



Week of November 9, 2009

Market News, See What's Cropped Up!

Argentina has finally seen some **Blueberry** production, yeah! The **Strawberry** situation is still terrible. The Berries are fair at best and have no shelf life but that's what happens when you have lousy weather where they grow. **Blackberries** from Mexico will be very good this week, however rain is going to hit the growing areas over the next few days and that won't help with shelf life. **Raspberries** continue to be a good for now. However as we approach the holidays shippers always raise prices. It happens every year at every Holiday time. My suggestion is to always leave yourself an out when you write your menu, say 'Seasonal Berries' - this way you don't get stuck paying high prices for one kind of berry. The **Lettuce** market is a little crazy right now and it is not looking good for growers anytime soon on row crops. Growers are having major issues with **Broccoli Crowns**, **Romaine Hearts**, **Romaine**, and **Head Lettuce** and are having to pack a lot of product into second tier labels because of the defects in the product. How much longer will this last? The short answer is the problem with Row Crops will last 3 - 4 weeks with some issues being solved within a 2 week period, but don't hold your breath.

Green Beans are higher, **Wax Beans** are extremely tight, **French Beans** are steady, **Cucumbers** are lower, **Eggplant** is higher, **Cauliflower** is lower but quality is fair at best, **Broccoli** is steady, **Celery** is steady. The **Pepper** market is still high on all Peppers, but prices are steady this week. **Yellow Onions** are the same, **Red Onions** are the same, and **Green Onions** are steady. **Yellow Squash** and **Zucchini** are higher out of Mexico and the same out of Florida & Georgia. **Potato** Prices are steady for now on all Box Potatoes. **Tomatoes** are higher. More growers are getting started in Florida & Mexico. However, we will have to see what kind of damage Ida leaves behind later this week. The Grape market is all over the board, **Green Grapes** are higher and **Red Grapes** are higher. **Black Seedless** are higher, there are also **Muscat** & **Globe Grapes** available. **Oranges** are switching over to navels, so color and firmness will improve over the next few weeks. **Lemons** are still high priced and don't look to change anytime soon. Fall menu planning usually means Hard Squashes and there are plenty to choose from - **Acorn**, **Butternut**, **Spaghetti**, **Banana**, to name a few, and all are in stock.

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Seasonal Sensations

Texas Sweet Potatoes

Texas Basil

Texas Ruby Red
Grapefruit

Texas Cameo Apples

In the Spotlight

Beech Mushrooms

Aka ~ Alba, Clamshell, Hon Shimeji, Bunapi, Buna Shimeji

Available in Brown or White!

One of the most popular edible mushrooms in Asia, Beech Mushrooms are crisp, firm-fleshed mushrooms with short stems. They have a mild nutty flavor when cooked, and will keep their shape and texture. Use in sautés, soups, salads and pasta dishes with light sauces & vinaigrettes. Originally found in temperate regions of the world usually found high up in trees; in fact, the botanical name Hypsizygus means 'on high or aloft' and -zygus means yoke. Recent research in Japan suggests that Beech mushrooms have strong immunostimulatory and antioxidant activity.

So, what's available that's different?

HEIRLOOM ARKANSAS
BLACK APPLES
HEIRLOOM SPITZENBERG
APPLES
GHOST PEPPERS



DRY TART CHERRIES
ALOE LEAF
SEA BEANS
BUDDHA HAND CITRUS
SAPOTE



*Apples are shipped by ground only, please allow 10-14 days for shipping



FDA updates food code with cut leafy greens standard

Tom Karst - The Packer An updated Food Code from the Food and Drug Administration includes a new standard for cut leafy greens handling by retail and foodservice establishments.

The FDA's Food Code – the first full update in four years – is used as a model for regulators throughout the country, the agency said in a Nov. 9 news release. Specifically, the just-released 2009 version states that cut leafy greens are now included among the foods that require time and temperature control for safety.

Similar guidelines were previously added for cut melons and cut tomatoes in prior updates to the code, said David Gombas, senior vice president for food safety and technology of United Fresh Produce Association, Washington, D.C.

“It’s not really a surprise,” he said. “Nobody in the fresh-cut business should be upset that because everyone in the fresh cut business wants to keep their product as close to 32 degrees as possible for best quality and shelf life.”

The model code and reference document provides a “scientifically sound technical and legal basis” for regulating retail and foodservice establishments, the release said.

The FDA's Food Code is the model for state, city and county regulation of about 1 million restaurants, retail food stores and vending and foodservice operations in the U.S., the agency said.

“The FDA is spearheading an important initiative to improve the nation’s food safety system by establishing a fully integrated national system with federal, state, local, tribal, and territorial regulatory agencies,” said Stephen Sundlof, director of FDA’s Center for Food Safety and Applied Nutrition in the release.

Gombas said the food code serves as a way for state and local regulators to harmonize food safety regulations.

“Back in the old days every state and county had their own regulations and if you are major retailer you might have to deal with thousands of different rules, and it was ridiculous,” he said. Gombas said the code is a great example of a process that brings together all stakeholders, he said.

The FDA cited these changes to the Food Code:

Each provision in the Food Code is prioritized to assist the industry and regulators have a maximum impact on food safety;

- Cut leafy greens are now included among the foods that require time and temperature control for safety;
- New requirements were added to improve awareness of food allergens; and
- New requirements were added related to cleaning and sanitizing of equipment and surfaces

Third Coast Produce Holiday Hours



Wednesday, November 25 -
Customer Service closing at
12:00 pm

Thursday, November 26 -
Thanksgiving, closed

Friday, November 27 -
Normal business hours



Thursday, December 24 -
Customer Service closing at
12:00 pm

Friday, December 25 -
Christmas Day, closed

Saturday, December 26 -
Normal business hours



Thursday, December 31 -
Customer Service closing at
5:00 pm

Friday, January 1 -
New Year's Day, closed

Saturday, January 2 -
Normal business hours