

PRODUCE TALK

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WHITE-FLESH PEACHES & NECTARINES

(Conventional and Organic)

White Peaches: Just like their name implies, white peaches have a creamy white interior, with a red-yellow exterior and fuzzy skin. White peaches differ slightly from their yellow counterparts in both appearance and flavor. White peaches are sweet and smooth, with low acid levels. They are also quite delicate. Peaches are native to China and have a long history in Asia, but white peaches are relatively new to the U.S. scene.



Fun Facts:

- Lower acid levels mean that white peaches are a great choice for those with sensitive stomachs.
- White peaches are more delicate than yellow peaches. They also tend to ripen faster.
- The sweet flavor of white peaches makes this specialty fruit a standout in recipes.

White Nectarines: White nectarines have a smooth skin and are creamy-white on the inside with a red-over-white exterior. Just like their yellow counterparts, white nectarines are very closely related to peaches. The only difference? A gene that causes fuzz is not present in nectarines like it is in peaches. White nectarines also have a more delicate flavor than yellow nectarines. White nectarines are super-sweet, with low acid levels.



Fun Facts:

- Lower acid levels mean that white nectarines are a great choice for those with sensitive stomachs.
- A smooth and fuzz-less flesh means that white nectarines are very delicate and highly susceptible to bruising.
- The history of the nectarine is unclear in the U.S. Some say the USDA introduced the fruit in 1906, while newspaper references have the fruit growing in New York prior to the Revolutionary War.
- Nectarines still naturally occur as bud mutations on peach trees.

How to choose: Select white-fleshed peaches and nectarines as you would any other stone fruit: They're ripe when they give slightly to the touch and are extremely fragrant. The best varieties of white-fleshed nectarines do tend to be cosmetically challenged, prone to scabbing and cracking, so don't let the appearance put you off.

How to store: If the peaches or nectarines are a little too firm, leave them at room temperature for a day or two, and they'll finish ripening. When ripe, they should be stored in the refrigerator, unless you're going to eat them quickly.

How to prepare: To play up the striking color of the flesh, don't cook white peaches or nectarines (they'll turn brown). Instead, cut them into chunks, sugar them lightly and serve them on a shortcake with plenty of whipped cream.

Recipe (Source: Allrecipes.com)

PEACH COBBLER

Ingredients:

5 fresh peaches - peeled, pitted, and sliced
5 slices white bread, crusts trimmed
1 1/2 cups white sugar
2 tablespoons all-purpose flour
1 egg, lightly beaten
1/2 cup butter, melted



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish.
2. Place peaches in prepared dish. Cut each slice of bread into five fingers, and lay the fingers over the peaches. In a medium bowl, combine sugar, flour, egg and butter and mix until well blended. Pour over bread and peaches.
3. Bake in preheated oven 35 to 45 minutes, until golden.

NECTARINE PIE

Ingredients:

2/3 cup white sugar
4 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon
1 cup heavy whipping cream
1/4 teaspoon almond extract
5 nectarines
1 (9 inch) unbaked pie shell



Directions:

1. Preheat oven to 400 degrees F (205 degrees C). Place a large pot of water over high heat, and bring to a boil.
2. Combine sugar, flour, cinnamon, heavy cream and almond extract. Set aside.
3. Place the nectarines in boiling water for 30 to 45 seconds. Immediately place nectarines under cold running water and remove skins. Cut nectarines in half and remove pits. Place halves in the pie shell with the cut side down. Pour the cream mixture around the nectarines.
4. Bake at 400 degrees F (205 degrees C) for 35 to 40 minutes. Good served warm or cold.

SAVE THE DATE!

**Crosset Company's Annual Buying Food Show will be on
Wednesday, AUGUST 16, 2017
at
Great American Ball Park.**

Western Vegetables

AVOCADOS: Little change in overall market and supply condition; this will remain this way throughout the summer season with no real increase in volume with promotable pricing until fall. Organics becoming more scarce and could see further increase as we move into toward mid-summer.

BROCCOLI: Supply is starting to get affected by the higher temperatures in California, we are looking to move to Michigan grown product if the product quality becomes an issue.

CAULIFLOWER: Supplies are starting to improve and the quality is good. Market has gradually decreased; pricing is starting to come off.

CELERY: The market is starting to come off as supply is starting to turn around.

GREEN ONIONS: Markets are active as limited supplies are present creating a shortage due to some field loss due to quality issues.

LETTUCE: Iceberg seeing great supply in the market and good promotional pricing available. Leaf lettuces supply has leveled out and we are seeing prices come back down to a normal level. Increased heat out west may lead to an increase in downy mildew.

Value-Added

Most processors and shippers continue to struggling in filling orders due to lower yields and poor quality raw product. Organic suppliers are now reporting downy mildew spreading through some fields causing the loss of baby spinach, arugula, baby greens, etc.

Southern Vegetables

BEANS: Michaels will start the 28th; will get what we can out of Georgia and also Tennessee until then.

CABBAGE: End of the southern deal; Michael's will start next week and then we'll be in Ohio.

CORN: Market will increase as 4th of July gets closer and supplies are going to tighten up because Michael's will not start until the middle of July so there will be a significant gap so we'll be pulling from Indiana; prices will be up.

CUCUMBERS & EGGPLANT: Market is on the way up; all coming out of the south right now until local is ready.

GREENS: Good supplies on mustard, collard and turnip; all Michigan product.

ONIONS: The Vidalia onion market remains steady. Quality continues to be good.

RADISHES: Coming out of Ohio and market is up substantially.

YELLOW & ZUCCHINI SQUASH: Splitting from the south and also New Jersey.

Organics

BEETS: Beets still remain a challenge due to curly top virus that impacts the plant leaves and bulb. Supplies will be limited for a few more weeks until growers move to lower elevation new fields that should be clean.

BROCCOLI: Like conventional product, supply is all over the board. Quality on arrival is good. We are seeing some regional suppliers in North Carolina that we are using to fill needed supply.

BUNCH CARROTS: Good Supply available, we have seen some discoloration to the tops.

CABBAGE: Supply from the southeast has hit a gap due to poor quality. We are seeing product become available from North Carolina and small shots out of Ohio. We will be in full regional supply going forward.

CAULIFLOWER: Supplies are starting to improve and the quality is good. Market has gradually decreased; prices remain high.

CELERY: Supply is getting better as we have moved up in to California product starting out. Price will remain high for the next couple weeks until the pipeline is filled back up.

CUCUMBERS: Rains in the southeast have slowed down supply that is available; we are having to supplement with product out west until we see suppliers from Ohio start up.

GREEN PEPPERS: Steady supplies regionally with good quality. Some supplies are now present out west as well.

KALES: Great supplies of kale currently; plenty of regional product from all over the Midwest available. We are sourcing from North Carolina, Ohio and other regions.

LETTUCES: Green leaf demand exceeds supply; overall quality is average. Red leaf supplies are decreasing as desert season comes to an end; demand is steady and quality is good. Romaine lettuce market is very active; demand exceeds supply and quality is average. Romaine hearts supplies are light; quality is average.

RADISHES: Supplies are improving with better quality tops. Very little damage now to the tops and they look much cleaner than they have been.

YELLOW SQUASH & ZUCCHINI: Supply has started up in Northern Ohio and the perfect weather we have been seeing has been ideal for growing.

Asparagus

Asparagus will begin to transition back into Mexico and Peru as supplies from Washington and Michigan begin to wrap up for the season. High temperatures in Michigan have begun to effect quality; market remains steady. Organic asparagus finished out of Canada and Michigan and will be into gap with some pockets coming available out of Mexico but very limited volume.

Fruit

APPLES & PEARS: Washington apple supplies continue to dwindle as the storage fruit is cleaning up. Small sizes are very tight; large sizes are better value and quality. Look for gaps in organic availability as the Washington crop ends and import crop begins. Michigan has finished with apples; be back late summer early fall. New crop California pears will begin in the next 7-10 days.

BIN ATHENAS: Rain in the southern Georgia growing region has delayed harvesting and depleted the supply; what has been harvested is smaller in size. Market is increasing and supply will be extremely limited throughout this coming week. Missouri production is alternate until transition into more northern regions of Kentucky and Indiana, which is slated for mid-July.

BLACKBERRIES: Blackberries tight as southern rain problems hampering product in the south and high heat in California has limited production; Mexico has finished. High markets with marginal product for the next couple of weeks. Organic blackberries scarce in all regions.

BLUEBERRIES: Supplies snug and will remain so until full production starts in Northwest. Rains in New Jersey has hampered harvest with strong pulls for the holiday keeping situation as demand exceeding supply. North Carolina blues still in good harvest but volume down to earlier freeze damage. Organic blueberries steady and heavy Northwest (Oregon and British Columbia) will offer good promotions for month of July but will just be steady for current time frame.

CANTALOUPE & HONEYDEWS: Domestic cantaloupe and honeydew are feeling the high temps in the desert. Pricing is up and supply is down; will be looking to California for melons until the west side fruit is available.

CHERRIES: Fully transitioning into Northwest (Washington) cherries and volume has steadily increased with large quantity of small fruit available. Now through later July will be peak ad promotion period. Large crop is projected and good even harvest will possibility keep cherries running through Labor Day at the first of September. Organic cherries on guides and will mirror the conventional season. Pricing has dropped and look more promotional. Rainier cherries, great size and eating like candy; good impulse sales item.

CITRUS: California navel oranges are now finished for the season. Valencia oranges are now being shipped. Imported navels have begun shipping.

CLEMENTINES: Chilean clementine season is underway. Heavy rains in growing region last few weeks have slowed crop harvest but little to no effect on quality. Predominate sizes will be toward 2 and 3# bags with sizing mostly toward smaller fruit 28/32ct.

GRAPES: Transitioning away from Mexican grapes and fully into California fruit by end of next week. Organic grapes are very steady with reasonable market costs and starting to make the transition up into the Central Delano California grape region for the main part of the domestic US grapes harvest after 4th of July holiday. Good volume for domestic season forecasted with plenty of opportunities for promotions as we move through July and into August on grapes.

RASPBERRIES: Like strawberries, we are starting to see supply affected by the higher temperature.

STRAWBERRIES: With the increased temperatures in growing regions, we are starting to see loading and available supply slow down. Inbound quality will be an issue as with higher temperatures will bring increased bruising and sun-scold.

WATERMELONS: Watermelon markets remain strong. Small watermelons are in very short supply. Rain over the last three weeks in Georgia slowed down harvest and reduced the amount of small watermelons.

California Stone Fruit

Overall California stone fruit will be a limited deal throughout the summer due to a number of factors from decreased acreage due to damage from heat stress.

NECTARINES: Steady supply, promote in coming weeks.

PEACHES: In very tight supply as all stone fruit has been effected by the 100+ heat that is plaguing the California regions. Look for strong prices with limited availability throughout California season. Gap on organic peaches for next 7 -10 days as variety switch has caused situation.

PLUMS: Black and red plums along with multi varieties of Pluots shipping. Good item to promote as we move into July selling.

Southern Peaches

Supplies finally improved out of South Carolina though temporary, time to expand displays and take advantage of window for sales. Peach quality looks very nice; sizing ranging from 2 ½” to 2 ¾”.

Tropical Fruit

BABY FRENCH BEANS: Heavy volume; market off.

FLORIDA AVOCADOS: New item for this week; Florida Slim avocados from Brooks tropical. Great item to add and promote with high market cost of Mexican/California Hass avocados

LIMES: Prices have firmed up and increased on some sizes with better demand this week. Size 200 and large remained limited. Overall quality is very nice.

MANGOES: Mexico has begun shipping very nice varieties. Ataulfo have also started in a light way from Mexico. There will be a steady supply of mangoes in the coming weeks with increasing volumes.

MARIDOL PAPAYAS/ GOLD PAPAYAS: Good supplies, papaya popularity increasing.

SUGAR SNAP PEAS/SNO PEAS: Sugar snap market strong; stable conditions on snow peas.

Merchandising Tips

With July 4th upon us and the summer selling season in full swing, make sure your department is alive with excitement. The best way to do this is to show off a lot of great variety. There are many items to offer your customers which will get them talking when they see them and try them. Lemonade apples! You have to try them. We also offer Smitten apples which are great also. How about Black Velvet apricots? They look awesome. Make sure to use them to compliment your stone fruit displays, also tie in the white flesh peaches and nectarines, even Saturn peaches. Rainier cherries are available, Black Mission figs and a long list of variety melons including three flavors of Kiss melons. Organic orange watermelon too! Your

customers will enjoy trying the organic Cotton Candy grapes also. There are seven kinds of bulk cherry tomatoes available for your tomato bar. A few other neat items to try are the Nourish Bowls (5 varieties) and the organic Living Greens (5 varieties). Spice up your department with summer variety and watch your sales grow!

CROSSET NEW ITEM & DELETION SHEET

W/B: 7-2-17

ITEM #	NEW ITEMS	SIZE
3060	Oriental Sweet Potato	40#
71420	OG White Flesh Peaches	18#
72010	OG White Flesh Nectarines	18#
67065	OG Apricots	16/1.5#
16540	Asparagus	11#
71055	Southern peaches	25#
68120	Rainier Cherries	15#
	DELETIONS	
38041	OG Danjou Pear	40#
38585	Comice Pear	15#
38735	OG Bosc Pear	40#
55055	Mandarin Gold Nugget	20#
55005	Tangerine Pixie	25#
16533	Asparagus	28#
69401	Xlrg Red seedless Grapes	18#
69030	Black Seedless Grapes	18#