



## Produce & Dairy

**Avocados** - Day of the Dead celebrations were closely followed by strikes in Mexico. Getting product has been extremely difficult and prices have spiked dramatically.

**Cucumbers** - Southern states are expecting a freeze this week which could tighten the market for the weekend.

**Figs** - Quality of product continues to drop as we have hit the end of the domestic season.

**Apples** - We have a large variety of apples in stock and prices have been holding steady.

**Collards / Kale** - The freeze conditions in the south could impact these markets as well going into the holiday. Keep an eye on pricing.

**Tomatoes** - Supplies are very tight as the California season came to an abrupt end. Mexico isn't producing much and all vendors have turned to Florida which has created a large spike in pricing.

**Potatoes / Onions** - We are seeing some price increases, however, this is only due to trucking as a lot of product is being shipped for the holidays.

**Grapefruit** - We have switched our sourcing from Florida to Texas as there was a large difference in prices.

**Limes** - Prices held steady this week, but we are expecting an increase in the near future.

**Eggs** - Prices continue the steady climb as we are getting into the baking season.

## Seafood

**Mahi** - Prices are at the lowest levels we have seen in years. This is likely the bottom of the market and we will see increases next week.

**Venezuelan Crab Meat** - WOW! That market turned around quickly. Prices dropped by nearly \$5/lbs over the weekend. Take advantage of the great pricing and feature it on your menu this week!

**Sword** - Prices came down over the weekend as many boats came in ahead of the weather. We saw whole fish drop by over \$1/lbs.

**Red Drum** - Looking for a consistent, beautiful fish to run on your menu? Look towards red drum (red fish). Always available, consistent pricing, great freshness and flavor.

**Scallops** - Prices continue their climb each week. If you can drop down a size, this may be the way to go as we do not expect to see prices stop increasing until spring.

**Lobster Meat** - Prices continue to drop on lobster meat, putting it at some of the lowest levels that we have seen in years. Stock up before the holidays and get some lobster on the menu! Perfect product for ravioli/pasta dishes or even a mac & cheese.

**Striped Bass** - Prices are still high as many fishermen have finished their quota for the year and those that do have quota have been held in due to high winds.

**Domestic Shrimp** - We are seeing prices starting to increase. The season is over and processors are working off of inventories until next spring. Expect to see nickel and dime increases each week.

### Order Online!

Capital Seaboard now has an app available for ordering in the App store and Google Play. This app will allow you to look up previous orders, view your order guide, see what local items and specials are available, as well as receive important announcements. We constantly strive to increase customer service and make ordering product as easy as possible. Customer service and simplicity in ordering allow you to focus on what is important; running your business.

