



Produce & Dairy

Avocado – The market will continue to rise with only new crop being shipped across the border from Texas.

Peeled Garlic – This market has been stronger as we are dealing with a new crop. All of the old crop that was less expensive has been cleared up.

Perfect Puree – We have started to carry Perfect Puree products. Speak to your sales representative for pricing and flavors available.

Local Products – . We have heirloom cherry tomatoes, shishitos, bibb lettuce, goat cheese, mozzarella, feta, and peaches that are coming from MD and VA.

Hot Peppers – Pricing on all hot peppers like jalapeños, pablanos, etc is good.

Jacobson Salts – We now carry the line of Jacobson Finishing salts. These high end flavored salts are the perfect way to complete your dish. Speak with your rep about pricing and varieties.

Green Peppers – Green bell pepper demand continues to be strong with high temperatures affecting quality and supplies in California.

Broccoli – Demand is up and weather is hampering product being grown on the east coast. Prices have increased by dollars in the last couple of days. We expect to see some more increases before prices level off.

Bok Choy and Napa Cabbage will be coming from the west coast for the near future as New Jersey is having issues growing the product.

Vine Ripe Tomatoes are all coming out of North Carolina and are looking amazing!!

Seafood

Chef Education Trip – Our next Chef Trip is Monday the 13th of August! Speak with your Sales Representative for details. There are still spots open!

Sword – We are seeing some beautiful fish out of South America right now and prices are way down. This is definitely the deal of the week!

Wild Salmon – We are into some Alaska Cohos now and we are even seeing some Ivory Kings!

Halibut – Storms rolled across Eastern Canada this weekend and many boats stayed in. Prices have climbed for the start of the week and look to continue going up.

Striped Bass / Rockfish – We are seeing large fish coming from Massachusetts and Rhode Island. Local fish have been non-existent due to the release of waters from the Conowingo Dam.

Venezuelan – At this time there is no approved high pressure process recognized for the destruction of pathogens in crab meat. While we can bring in high pressure processed (HPP) Venezuelan crab meat, but cannot make claims regarding the safety of the product at this time. With just a couple weeks left until the conservation period we are avoiding this product at this time.

Domestic Crab Meat – The price on local crab meat has gone up a bit due to the lack of picking crabs available because of weather and a run on peeler crabs be dropping.

Lobster – If you see a lobster price that is too good to be true, it is. There is a \$2.00/lbs price difference between firm shells and hard shells right now. Your yield could be significantly lower on firm shells.



**FIREFLY
FARMS**

We are excited to announce that we ave begun selling FireFly Farms goat cheese from Maryland. This premium label is an excellent addition to our lineup of cheeses. Speak with your sales representative about pricing.

Local Cheese