



Week of August 10, 2009

Market News, See What's Cropped Up!

Volume 6, Issue 2

Summer Spectaculars!

Dragon Tongue Beans

Gooseberries

Sweet 100 Tomatoes

Dino Egg Pluots

In the Spotlight

Purple Snow Peas

Similar in size and shape to the traditional Snow Pea, Purple Snow Peas are colorful and boast varying shades of eggplant-colored tones. Purple Snow Peas will add color and excitement to stir-fry or other recipes and can be used as a flavorful side dish. This is an excellent item to add color to any menu, plate, or main dish.



Avocado prices are still way up there, but we expect to see some relief in the next couple of weeks. **Asparagus** is steady this week and quality is excellent. **Bean** prices are reasonable and **Wax Beans** are coming down slowly. **French Beans** are still a good deal next week, but be on the lookout for higher prices on **Baby Veggies**- by week's end; supplies will start to tighten up. **Corn** prices are still wacky this week. **Cucumbers** are down, **Broccoli** is going higher, **Cauliflower** is coming down, and **Eggplant** is down. Don't forget the many different kinds of **Eggplant** you can use - **Baby, Japanese, Chinese,** and **Thai**, just to name a few. **Green Onions** and **Yellow Onions** are steady, **Red Onions** are higher. **Potato** Prices are

starting to get unstable and the larger sizes remain very limited. There are excellent prices on all colored potatoes. **Tomatoes** are going higher. There is still a ton of California stone fruit available - **Peaches, Plums, Nectarines,** and **Pluots** are all very good. **Watermelons** are getting better. We have a good selection to choose from: **Yellow, Personal,** and **Seedless. Cantaloupes** are going up next week. We will see a little gap in supply. **Honeydew** are much better, but are also on the rise. Don't forget there are several varieties of specialty boutique melons available: **Crenshaw, Casaba, Canary, Persian, Pepino,** and **Sharilyn**, be sure to call ahead. All and all, it's a good time for fruit. **Strawberries** are higher and quality is still ok. **Driscolls** are still your best

bet if you're going on looks alone. **Raspberries** are still reasonable, **Blackberries** and **Blueberries** are higher. **Red & Green Grapes** are steady. **Head and Leaf Lettuce** are steady, but high temperatures this past weekend may have had an effect on quality. As always we will have to wait and see. **Squashes** are starting to creep higher and we are seeing some quality issues due to excessive rain out East. There are still some beautiful **Heirloom Tomatoes** coming out of California. **Cherry Heirlooms** and the mixed 8/1# **Petite Heirlooms** are also available, and did I mention if you ever see **Del Cabo** printed on a case 99% of the time they're organic!



Do you have the ripe stuff?

California artichokes are available in most markets all year, with the peak season in the spring – March, April and May. In spring and winter, look for artichokes that are compact, firm and heavy for their size; summer and fall artichokes tend to be flared and conical in shape. Choose spring and summer artichokes with an even green color. Fall and winter artichokes may be touched by frost – winter-kissed with a whitish, blistered appearance – and show light bronze to brown on the outer leaves. Darkening of the leaves may occur after the blistering because of oxidation. Sometimes referred to as "winter kissed," this does not affect the quality of the buds. These are often tender and tasty, and are considered to be premier artichokes. Connoisseurs believe these "Frost-Kissed" Artichokes are the most tender and have a flavorful, nutty zest.





USDA to Audit National Organic Program

Andy Nelson - The Packer

The U.S. Department of Agriculture has ordered an audit of its National Organic Program.

In a July 29 letter to the National Organic Coalition, USDA Deputy Secretary Kathleen Merrigan announced that The National Institute of Standards and Technology, an agency of the Department of Commerce, will review the program's accreditation.



“Third-party recognition is important for many of USDA’s audit-based programs,” Merrigan wrote in the letter. “We understand the value of this step as we continue working to strengthen the integrity of the (National Organic Program) and to build the organic community’s trust in the program.”

The National Organic Program oversees the USDA organic seal that appears on organic products, develops standards for organic products sold in the U.S., accredits organic inspectors and performs other functions.

The audit had been called for by the National Organic Coalition, a group of organizations that represents organic producers’ interests in Washington, D.C., and other groups, according to a coalition news release.

“We applaud USDA’s willingness to submit its organic program to the rigors of these international norms and believe this will pave the way for continued growth and success of the U.S. organic industry,” coalition member Robynn Shrader, chief executive officer of the National Cooperative Grocers Association, said in the release.

Seasonal Summer Selections

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| <ul style="list-style-type: none"> • TEXAS GROWN PETITE ROMAINE • KOHOLRABI, GREEN OR RED • ORANGE HONEYDEW • DANDELION GREENS • QUINCE • BABY GALA APPLES • BABY GRANNY SMITH APPLES | <ul style="list-style-type: none"> • SOUTH AFRICAN BABY PINEAPPLE • WATERCHESTNUT • GOOSEBERRIES • LAVENDER • BABY ARTICHOKE • PASSION FRUIT • LEMON VERBENA | <ul style="list-style-type: none"> • TAMARIND PODS • LARGE MIXED CALIFORNIA HEIRLOOM TOMATOES • CAMPARI TOMATOES • SWEET 100 TOMATOES • MIXED PETITE HEIRLOOM TOMATOES 8/1# |
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