picrite management & consulting

WEEKLY NEWS

Week 41: October 12-October 18

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Transportation Update

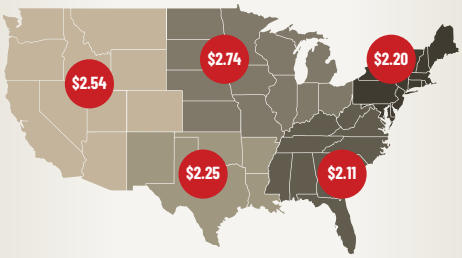
National Diesel Average:	**$3.679**
Last Week Diesel Average:	**$3.704** (0.68%) ▼
Diesel Average Last Year:	**$3.586** (2.59%) ▲

Flip-Flop:

Flip-flopping from last week, diesel prices are now down, while gas prices are rising. The national average on-highway diesel price dropped by about 3 cents to $3.679. The biggest drop in diesel prices this week was seen in the Rockies, falling 6 cents.

National Rate Per Mile

Last week's average refrigerated truck rate per mile.



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Market Alert

Asparagus . Bok Choy . Broccoli . Brussel Sprouts
Cauliflower . Iceberg . Romaine

Watch List

Avocados . Blackberries . Cabbage . French Beans
Lemons . Limes . Oranges . Pineapple . Strawberries

Good Buys

Bell Peppers . Cantaloupe . Cucumbers
Eggplant . Onions . Raspberries

Market Update Week 41

Zucchini, Bell Pepper Corn and Cucumber are ramping up in South Georgia. Out West, Squash and Cucumber are ramping up out of Nogales. With respect to Tomatoes, we expect to see some new crop production in South Georgia this week while the local deals are still coming along strong, this could continue until the first cold snap. Good supply available on all varieties. Mexico continues to see strong production as well. California production is mixed, and quality is good with fair demand. Grape season continues to be into excellent production and quality; we should see steady markets now through late October. Melon supply out of Firebaugh is starting to slow down slightly as we are now on the backside of the California deal; days are getting shorter, and local deals will wind down as well. Quality is outstanding. Banana and Pineapple availability remains limited.

In the East, vessel delays are disrupting the movement of Guatemalan products, while ongoing weather challenges in Guatemala are further pressuring production and quality. As a result, availability remains affected for Snow Peas, Sugar Snap Peas, Baby Peeled Carrots, Colored Baby Peeled Carrots, and French Beans. Hot and humid weather combined with rain in Salinas is causing many issues with crops. The temperature and the rain is affecting harvesting conditions, increasing soil borne diseases and keeping the insect pressure very active. Insect pressure and INSV continue to be reported in the fields for Lettuce, Romaine, Leafy Greens, Cauliflower and Broccoli. The Cauliflower, Lettuce, Romaine and Romaine Hearts markets are now all escalated.

MARKET UPDATE

The arrows correspond with the commodity's current market price compared to last week

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Vegetables

- **Avocados, Watch List**. Mexican asparagus remains tight due to strong demand and weather related issues, with Baja down and Sonora recovering. The Valor vessel breakdown in Peru disrupted supply, adding to volatility. Demand is expected to ease by mid-October as supply rebounds.
- **Cucumber**. Strong availability and quality in the East with peak production in NC, GA, NY, and MI. Western supply comes mostly from Baja, Central Mexico, and Sonora, with quality improving. Mainland Mexico's fall crop starts mid-October, expected to increase volume.
- **Eggplant**. Adequate supply in the East, with best quality from newer plantings. Western volume mainly from California, with some from Washington. Mainland Mexico expected to start contributing by mid-November.
- **Iceberg, Market Alert**. Demand continues to outpace supply for at least two weeks due to reduced yields caused by INSV and high heat. Industry-wide, lighter weights and puffiness are common, with leaf discoloration, internal burn, and misshapen heads appearing on arrivals. Pricing on all value-added lettuce items has escalated accordingly.
- **Onions**. Onions are currently available out of Washington and Idaho, as California and New Mexico seasons have ended. Demand remains strong across the U.S. Rain in Idaho could impact harvest schedules and will need to be closely monitored.
- **Potatoes**. Idaho's new crop has normalized on 40–70s, with Norkotahs dominant and Burbanks slowly starting. The Washington crop shows strong quality, peaking on smaller sizes. Color potatoes are available. New crop sweet potatoes have begun in NC with limited volume and some curing issues are expected to settle in a few weeks.
- **Squash**. Mexico has limited grey squash with strong demand keeping prices firm, but more volume and lower prices are expected soon. Local supply on squash and yellow is good, with Georgia offering strong promotable volume. West Coast supplies are also strong from Santa Maria, Fresno, Baja, and now Nogales.

Fruit

- **Apples**. Reds, Fujis, and Pinks remain on the tighter side as old crop inventories continue to wind down, while Gala, Honeycrisp, Granny Smith, and Goldens show strong availability with supplies improving steadily each week. Cooler nights in Yakima, dipping into the high 40s and low 50s, are enhancing color development particularly benefiting Reds, Fujis, and Pinks.
- **Bananas**. Banana supply remains stable despite strong demand for school business rapidly ramping up. Overall, banana quality has been very good.
- **Cantaloupe**. The Westside cantaloupe deal is wrapping up in the next few weeks, with the transition moving south, followed by offshore supply. Strong demand and excellent quality are pushing the market. Fields are still producing mostly 9s, with 12s and 15s remaining tight until the Yuma transition. Brix levels are high, ranging from 13–16. Recent unexpected rain in the Central Valley has impacted some fields.
- **Limes, Watch List**. Lime markets have stabilized with prices leveling off. The new crop favors smaller sizes with better color, though some rind issues are present. Large fruit are limited, lower quality, and priced higher.
- **Oranges, Watch List**. Valencias are peaking on 72ct with about three weeks left in the season. Gas treatments are running 3-4 days to aid regreening. School demand has increased significantly, pushing markets higher on 88ct, 113ct, and 138ct as availability tightens. The domestic Navel season is expected to start mid-October.
- **Raspberries**. Production is ongoing in Central Mexico (CMEX), Baja, Oxnard, and Watsonville, California, with all regions remaining steady and quality holding strong. Raspberry quality out of Watsonville is performing particularly well, with fruit showing excellent color, sweetness, and aroma.
- **Strawberries, Watch List**. Strawberry supplies remain very limited following last week's heat and rain. Shippers have been stripping fields, but yields are expected to improve slightly by the end of the week amid strong demand. Oxnard production is expected to ramp up more meaningfully in the coming weeks.

Jicama

Jicama may not be on your list of regularly eaten vegetables but it should be. It is a staple food in Central American cuisine for a long time and considering the health benefits there is a good reason for that. We will get into the delicious ways to eat this vegetable, some of its health benefits and what it is. Jicama is technically a root vegetable or tuber in the pea family. Interestingly enough the root or tuber portion of the Pachyrhizu erosus plant are the only part you can eat. The vine, leaves, seeds flowers and beans are toxic and what grows above ground. Jicama thrives in hot climates and is Native to Mexico. It is also called Mexican potato, sweet turnip, Mexican turnip, Mexican yam bean or Chinese potato. It has a mild, slightly sweet and refreshing taste and pairs well with savory and sweet dishes. It is quite versatile and can be used as an ingredient in salads, slaw and as part of a crudité. Jicama is a solid source of important macro and micro nutrients. The calories in jicama are mostly carbohydrates being largely made up of fiber which is a prebiotic fiber with some nutritional benefits. Jicama is an all-star source of fiber which contributes significantly to good gut health. It feeds, with a soluble fiber called inulin, probiotics, the good bacteria in your gut, so they can do their job and keep you healthy. Jicama also has unique properties that can help regulate blood glucose and help to control type one and two diabetes. Despite its pleasantly sweet taste Jicama boasts of a low glycemic load which slows digestion and aids in weight loss. By helping to lower blood sugar and improve insulin sensitivity Jicama also reduces your risks for cardiac problems. Jicama produces nitric oxide in the body, a key compound that helps arteries relax, reduces blood pressure and therefore reduces the risk of heart attack and stroke. The inulin in Jicama can help to support bone health by allowing your bones to retain minerals better thus improving calcium absorption and reducing bone loss. So the next time you hear someone talking about this root vegetable listen carefully because it isn't just a hiccup.