



Produce & Dairy

Major Market Influence – Many growing regions are changing this week as well as the slow down of business after the holidays. We are seeing many prices come off.

Garlic – China continues to flood the market pushing prices down even further.

Snow Peas – Favorable weather in growing regions has resulted in excellent quality as well as reduced pricing. This is a great item to feature this week.

Red Fresno and Shishitos – Product continues to be very tight, this trend will continue for the next few weeks.

Herbs – We have started flying in herbs from Hawaii. This has resulted in less loss from the product freezing on trucks. The quality should be high and prices are actually down a bit.

Bananas – Product is extremely tight and will continue to be for at least the next few weeks. With these high prices people are unwilling to bring in product to ripen.

Beets – Product will now be coming in from Texas as we are always looking for the highest quality product. Sizing and quality should improve.

Carrots – The growing region will be switching from Canadian product to that of California and Georgia. This will increase shipping costs on carrots in the near future.

Peppers – Orange and Yellow have been very tight but the price on Red was attractive. We are now seeing that red market increase to come more in line.

Watermelon – Growing regions are changing and shipping costs have decreased. Relief is on the way.

Seafood

Venezuelan Crab Meat – Crab meat continues to be tight due to political issues in Venezuela. With the slow down in business this week prices have come off slightly and may drop more by the end of the week.

Tuna – Prices have shot back up on high quality fish. Lower quality is available, but we are sticking to the best.

Striped Bass (Rockfish) – Smaller fish have started to come to an end as Maryland fishermen are running out of tags. We have a bit of a gap here until we see the larger product being landed in Southern Virginia.

Mahi – Prices have started to climb a little, however, Mahi still represents the best value going for fish.

Norwegian Skrei Cod – Pronounced “Sk-Ray” this is a beautiful ocean caught Norwegian cod. It is only available for a couple months each year as the fish make their migration to southern waters. The fish are large and the quality is high.

Lobsters – Prices are holding steady this week due to weather, however, we should start seeing prices decline after the holiday demand.

Salmon – Markets are holding steady with slight decreases, however, this is typically the time of year where markets climb again ahead of Lent. Be prepared.

Snapper – Fishermen in the Gulf of Mexico are starting to see more Lane Snapper being landed and with that we are seeing prices come down to a more affordable level.

Scallops – Season starts in March, prices will inch up a little each week until the new quota is allocated.



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