



# FRESH CROP REPORT

WEEK OF SEPTEMBER 21, 2025 - CANADIAN EDITION

**RSS**

Table-ready fruits  
& vegetables.  
Backed by 5-Star.

**MFC**

Whole fresh fruits &  
vegetables.  
Backed by 5-Star.

**ESS****MARKON  
ESSENTIALS**

Whole fresh fruits &  
vegetables.  
Backed by 5-Star.

# HIGHLIGHTS

## POTATOES

MFC Norkotah Potatoes are available in Idaho and Washington. Growers will harvest new crop supplies in multiple regions until mid-October.

## BLUEBERRIES

Prices are elevated. The Pacific Northwest blueberry season has passed its peak. Peruvian shipments are beginning to arrive in the U.S. Mexico's season has been delayed due to rain and cool weather.

## ONIONS

Fresh-run onion supplies are plentiful with the Washington, Oregon, Idaho, Utah, and Colorado seasons all in full swing. Markets are steady at lower levels.



## ASPARAGUS

- Prices are inching down across multiple regions.
- Large- and jumbo-sized supplies are increasing.

## NECTARINES

- Supplies are tight; coverage is on a day-by-day basis.
- The season will wrap up within the next 7-10 days.

## AVOCADOS

- Mexican volume continues to increase week over week, flooding the market of all sizes.
- California and Peruvian yields continue to diminish week over week; both seasons will end in three weeks.



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## apples

Markets are fairly steady. The Washington storage season is ending. New crop harvests have begun in Michigan and Washington. Quality is excellent; sugar levels range from 12 to 13 Brix in Michigan and 14 to 18 Brix in Washington. MFC Gala, Golden Delicious, Granny Smith, Fuji, and Red Delicious Apples are available.

REGION	SUPPLIES	QUALITY	PRICE
MI, USA	///	*****	\$\$\$
WA, USA	///	*****	\$\$\$



## asparagus

Prices are decreasing across multiple regions; large- and jumbo-sized supplies are increasing. Baja, Mexico will be the primary growing region through early October; expect high quality with minimal defects. Harvesting will begin in Sonora in late September. Peruvian imports are shipping into the East Coast; availability has improved. MFC Asparagus is on the market.

REGION	SUPPLIES	QUALITY	PRICE
MEX	///	*****	\$\$\$
PERU	///	*****	\$\$\$



## avocados

Prices are low. Mexican volume continues to increase week over week, flooding the market of all sizes. California and Peruvian yields continue to diminish week over week; both seasons will end in three weeks. Pico de Gallo Guacamole, and Pure Pulp are available.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
MEX	///	*****	\$\$\$
PERU	///	*****	\$\$\$



## bell peppers green/red

Prices are inching down. Green bell yields should remain sufficient heading into early fall barring any poor weather or storms. California red bell supplies will increase over the next several weeks. Production is fully underway in Central Mexico. MFC and ESS Green and Red Bell Peppers are available.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
CAN	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX/TX	///	*****	\$\$\$



## blackberries

The market is level. Supply is meeting demand in California and Mexico while Pacific Northwest volume is high. Quality is very good; berries are plump and sweet.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
MEX	///	*****	\$\$\$
PNW, USA	///	*****	\$\$\$



## blueberries

Prices are elevated. The Pacific Northwest blueberry season has passed its peak. Peruvian shipments are beginning to arrive in the U.S. Mexico's season has been delayed due to rain and cool weather.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
PERU	///	*****	\$\$\$
PNW, USA	///	*****	\$\$\$

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broccoli

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX/TX	///	*****	\$\$\$

Markets have peaked; increased supplies are alleviating the market slightly, but pest pressure will remain a challenge through the fall season. Quality ranges from fair to good; pin rot, yellow/brown bead, and branchy structures are being noted. MFC Broccoli Crowns are available.



cantaloupe

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$

Prices are steady. Supplies are tightening as the San Joaquin Valley season winds down, but demand is weak. Size is dominated by 9- and 12-count fruit; 15-count melons are scarce. Quality is excellent; flavor is sweet, sugar levels are high, ranging from 14-16% Brix. Harvesting will shift to the Arizona-California desert region in approximately one month. MFC Cantaloupe Melons are available.



cauliflower

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$

Although a wide range of pricing exists, markets are holding fairly steady at lower to average levels. Quality is very good, but hot and humid weather is causing some discoloration and possible mold/mildew. ESS Cauliflower is available.



celery

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
MI, USA	///	*****	\$\$\$

Prices continue to rise as some growers reduced plantings for the second half of the Salinas season; disease pressure is also lowering yields. Harvesting will start in Oxnard, California in November. The Michigan season will run through October. Quality is excellent. MFC Celery is available.



chile peppers

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX	///	*****	\$\$\$

Markets are stable. Jalapeno and Pasilla yields are especially high, while Serrano stocks are tight. Quality is very good; rain affected Baja supplies, but growers are culling damaged supplies. MFC Anaheim, Habanero, Jalapeno, Pasilla, Red Fresno, and Serrano Chile Peppers are available.



cucumbers

REGION	SUPPLIES	QUALITY	PRICE
EAST COAST	///	*****	\$\$\$
MEX	///	*****	\$\$\$
MIDWEST	///	*****	\$\$\$

Prices are level in Baja, while markets remain active in Central Mexico. Growers anticipate prices to inch up as production progresses through September. East Coast and Midwest markets are steady. MFC and ESS Cucumbers are available.



grapes

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$

The market remains weak; California supplies are abundant. The season will run through late November and be followed by offshore supplies in December. Quality is very good; sugar levels range from 13 to 16 Brix. MFC and ESS Green and Red Seedless Grapes as well as MFC Lunch Bunch Grapes are available.

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green leaf

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX	///	*****	\$\$\$

Prices are weak; supplies are plentiful in Salinas and Santa Maria, California. MFC Premium Green Leaf is available.



honeydew

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
MEX/AZ	///	*****	\$\$\$

The market is steady. Supplies are tightening as the San Joaquin Valley season winds down, but demand is weak. Size is dominated by 9- and 12-count fruit; 15-count melons are scarce. Quality is excellent; flavor is sweet, sugar levels are high, ranging from 14-16% Brix. Harvesting will shift to the Arizona-California desert region in approximately one month. MFC Honeydew Melons are available.



iceberg

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX	///	*****	\$\$\$

Prices are inching down as supplies increase in Salinas and Santa Maria, California. East Coast yields are tightening due to lack of rain. Quality is good; Fringe burn, wind damage, and sporadic disease pressure are being trimmed at harvest. MFC Premium Iceberg Lettuce is available.



lemons

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
MEX	///	*****	\$\$\$
OFFSHORE	///	*****	\$\$\$

Expect tight stocks and elevated markets through mid-October, when new crop California supplies start shipping. MFC and ESS Lemons are available.



limes

REGION	SUPPLIES	QUALITY	PRICE
MEX/TX	///	*****	\$\$\$
COLOMBIA	///	*****	\$\$\$

Prices continue to inch down, as seasonal demand slows and current crop cycles transition. Supplies are sufficient. Quality is average; styler end rot is a potential issue in some lots. MFC and ESS Limes are available.



onions

REGION	SUPPLIES	QUALITY	PRICE
CO, USA	///	*****	\$\$\$
ID, USA	///	*****	\$\$\$
OR, USA	///	*****	\$\$\$
UT, USA	///	*****	\$\$\$
WA, USA	///	*****	\$\$\$

Fresh-run onion supplies are plentiful with the Washington, Oregon, Idaho, Utah, and Colorado seasons all in full swing. Markets are steady at lower levels. Quality ranges from good to excellent; fresh-run onions have a higher moisture content, reducing shelf life and making them more susceptible to mechanical damage. MFC and ESS Red and Yellow Onions are available.



oranges

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$

Expect increasing prices and scarce California Valencia supplies through mid-October. Small-sized oranges (113- through 138-count fruit) remain limited. New crop California Navel oranges are expected to start shipping in late October. MFC and ESS Valencia Oranges are available.



pears

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
WA, USA	///	*****	\$\$\$

The market is unchanged. New crop Washington Bartlett, Bosc, and D'Anjou varieties are being shipped. The California season will end in late October. Quality is excellent; sugar levels range from 14 to 18 Brix. MFC Bartlett Pears are available.

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## pineapples

Prices are elevated. The new crop Costa Rican season is underway; stocks are beginning to increase. Sugar levels are approximately 14 Brix. RSS Pineapple Chunks and Spears are available.

REGION	SUPPLIES	QUALITY	PRICE
CR	///	*****	\$\$\$



## raspberries

Markets are low. Yields are ample in California and Baja, Mexico. Overall quality is very good.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
MEX	///	*****	\$\$\$



## red/yellow potatoes

The market is level. New crop, fresh-run supplies are shipping from Idaho, Washington, and Wisconsin. The Colorado season is getting underway. Production will start in North Dakota in early October. The Minnesota season will end in a few weeks. Quality is excellent, although skinning and high moisture content are typical issues seen in the early season. MFC Red and Yellow Potatoes are available.

REGION	SUPPLIES	QUALITY	PRICE
ID, USA	///	*****	\$\$\$
MN, USA	///	*****	\$\$\$
WA, USA	///	*****	\$\$\$
WI, USA	///	*****	\$\$\$



## romaine

Prices are weak; supplies are plentiful in Salinas and Santa Maria, California. Quality is average: high temperatures may lead to increased levels of seeder, burn, and insect pressure. MFC Premium Romaine is available.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX	///	*****	\$\$\$



## potatoes

Prices are easing. Growers will harvest new crop Norkotahs in multiple regions until mid-October. New crop quality is excellent; occasional skinning and excess moisture may be observed in fresh-run potatoes. MFC Norkotah Potatoes are being shipped from Idaho and Washington. Fresh run Burbanks will become available in limited quantities next week.

REGION	SUPPLIES	QUALITY	PRICE
CO, USA	///	*****	\$\$\$
ID, USA	///	*****	\$\$\$
NB, USA	///	*****	\$\$\$
WA, USA	///	*****	\$\$\$
WI, USA	///	*****	\$\$\$



## salads & blends

Prices are unchanged; West Coast stocks are abundant. This week's heatwave may lead to increased levels of seeder, burn, and insect pressure, but not enough to affect supply levels. Quality is good.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$

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## spring mix

The market is steady; Salinas Valley supplies are plentiful. Quality is very good; hot weather may lead to reduced shelf-life, slow growth, and bolting/seeder. RSS Arugula, Spinach, and Spring Mix are available.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$



## squash

Prices are level. The season is winding down in Fresno, California, but Santa Maria production will run through late October. Supplies are steady out of Baja, Mexico; the main Sonora season will start in mid-October. East Coast and Midwest stocks are adequate. Quality is very good. MFC Zucchini and Yellow Squash are available.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX	///	*****	\$\$\$



## strawberries

The market is inching up. The Salinas/Watsonville season is wrapping up. New crop fall production has started in Santa Maria; supplies will increase through September and early October. MFC Strawberries are available.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
MEX	///	*****	\$\$\$



## tomatoes

Prices are stable. California supplies are sufficient. Size has decreased slightly due to recent heat; most fruit is in the medium and large range. Growers are expected to ship adequate stocks from Baja and Central Mexico through September. MFC Tomatoes are available.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$
MEX/TX	///	*****	\$\$\$



## tree fruit

The California nectarine market is up; the season will end in 7-10 days. Peach and plum supplies are ample; these seasons will run through mid-October. Overall quality is very good; sugar levels range from 11 to 14 Brix. The Chilean tree fruit season begins in mid-January.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$



## watermelon

Prices are weak. Volume is high on both coasts; all sizes are available. Mini seedless supplies are ample. Quality is excellent; sugar levels are approximately 10+ Brix.

REGION	SUPPLIES	QUALITY	PRICE
CA, USA	///	*****	\$\$\$
EAST COAST	///	*****	\$\$\$



# ASK A MARKON CHEF

Markon has gathered a group of our member- and grower-affiliated chefs to answer your questions about produce.



CHEF  
GARETH BERG  
MARKON MEMBER CHEF

Q

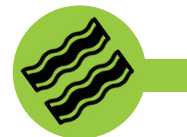
Fall and winter salads incorporate more grains and hearty vegetables. What are your favorite flavor combinations for this time of year?

A

My new favorite fall salad is a variation on a Nicoise.



I use RSS Bistro Butter Blend as the base and top with minted MFC Yellow Potatoes, roasted parsnips, hard-boiled eggs, pearly barley, tomatoes, and charred and chopped MFC White Onions.



I suggest a blackberry vinaigrette made with lavender as a dressing.



# TIPS FOR SERVING GREEN BEANS



- 1.** Brush with olive oil and salt/pepper before cooking to add flavor to any side dish or roasted vegetable medley.
- 2.** Toss grilled RSS Trimmed Green Beans with xo sauce; top with bonito flakes.
- 3.** Mix into stir-fries and fried rice dishes.

# MENU FEATURE

Every chef needs a few solid recipes in his or her repertoire. That's why Markon has put together a catalog of fresh produce-based recipes that cover it all: day- and menu-parts, the range of seasons, a variety of cuisines, and a diverse list of ingredients.

## Kale- and Chard-Stuffed Portabella Mushrooms

Offer a hearty vegetarian option with umami-flavored Portabella mushrooms stuffed with healthy kale and rainbow chard, crunchy pine nuts, and creamy Fontina cheese.

4 large MFC Portabella Mushrooms, stems removed  
 3 T olive oil  
 8 oz. RSS Shredded Kale  
 4 oz. rainbow chard, chopped  
 ¼ C pine nuts, toasted  
 ¼ C Fontina cheese, grated  
 Salt and pepper, to taste

Preheat oven to 400° F/204° C.  
 Using one tablespoon of olive oil, brush equal amounts on the outside of each mushroom.

Heat the remaining three tablespoons of oil in a saute pan. Cook kale and chard until wilted; season with salt and pepper.

Fill each mushroom cap with an equal portion of greens. Top with one tablespoon each pine nuts and cheese. Bake all until cheese is bubbly and mushrooms are tender. Serve immediately.



This matzo ball soup recipe uses modern touchstones like house-made pasta, fresh herbs, and ginger.

