

THE AVOCADO TIMES

Labatt
Produce

Week of September 28, 2015 Edition 32

MARKET NEWS

GOING UP

Green Bell Peppers
Zucchini
Yellow Squash
Oranges
Limes
Green Cabbage
Iceberg Lettuce 24 CT
Romaine Hearts
Green Onions
Blueberries
Blackberries
Grape Tomatoes

GOING DOWN

Cucumbers (significant decrease)
Strawberries
Broccoli Crowns
Broccoli 14 CT
Green Seedless Grapes
Pineapple
Cauliflower 12 CT
Asparagus
Cilantro
Yellow Bell Peppers
Butternut Squash
Beets
Tomato 5X6 2 Layer
Tomato 6X6

ITEM HIGHLIGHT

Butternut Squash
It is a great price right now and right in time for fall recipes!
ITEM #981-2185 38 LB

Roasted Beets



Ingredients:

3 medium beets, scrubbed, leaves trimmed (red or gold)
olive oil

Directions:

Preheat oven to 375 degrees F.
Coat beets lightly with oil.

Wrap beets in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes.

Remove from the oven, let cool for 10 minutes. Peel and slice into 1/4-inch thick slices. Use kitchen towel to remove skin to keep from staining your hands red.

Serve.



We have a great price on beets right now if you are looking to add something new to your menu. These are also great to add a pop of color to any dish! ITEM # 984-0020 25 LB/ case



WEATHER REPORT

This past weekend brought high temperatures to Central and Southern California with highs reaching 93 along the coast and 100 inland. The green onion-producing desert region near Mexicali, Baja California, hit 105; another late week heat wave will see temperatures climb to 110 in the desert. Daily thunderstorm activity continues in the high elevation districts of Central Mexico.

EVENTS

Multi-Region Show
Wednesday September 30, 2015
Waxahachie Convention Center

Region 1 Show
Thursday October 15, 2015
South Padre Island Convention Center

What's Growing? SEASONAL PRODUCE

Labatt
Produce

Must be ordered in advance. Contact your Labatt Produce Specialist for details.

CITRUS QUALITY UPDATE

The orange market is very tight right now due to Valencia season about to start and Navel season ending. As of today, we are also learning the supply is not holding to demand, at least not until this new crop of Navels harvest. For the next few weeks, we can expect shortages and pro-rated supplies. The new harvest is expected around the end of October (Navels) and Texas Oranges hopefully sooner than that.

Be sure to check product upon arrival for quality issues. If not satisfactory, please send them back with the driver. Credits will not be given for poor quality during this time as we are giving advanced notice.

A popular substitute you can use if not wanting to risk getting poor quality citrus during this time is Pears.

Item Description	Pack / Size	Item #
Pears 120-150CT Fancy	40 LB; 120-150 CT	982-1042
Pear 10 LB*	10 LB	982-1026

Pears: Nutrition Information

A medium sized pear (about 166 grams) is a nutrient-dense food that contains only 100 calories and is fat free. One medium pear provides 6 grams of fiber, which is about 24% of the Daily Value, and can help you feel satisfied longer between meals and snacks.



TEXAS
GROWN PRODUCE

HERE ARE SOME ITEMS WE ARE CURRENTLY BRINGING IN FROM OUR TEXAS GROWERS!

Item # 984-0020
1/25 LB BEETS BULK



Item # 982-5803
1/48 CT CORN FRESH

Item # 980-3225
2/5 LB GREEN BEAN/CLIPPED

Item # 980-6175
1 CT WATERMELON



Item # 980-6180
1CT WATERMELON S/LS

JOKES! JOKES!

Q: What kind of shoes are made from banana peels?

A: Slippers!

Contact the
LABATT PRODUCE DEPARTMENT
210.661.4216 | www.labattfood.com



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