

# The Source

Commodity of the Month - Onions / Garlic

## MARKET ALERTS

**Avocados:** Avocado markets are stabilizing with easing prices as Flora Loca ramps up. California is active and Peru will increase in late June to early July.

**Blueberries:** CEMEX has ended, California is light, PNW is just starting, and East Coast supply is very light, creating a short-term gap until new regions ramp up.

**Carrots:** Bakersfield is the main growing area; baby carrots are more available, and jumbo carrots are still tight but slowly improving.

**Citrus (Lemons):** District One is done; Ventura/Oxnard leads lemons. Supplies are very tight, strong prices through June; offshore lemons arrive late June/early July, mostly large and pricier.

**Citrus (Oranges):** Valencias lead oranges; Navels are limited and pricier. Small fruit stays tight; offshore Navels arrive late June/July to ease supply.

**Cucumber:** Sonora is ending, Baja rising keeps market steady; Georgia tight on retail sizes, NC just starting and improving supply soon.

**Lettuce (iceberg):** Demand > supply keeps lettuce tight and prices high due to INSV/weather; defects present; slight stabilization expected soon.

**Lettuce Leaf:** Romaine/leaf lettuce tight (demand > supply) from low yields; quality issues and high prices; expected to ease with summer break.

**Melon (cantaloupe):** Offshore melons done; CA desert now supplies but whiteflies cut yields, especially large fruit, tight through June.

**Onions:** TX/GA/CA desert winding down; CA Central & NM now supply onions; freight is key market driver.

**Pineapple:** Pineapples stable but tight through June; contracts prioritized; larger sizes slowly improving; small/organic still limited.

JUNE 10, 2026

## CROP UPDATES

Lettuce (iceberg, romaine, hearts) stays very tight with long-lasting high prices from disease, weather, and low yields; no near-term relief expected. Blueberries are also short as regions finish or recover, and melons are tight with low yields and sizing issues, keeping markets elevated. Overall, supplies remain limited across key items, with contracts prioritized and flexibility needed through late June. [Read more](#)

## WEATHER

**California:** High pressure and offshore flow bring warm weather: highs 70s coast, 80s-102 inland; cool mornings mid-40s-60s through weekend.

**Mexico:** Showers likely through week (0.05-0.30"+), temps steady: highs 70s-low 80s, lows upper 50s-mid 60s.

**Florida:** Warm, steady weather: highs mid-80s to mid-90s, lows 70s; isolated showers; light winds ≤20 mph through Friday.

**Arizona:** Warming to extreme heat: mid-100s rising to 110s; lows 60s-70s; gusty winds; isolated mountain showers, valleys stay dry.

## FREIGHT

Demand for truck capacity this week continues to be strong across the US growing regions. We encourage pre booking and advance preparation as delays at supplier level continue to be a challenge



## IN PEAK SEASON

- Citrus (Oranges)
- Potatoes
- Grapes

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# Commodity Updates



## Apples

The apple market is expected to remain steady through June. Some shippers are nearing the end of their Golden Delicious season, while others expect supplies into July. Red Delicious supplies are tightening, but the market remains stable. Gala and Granny Smith volumes are stronger than they've been in months. Pink Lady and Fuji supplies are somewhat limited, though pricing is steady. Honeycrisp demand has slowed, leading some shippers to offer promotions to boost movement.

Commodity/Region	Supply	Price	Quality
Hudson, New York (September - June)	Steady	\$\$\$	Good



## Asparagus

Mexican and West Coast asparagus supplies remain abundant as strong Baja volume and an earlier steady Central Mexico season continue to outpace demand. Weak movement especially in California due to high freight costs is keeping pressure on the market and additional Northern Baja production in July should keep supplies steady through summer and fall. Peru is starting to ramp up with northern harvests beginning this week increasing summer arrivals though competition from Mexico Canada and domestic production continues to weigh on prices. As remaining domestic and Canadian regions wind down supplies are expected to tighten and help support a stronger market.

Commodity/Region	Supply	Price	Quality
Caborca (Year Round)	Light	\$\$\$	Fair
Peru (Year Round)	High	\$\$\$	Good
Mexico (November - May)	Light	\$\$\$	Fair
Ohio/NC/MI/NJ (June - September)	Steady	\$\$\$	Fair



## Avocados



The avocado market is beginning to stabilize, with pricing easing compared to the past several weeks. Additional relief could be on the way as Flora Loca volumes increase each week. Current Negra fruit is showing dry matter and oil content in the mid-to-high 30s, resulting in excellent eating quality but faster ripening. The Flora Loca crop is just starting in limited quantities and is expected to build steadily as more growers receive harvest approvals. With dry matter and oil content around 24, Flora Loca fruit is taking longer to ripen than the late-season Negra crop. California production remains active, and Peru is expected to increase shipments in late June and early July. We will continue to monitor the market and provide updates as conditions change.

Commodity/Region	Supply	Price	Quality
Mexico (Year Round)	Light	\$\$\$	Good
California (April - July)	Light	\$\$\$	Good



## Bell Peppers

Bell pepper supplies are improving as South Georgia production increases and California transitions into Bakersfield. Green pepper demand remains strong, keeping supplies somewhat tight, though additional regional production should help ease the market in the coming weeks. Red pepper availability is improving in California, while limited Georgia supplies and the end of Western Mexico production continue to support demand, with prices expected to soften over the next couple of weeks.

Commodity/Region	Supply	Price	Quality
California (May - October)	Steady	\$\$\$	Excellent
Georgia (May - June)	Steady	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$\$ -Steady, \$\$\$ -High

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# Commodity Updates



## Berries (Blackberries)

CEMX volume is beginning to slow as California production ramps up. Expect firmer markets heading into the weekend.

Commodity/Region	Supply	Price	Quality
California (Year Round)	Steady	\$\$\$	Good



## Berries (Blueberries)



CEMEX production has ended, while California is seeing lighter volumes against strong demand. The Pacific Northwest is beginning a limited harvest this week. Georgia, New Jersey, and North Carolina are all very light as well. As we transition into new growing regions like the PNW and Michigan, a brief supply gap is expected.

Commodity/Region	Supply	Price	Quality
California (Year Round)	Light	\$\$\$	Good



## Berries (Raspberries)

CEMEX volume is slowing as California production begins to ramp up. Expect firmer markets heading into the weekend.

Commodity/Region	Supply	Price	Quality
California (Year Round)	Steady	\$\$\$	Good
McAllen (October - May)	Light	\$\$\$	Good



## Berries (Strawberries)

Demand is currently light, though shippers are beginning to see estimates improve with warmer temperatures. Limited promotional activity, combined with the loss of school business, should help markets level out over the next several days.

Commodity/Region	Supply	Price	Quality
California (Year Round)	Light	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$\$ -Steady, \$\$\$ -High

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# Commodity Updates



## Broccoli

Broccoli supplies remain strong, and the market is expected to gradually ease heading into the weekend.

Commodity/Region	Supply	Price	Quality
Mexico (Year Round)	Steady	\$\$\$	Good
Santa Maria, California (Year Round)	High	\$\$\$	Good
Salinas, California (May- October)	High	\$\$\$	Good



## Brussel Sprouts

Brussels sprout production is slightly limited, though overall quality remains good. The market is expected to hold steady and may edge higher going into next week.

Commodity/Region	Supply	Price	Quality
Mexico (December-August)	Steady	\$\$\$	Good
Oxnard / Salinas, CA (May - July) (July-Dec)	Steady	\$\$\$	Good



## Carrots



Bakersfield is currently the primary growing region, with improved availability of baby carrots. Jumbo carrots remain somewhat tight due to smaller sizing, but supplies are gradually improving each week as the season progresses.

Commodity/Region	Supply	Price	Quality
Imperial Valley (February - May)	High	\$\$\$	Excellent
Kern County (October - Feb)	Steady	\$\$\$	Good
Various Northwest Regions (July - October)	Steady	\$\$\$	Good



## Cauliflower

Cauliflower supplies remain strong with good overall availability. The market is expected to stay steady into next week, supported by solid quality and consistent production.

Commodity/Region	Supply	Price	Quality
Mexico (Year Round)	Steady	\$\$\$	Good
Santa Maria, California (Year Round)	Steady	\$\$\$	Good
Salinas, California (May - October)	Steady	\$\$\$	Good



## Celery

The market is unchanged from last week, with all sizes readily available and expected to remain so throughout the week. Slight price increases continue on value-added products. Production is centered in the Santa Maria/Oxnard region, with no rain in the forecast, supporting steady supplies. Overall quality remains above average across most suppliers.

Commodity/Region	Supply	Price	Quality
Oxnard, California (Year Round)	Steady	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$\$ -Steady, \$\$\$ -High

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# Commodity Updates



## Citrus (Grapefruit)

Star Ruby grapefruit are available, with peak sizing at 48 count, shipping out of Riverside and the San Joaquin Valley.

Commodity/Region	Supply	Price	Quality
California (Year Round)	Steady	\$\$\$	Good
Texas (October - April)	Light	\$\$\$	Good



## Citrus (Lemons)

**ALERT**

District One has finished, leaving Ventura County/Oxnard as the main lemon-growing region. Supplies remain very tight across all sizes, and strong markets are expected through June. Offshore lemons are expected to arrive in late June or early July, with larger sizes dominating and pricing expected to remain above domestic fruit due to strong quality.

Commodity/Region	Supply	Price	Quality
Oxnard/Ventura (February - September)	Light	\$\$\$	Fair
San Joaquin Valley (October - May)	Light	\$\$\$	Good



## Citrus (Limes)

Lime supplies continue to improve, putting downward pressure on prices despite forecasted rain that may temporarily slow harvesting. Large sizes remain limited, while increasing production in Mexico is helping boost overall availability and keeping the market steady to slightly lower.

Commodity/Region	Supply	Price	Quality
Veracruz (Year Round)	Steady	\$\$\$	Good



## Citrus (Oranges)

**ALERT**

Valencias are now the main orange variety, with only limited Navel supplies remaining at slightly higher prices. Small fruit remains very tight and is expected to stay that way throughout the Valencia season, despite some temporary availability while schools are out. Offshore Navels are expected to arrive on both coasts in late June to early July, helping ease demand on domestic Valencia supplies.

Commodity/Region	Supply	Price	Quality
San Joaquin Valley (Year Round)	Light	\$\$\$	Fair



## Cucumber

**ALERT**

Sonora production is winding down as Baja ramps up, helping keep the market stable. Georgia supplies remain tight on retail sizes due to weather impacts, while off grade product is more available. North Carolina production is just beginning and should improve availability over the next one to two weeks.

Commodity/Region	Supply	Price	Quality
Mexico (November - May)	Light	\$\$\$	Good
Baja California (May - October)	Light	\$\$\$	Good
Georgia (May - June)	Steady	\$\$\$	Good
Ohio/NC/MI/NJ (June - September)	Light	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$\$ -Steady, \$\$\$ -High

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# Commodity Updates



## Eggplant

Florida has finished, while Georgia supplies continue to build and are expected to improve over the next two weeks. Mexico and California remain extremely short with very limited availability. The market remains active but should ease slightly as Georgia volume increases, creating potential promotional opportunities next week.

Commodity/Region	Supply	Price	Quality
California (May - October)	Light	\$\$\$	Excellent
Georgia (May - June)	Light	\$\$\$	Good



## Garlic

The California garlic crop is progressing well with good quality, while Mexican supplies continue to supplement the California harvest.

Commodity/Region	Supply	Price	Quality
East Coast (Year Round)	Steady	\$\$\$	Good
Bakersfield, California (Year Round)	Steady	\$\$\$	Good
Gilroy, California (Year Round)	Steady	\$\$\$	Good



## Grapes

The Mexican grape season will be in peak production throughout June and is running 2-3 weeks ahead of last year, with current estimates pointing to a mid-July finish. Red grape supplies remain strong, though some upward market pressure is possible as shippers transition from Flames into newer varieties such as Sweet Celebration, Allison, and Passion Fire. Green grape supplies are adequate, with quality ranging from fair to good. Domestic grape harvest is expected to begin in the Bakersfield area around the week of June 22, with volume increasing in the weeks that follow.

### Grapes (Green)

Commodity/Region	Supply	Price	Quality
Mexico (May - June)	Steady	\$\$\$	Good

### Grapes (Red)

Commodity/Region	Supply	Price	Quality
Mexico (May - June)	High	\$\$\$	Good



## Green Onions

Green onion supplies remain strong overall, with steady availability expected into next week, weather permitting.

Commodity/Region	Supply	Price	Quality
Mexico (Year Round)	Steady	\$\$\$	Good



## Kale

Kale supplies and quality remain generally good, with steady conditions expected to continue into next week.

Commodity/Region	Supply	Price	Quality
Mexico (Year Round)	Steady	\$\$\$	Good
Oxnard, California (Year Round)	Steady	\$\$\$	Good
Salinas, California (May - October)	Steady	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$\$ -Steady, \$\$\$ -High

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# Commodity Updates



## Lettuce Iceberg

**ALERT**

Demand continues to exceed supplies, keeping the market tight across all value added lettuce items with elevated pricing in place. Lower yields, driven by INSV and erratic weather conditions, are the primary factors behind the shortage. Reported defects include pink ribbing, misshapen heads, and inconsistent weights. The market is expected to stabilize over the next few weeks.

Commodity/Region	Supply	Price	Quality
Santa Maria, California (March-December)	Light	\$\$\$	Fair
Salinas, California (May - October)	Light	\$\$\$	Fair



## Lettuce Leaf

**ALERT**

Romaine hearts and romaine are both in a clear demand exceeds supply situation, with green and red leaf also tight in availability. Lower yields, driven by the same conditions impacting lettuce industry wide, continue to be the primary cause of the shortage. Quality issues include tip burn, fringe burn, and lighter weights. Escalated pricing is in effect across all value added leaf items, including romaine. The market is expected to ease in the coming weeks as schools break for summer.

Commodity/Region	Supply	Price	Quality
Salinas, California (May - October)	Steady	\$\$\$	Fair



## Lettuce Tender Leaf

Spinach and spring mix are in good supply for normal business with solid quality. Arugula varieties are also showing improvement this week.

Commodity/Region	Supply	Price	Quality
Mexico (Year Round)	Steady	\$\$\$	Good
Oxnard, California (Year Round)	Steady	\$\$\$	Good
Yuma, Arizona (November - May)	Steady	\$\$\$	Good



## Melon (Cantaloupe)

**ALERT**

Offshore cantaloupes have finished for the season, with domestic melons now the primary source of supply. California desert growers are facing whitefly pressure that is reducing yields and impacting sizing. Larger fruit is especially limited, and flexibility on sizing will be needed. These conditions are expected to continue through the remainder of June.

Commodity/Region	Supply	Price	Quality
Central America (December - May)	Steady	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$\$ -Steady, \$\$\$ -High

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# Commodity Updates



## Melon (Honeydew)

Offshore honeydews have finished for the season, while Mexican honeydews continue strong production in Arizona. Domestic honeydews are also coming out of the Brawley and Yuma regions. Summer retail ads are expected to increase demand for honeydews moving forward.

Commodity/Region	Supply	Price	Quality
Central America (December - May)	Steady	\$\$\$	Excellent



## Melon (Watermelon)

Crossings from Mexico have declined, which is putting upward pressure on market prices. Domestic watermelons are available in limited volume out of California and Florida.

Commodity/Region	Supply	Price	Quality
Arizona (June-July) (October-November)	Steady	\$\$\$	Good



## Mushroom

Supplies and availability remain excellent.

Commodity/Region	Supply	Price	Quality
Nationwide	High	\$\$\$	Excellent



## Onions

**ALERT**

Onion supplies from Texas, Georgia, and the California desert regions are winding down. Central California and New Mexico will now carry production for the remainder of the summer onion season. Freight costs are currently the main driver of the market.

Commodity/Region	Supply	Price	Quality
Eastern Oregon/Parma, ID (August - April)	High	\$\$\$	Excellent
San Joaquin Valley (May - August)	Light	\$\$\$	Good
Tri-Cities, Washington (July - April)	High	\$\$\$	Good



## Pears

Anjou volume is expected to continue declining through June, with the market gradually strengthening toward the end of the month. New-crop Bartletts out of California are expected to begin the last week of June or the first week of July, depending on weather, which should help keep remaining Washington Anjou prices from moving too aggressively. Washington Bosc and Red Anjou supplies are nearly finished, with only limited inventories still available.

Commodity/Region	Supply	Price	Quality
	Steady	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$ -Steady, \$\$\$ -High

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# Commodity Updates



## Pineapples

**ALERT**

The pineapple market remains stable, though supplies are tight and expected to stay that way through the end of June. Contract business continues to be prioritized. Larger sizes should gradually improve by late June. Crowned 6- and 7-count fruit is increasing, while 8-count crowned remains steady. Crownless 8- and 10-count and organic pineapples remain limited.

Commodity/Region	Supply	Price	Quality
Costa Rica (Year round)	Light	\$\$\$	Good



## Potatoes

Supplies are good with strong demand, though sheds will have limited hours for Memorial Day weekend, so orders will need extra lead time. New Burnbank is peaking on smaller sizes. Washington potatoes show strong quality, peaking on mid sizes while large and small counts remain tight. Florida colored potatoes will be available another 3 to 4 weeks. Fuel has increased about \$1 in some regions. Yellow potatoes are tight, reds are in better supply. North Carolina sweet potatoes remain limited until new crop.

Commodity/Region	Supply	Price	Quality
Idaho Falls, Idaho (August-July)	Steady	\$\$\$	Good
Pasco, Washington (August-July)	Steady	\$\$\$	Excellent



## Squash

Georgia has strong supplies with promotable pricing, while California and Baja production continues to build. Florida is wrapping up for the season with only limited harvest remaining. North Carolina and New Jersey production is increasing, adding additional supply to the market.

Commodity/Region	Supply	Price	Quality
Mexico (June - September)	Light	\$\$\$	Good
Georgia (May - June)	Steady	\$\$\$	Good
California (May - October)	Steady	\$\$\$	Good



## Stone Fruit

California stone fruit is now in full production and running about two weeks early, with better peach, plum, and nectarine varieties already available. Apricots are starting to wind down, while pluots begin this week with additional varieties following soon. Washington cherry season has started, with high opening markets expected to ease as volume ramps up. This is a short season, so Northwest cherries will move quickly.

Commodity/Region	Supply	Price	Quality
San Joaquin Valley	Steady	\$\$\$	Good



## Tomatoes

Tomato supplies remain generally adequate as production transitions across both eastern and western growing regions. In the East, volume is shifting from Central Florida into South Carolina and other summer areas, while in the West, production is moving from Sinaloa into Baja, Central Mexico, and California. Despite some lighter supplies and minor quality issues in select regions, increasing output from newer growing areas is expected to keep availability stable through June and into the summer season.

Commodity/Region	Supply	Price	Quality
Mexico (Year Round)	Light	\$\$\$	Good
Florida (November - May)	Steady	\$\$\$	Good
Baja California (Spring/Summer - November)	Light	\$\$\$	Good

Price Key: \$\$\$ -Low, \$\$\$ -Steady, \$\$\$ -High

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# Weather Updates



## CALIFORNIA

Strong high pressure combined with a light offshore flow will bring above-average temperatures through the weekend. Morning lows will range from the mid-40s to mid-60s. Daytime highs will reach the low to upper 70s along the coast, and the mid-80s to around 102° in the Santa Clara Valley and areas south of Salinas.



## MEXICO

Isolated to scattered showers are expected through the end of the week, with most rainfall totals ranging from 0.05" to 0.30", though higher amounts are possible in stronger thunderstorms. Temperatures will remain steady through June 14, with daytime highs in the low 70s to low 80s through Sunday and overnight lows in the upper 50s to mid 60s.



## FLORIDA

Warm temperatures will continue with little change through the weekend. Highs will range from the mid-80s to mid-90s, with overnight lows in the low to upper 70s through Sunday morning. Shower activity will remain isolated over the next five days. Winds will gust near or below 20 mph through Friday across most of southeast Florida and the Tampa Bay area.



## ARIZONA

Gradual warming will continue through the weekend as high pressure strengthens over the Southwest. High temperatures will climb from the mid-100s in most valleys on Wednesday to the low to mid-110s by Saturday, while morning lows rise from the mid-60s to low 70s on Wednesday into the mid to upper 70s by Saturday. Moderate southerly winds will persist, with gusts increasing from 15–18 mph on Wednesday to 20–25 mph on Thursday and Friday. Scattered showers are expected over the higher terrain of Arizona on Saturday and Sunday, though valleys are still not expected to receive measurable rainfall.

For more information: <https://www.ventusky.com/?p=31.4;-89.7;3&l=rain-3h>

# Freight Updates



Demand for truck capacity this week continues to be strong across the US growing regions. We encourage pre booking and advance preparation as delays at supplier level continue to be a challenge



## U.S. On-Highway Diesel Fuel Prices\*(dollars per gallon)

[full history](#) [XLS](#)

	05/25/26	06/01/26	06/08/26	Change from		
				2 year ago	year ago	week ago
U.S.	5.523	5.350	5.210	↑ 1.552	↑ 1.739	↓ -0.140
East Coast (PADD1)	5.394	5.237	5.149	↑ 1.360	↑ 1.624	↓ -0.088
New England (PADD1A)	5.799	5.731	5.626	↑ 1.540	↑ 1.742	↓ -0.105
Central Atlantic (PADD1B)	5.810	5.694	5.568	↑ 1.541	↑ 1.807	↓ -0.126
Lower Atlantic (PADD1C)	5.201	5.016	4.943	↑ 1.273	↑ 1.544	↓ -0.073
Midwest (PADD2)	5.623	5.392	5.182	↑ 1.670	↑ 1.753	↓ -0.210
Gulf Coast (PADD3)	5.045	4.900	4.786	↑ 1.402	↑ 1.677	↓ -0.114
Rocky Mountain (PADD4)	5.493	5.331	5.200	↑ 1.557	↑ 1.719	↓ -0.131
West Coast (PADD5)	6.500	6.398	6.289	↑ 1.912	↑ 2.072	↓ -0.109
West Coast less California	5.909	5.832	5.725	↑ 1.812	↑ 1.961	↓ -0.107
California	7.182	7.051	6.940	↑ 2.029	↑ 2.201	↓ -0.111

\*prices include all taxes

For more information: <https://www.eia.gov/petroleum/gasdiesel/>

# Crop Updates

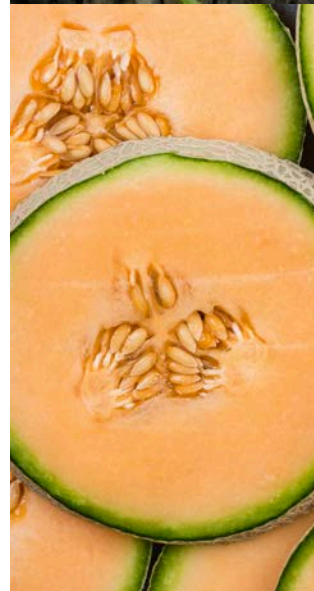
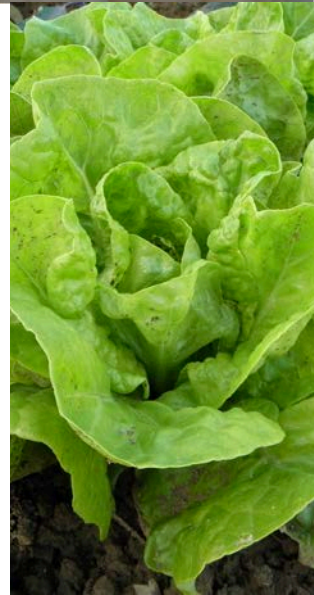


## No Romaine Calm Yet

The lettuce market remains one of the most active areas in produce, with Iceberg, Romaine, and Romaine Hearts continuing to face an unusually long stretch of elevated pricing and limited availability. What makes this market stand out is not just the severity of the shortage, but how long it has lasted with little meaningful relief so far.

Harvestable yields across the Salinas Valley remain well below normal as growers deal with a combination of soil-borne disease, INSV pressure, and weather-related stress. These issues are reducing field productivity and leaving fewer cartons available to harvest. Iceberg has tightened considerably over the past several weeks, while Romaine and Romaine Hearts remain extremely limited. Demand continues to exceed available supply, keeping markets historically high and making spot opportunities difficult to secure. At this point, there are no immediate signs of a major supply improvement, and elevated markets are expected to continue through the coming weeks.

Blueberry availability is also declining quickly. Central Mexico is finishing, New Jersey has not fully recovered from recent freeze events, Michigan will not begin meaningful production until early July, and late Georgia production is light with some quality concerns. The Pacific Northwest has started in a very light way, but stronger volume is not expected until the last week of June. California is working to cover increased demand from other regions, but supplies are not enough to fully fill the gap. Open market availability will remain limited, with contracts taking priority until more volume comes online.



# Crop Updates



Melon supplies are also active, especially on larger fruit. Demand is exceeding supply, and lower yields out of Yuma are expected for the balance of that season. Flexibility on sizing may be needed at loading, and contracts will remain the priority. The market is expected to stay elevated until the transition to the Westside/Central California region improves availability. Lead time will be key to securing fruit.

Overall, the main items to watch this week are lettuce, blueberries, and melons. Lighter school demand should help in some areas, but it will not be enough to offset the current production challenges. Lead time, flexibility on sizing, and close communication will remain the biggest help in getting orders covered as we move through the back half of June.

