



Fresh From the Fields

April 5, 2021

Featured Items

Tree-Ripened Mangoes
Jackfruit Pods
Charentais Melons

April

National Mushroom Month
Empanada Day (8th)
Make Lunch Count Day (13th)
Garlic Day (19th)

Seasonal Update

Latin
Fruit
Asian
Organic

May

Cinco De Mayo (5th)
Mother's Day (9th)
Memorial Day (24th)

Featured Items



Tree-Ripened Mangoes

Melissa's Tree-ripened mangoes from Mexico are seasonal and far superior when it comes to other mangoes. This fruit gets special treatment by staying



Jackfruit Pods

People have been wild about tutti-frutti Jackfruit for the past couple of years. As the largest tree fruit, the jackfruit weighs between 15 and 33 pounds per fruit. Despite its intimidating



Charentais Melons

Charentais are said to be the finest melon in both taste and texture. Because of their small size, they are the perfect "breakfast for two" melon. These globe shaped fruits have either a

on the tree longer than most, resulting in an unmatched richness with a perfectly sweet finish. Current variety are Haden and Kent mangoes and their season will last approx. from late March – June.

green spiny knobbed skin, the jackfruit welcomes your taste buds to an exotic burst of flavors, including hints of mango, pineapple and banana. The flavor is incredible, but the work required to break down the entire fruit can be daunting. Melissa's Jackfruit Pods are just what foodies need — all flavor and no prep work! Their season is year-round.

smooth or a slightly netted gray-green rind with dark green, slightly furrowed sutures. Charentais Melons have an orange flesh and a luscious, flowery aroma. Their season is year-round.

Seasonal Update

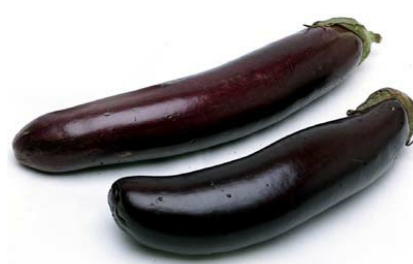
LATIN



Habanero Peppers



Fresh Ginger



Japanese Eggplant

- **Jicama:** Good supplies. Product from *Mexico*.
- **Tatuma Squash:** Good supplies, product from *Mexico*.
- **Tomatillos:** Moderate supplies from *Mexico*.

CHILE PEPPERS:

- **Habanero:** Short supplies from *Mexico*.
- **Red Fresno:** Moderate supplies from *Mexico*.
- **Serrano:** Moderate supplies from *Mexico*.
- **Jalapeño:** Moderate supplies from *Mexico*.
- **Pasilla / Poblano:** Good supplies from *Mexico*.
- **Anaheim & Yellow:** Good supplies from *Mexico*.

ASIAN

- **Gai Lan:** CA product, very expensive and only moderate supply.
- **Bok Choy Tips:** Moderate availability. Sales have been strong on our Bag program and grower will plant heavier acreage for the Spring. *Mexico* availability is minor and not the same quality.
- **Petite Shanghai & Petite Choy Sum:** Moderate supplies. We will stay with CA product. *Mexico* also with availability but quality will not work.

- **Chinese Okra:** We should begin to see slightly better availability in the next two weeks.
- **Chinese Celery:** Moderate availability.
- **Nira Grass:** Very limited.
- **Choy Sum:** Moderate availability.
- **Shanghai Bok Choy:** Moderate overall availability and everybody looking for product. CA product with markets up.
- **Gai Choy:** Moderate supply.
- **Lo Bok:** Moderate availability, CA and *Mexico* availability. **Lemon Grass:** Prices have come down. CA only availability.
- **Napa:** Using CA product
- **Bok Choy:** Availability is limited.
- **Chinese Long Bean:** Limited supplies for another week. New fields from *Mexico*.
- **Chinese Bitter Melon:** Continues to be limited availability. Day to day.
- **Gai Lan:** Limited....minor availability for CA season Winter months. *Mexico* product is sub -par quality.
- **Ginger/Turmeric Immunity Pack:** Opportune time to push our Immunity Pack. The increased pandemic will trigger population to look for aids to keep their immune system strong. Keep pushing.... great item. Moving about 350 cases weekly. **Turmeric:** Great product, we have steady supplies from *Fiji*.

GINGER:

- **Organic Peru:** We will have availability thru mid-May.
- **Chinese:** The availability improving.
- **Honduras:** We are close to finishing our supply of *Honduras*. We will move forward with *Thailand*.
- **Brazil:** New crop "Young" ginger available, by air only. We will wait a few months for boat product.
- **Hawaiian:** This is air freight. Small volume starting to show up in Los Angeles along with the Okinawa Sweet Potatoes. *Hawaiian* ginger is larger hand ginger.
- **Thailand:** Season has begun so we have this variety available for the next 2-3 months.
- **Costa Rica:** We tried some Costa Rican this week.... just not suitable.

EGGPLANT:

- **Italian:** Moderate availability from *Mexico*.
- **Chinese:** Good availability from *Mexico* product.
- **Thai:** Moderate availability.
- **Indian:** Moderate supplies from *Mexico*.
- **Japanese:** Only moderate availability 7-14 days

FRUIT



Red Dragon Fruit



Rambutan



Organic Murasaki Yams

- **Asian Pear:** Moderate supply weekly, *Chile*.
- **Goldenberries:** Good supply year-round, *Colombia*.
- **Muscato™ Grapes:** Moderate supply weekly, *Peru/Chile*.
- **Quince:** Moderate supply weekly, *Chile*.
- **Cherimoya:** Limited out of CA.

- **Passion Fruit:** Good supplies out of *New Zealand* but was informed we have passed peak production. Will keep you posted on where volume goes.
- **Feijoa:** Good supplies out of *New Zealand*.
- **Pomegranate 10-12ct.:** Good supplies out of *Chile* which are arriving by boat. In between shipments we may have to use *Peru (air freight)* which is Irradiated.
- **Guava Irradiated:** The supplier out of *Mexico* reported supplies are tightening up. Which is causing the price to increase. Supplies expected to improve in about 3 weeks.
- **Strawberry Papaya 9-10ct.:** Good supplies available out of *Brazil*.
- **Rambutan Irradiated 4.4lbs.:** Limited supplies out of *Vietnam*.
- **Kiwano Melon:** Good supplies out of *New Zealand*.

CITRUS:

- **Blood Oranges:** Good supply through May, CA.
- **Cara Cara Orange:** Available through April, CA.
- **Gold Nugget™ Tangerines:** Available through April, CA.
- **Heirloom Navel Oranges:** Available through April, CA.
- **Kumquat:** Good supply weekly, shipping through May, CA.
- **Meyer Lemons:** CA is winding down; *New Zealand* in June.
- **Navel Oranges:** Available through April, CA.
- **Ojai Pixie Tangerines:** Good supply, CA, through May!
- **Sweet Limes:** Limited supply, CA.
- **Ugli Fruit (*Jamaica*):** Moderate supply weekly through May.

DRAGON FRUIT:

- **White Dragon Fruit Irradiated (*Vietnam*):** Limited air space and high rates are driving up the price. Not bringing in unless we can't fill from *Ecuador*.
- **White Dragon Fruit (*Ecuador*):** Good supplies available.
- **Red Dragon Fruit (*Nicaragua*):** Done for the season. Will start back up June-July.
- **Red Dragon Fruit Irradiated (*Vietnam*):** Good supplies available.
- **Yellow Dragon Fruit (*Ecuador*):** Good supplies available.

STARFRUIT:

- **Florida:** Done for the season. Due to start back up in July.
- **Taiwan:** Good supplies thru April.

ORGANIC

- **Cauliflower:** Fair supplies out of CA.
- **Hot House Cucumbers:** Day to day availability ~ *Mexico*: pallet orders.
- **Green Beans:** Moderate availability out of *Mexico*.
- **Yellow Onions:** CA available. Great supplies.
- **Murasaki Japanese Yams:** Gapping. Quality issues. Baby Japanese OK.

APPLES:

- **Ambrosia:** Product of *Canada/CA*, winding down.
- **Arkansas Black:** Out of season.
- **Braeburn:** Out of season.
- **Crimson Gold:** Out of season.
- **Fuji:** Product of *WA*.
- **Gala:** Product of *WA* winding down.
- **Golden Delicious:** Out of season.
- **Granny Smith:** Domestic out of season, Imports coming soon.
- **Honeycrisp:** Out of season.
- **Pink Lady (Cripps Pink):** Product from *WA*.

- **Pinova/Pinata:** Out of season.
- **Red Delicious:** Out of season.

CITRUS:

- **Blood Oranges:** CA.
- **Cara Cara Orange:** CA.
- **Clementine Tangerine:** CA.
- **Gold Nugget™ Tangerine:** CA.
- **Grapefruit:** CA.
- **Kumquats:** CA.
- **Lemon:** Moderate supply CA.
- **Lime:** Fair supply *Mexico*.
- **Meyer Lemon:** Out of season.
- **Minneola Tangelos:** CA.
- **Navel Oranges:** Moderate supply available.
- **Pixie Tangerines:** New crop Ojai.
- **Tango Mandarin:** CA.
- **Valencia Oranges:** Product of *Mexico*; CA late April.

TOMATOES:

- **Beef Steak:** Moderate out of *Mexico*.
- **Cherry:** Moderate supplies out of *Mexico*.
- **Grape:** Moderate supplies out of *Mexico*.
- **Baby Heirloom:** Moderate supplies out of *Mexico*.
- **Roma:** Moderate supplies out of *Mexico* on pallet orders.
- **TOV:** Moderate supplies out of *Mexico*

Season Limited

Chinese Long Bean
Kumquats
Figs
Harry's Berry Strawberries
Japanese Strawberries
Baby Summer Squash
Organic Darkloom Tomatoes

Season Done

Kishu Tangerines (Ojai Pixies)
Baby Pineapple
CA Celery Root (Holland)
Elephant Garlic (July)
Persimmons
CA Meyer Lemons

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