

## On Our Plate...



### Cherries

Fresh and sweet, summer cherries are a perfect snack or as the main ingredient to many delectable desserts. Good supplies through August.



### Corn

Barbecues, fairs and festivals wouldn't be the same without summery sweet corn! Available year round from AMC.

### Yellow Dragon Fruit

Sweeter and more flavorful than its pink/white counterpart. Available throughout the year.



### Peaches

Bellinis anyone? Tarts, pies, desserts and a whole bunch more. This refreshing stone fruit is available through August/September.

### Hungarian Wax Pepper

Flavorful, tangy sweet with a mild heat. Excellent cooking pepper. Available throughout the year.



### Eggplant

A neat meat alternative, this staple of Italian cuisine is full of health benefits. Available throughout the year.

### Heirloom Tomatoes

Each heirloom has a unique flavor profile, the darker the flesh the higher the brix (sweetness). Available throughout the year.



## Tomatoes

**East:** Arkansas rounds have started and are plentiful.

**West:** Romas from Baja are excellent due to cooler weather. Steady supply on grapes and cherries. Rounds are in high demand but supplies are slowly increasing. New growing areas in Texas are starting.



## Alert Items

**Yellow Squash:** We continue to see quality issues out of the East. California limited volume but good quality.

**Avocadoes:** Negra crop winding down. Eating quality is great but shelf life has decreased. Loca (region) crop set to start next week. Market should remain steady over the next couple weeks.

**Snow Peas / Sugar Snap Peas:** Supplies are very tight. Demand exceeds supply.

**Colored Bell Peppers:** Volume is low out of Mexico, California and Canada. Mexico is transitioning growing areas and Canada volume has been minimal due to weather.

### Leaf Items

**(Lettuce, Romaine, Green Leaf):** Market is very tight. High heat from two weeks ago took a toll on supplies and quality.

