CLAMS WITH LEMON GRASS TEA
- ◆ ICE COLD HEIRLOOM MELON

