

ORGANIC MARKET NEWS



OCTOBER 21 - OCTOBER 28, 2022

PROMOTABLE ORGANIC BLUEBERRIES



Organic Blueberry prices from Peru and Mexico will continue to be reasonable. The quality has been exceptional, and supplies are abundant. This is a good item for in store specials for decent margins during late October and early November.

As Mexican production increases, the price of **Organic Blackberries** will fall back to more attractive price points. The quality has been exceptional. Anticipate promotional pricing beginning in early November.

At the beginning of November, the cost of **Organic Raspberries** will begin to rise sharply following a nicely promotable period. Production will decrease drastically, resulting in a rapid price increase next month. From Mexico, quality has been good.

ALERT! The price of **Organic Strawberries** continues to rise, while supply remains limited. As California's harvests remain meager, the majority of fruit is sourced from Mexico. Expect prices to remain high and production to remain low at least through November.



OG APPLES

2022 new crop **Organic Ambrosia**, **Envy, Opal**, **and SugarBee Apples** from the Pacific Northwest are now in season. Some are in stock now and some will be arriving before November 1st.

These premium varieties feature a unique eating experience and have excellent consumer branding. Organic Sugarbee Apples have sold fantastically for natural food stores and independent retailers the past two seasons and another strong year is expected.

Promotional opportunities will continue on many varieties and packs through November 17 during our Stemilt Artisan Organics display contest and promo. Contact your rep for more info.

NOTE: Organic Pink Lady Apples will be out of season until new crop starts in mid-to late-November. Organic Red Delicious Apples have been pulled from many orchards and virtually unavailable so far this season.



OG SOUP & ROOT SEASON

As temperatures fall in the Northeast, consumers will transition to a mindset of soups, stews, and roasting.

Be sure to expand your selection of **Organic Roots.**

Bulk packs are available on in season: Organic Gold and Chioggia Beets; Burdock Root, Celeriac (aka Celery Root); Beauty Heart, Black Spanish, and Watermelon Radishes; Scarlet Turnips; Purple and White Daikon Radish.

The staple roots that are consistently available include bulk **Organic Red Beets**, **Parsnips**, **Rutabagas**, and **Turnips**.

For convenient grab-and-go options, consider **Organic Soup Mix** (mix of whole roots and herbs) and **Burdock Root** that are UPC packaged.



OG TOMATOES

Organic Cocktail Tomatoes (Apero) and Cherry Tomatoes On-The-Vine (Mini Apero) are in season from Savoura. The Cherry OTVs are available bulk with a PLU tag and packaged with UPC.

With consistent shipments from Savoura, the price of greenhouse Organic Beef Steak Tomatoes and Tomato Clusters should remain stable. As November approaches, the quality has been exceptional, and the supply will increase.

Organic Grape Tomatoes are primarily sourced from Mexico and Canada until the end of December or beginning of January, when they will become available from Florida.

NOTE: Lady Moon Farms will be gapping on all of their **Organic Snacking Tomatoes** until new plantings in Florida begin to yield closer to the winter holidays.

NOTE: Organic Roma Tomatoes and Field Round Tomatoes are in very short supply.



OG MELONS

Organic Mini Watermelons are beginning to be exported from Mexico. Expect prices to decrease and availability to increase in November. The quality should be outstanding.

NOTE: The season for California **Organic Cantaloupes** is anticipated to conclude at the end of October.

NOTE: The season for California **Organic Honeydew** melons has ended.



OG BRUSSELS SPROUTS

Organic Brussels Sprouts volume from Mexico has increased through October. With more growers harvesting, it is anticipated that supplies will remain constant as November approaches with good availability and quality anticipated for Thanksgiving.

In October, consistent supplies of Hippie label **Organic Bagged Brussels Sprouts** has returned; be sure to restock these high-graphic consumer packs to capture all possible sales.



OG ASPARAGUS & PEAS

Organic Asparagus should ramp up from Mexico during November taking some pressure off of the price. There has been Argentinian product with very nice quality though volumes are limited for that region in late October.

NOTE: Organic Snap Peas are in very limited supply due to field issues.



OG POTATOES

We will see our first arrival of new crop **Organic Red** and **Gold Potatoes** from Manitoba, Canada in the "Poplar Grove" label at the end of October. Nice quality is anticipated.

Bulk 50 lb A size and 16/3 lb retail bags will be available.



OG CRANBERRIES

Organic Cranberries are now in peak season. We are offering the 24/12 oz pack in the Patience brand.



OG GRAPES

Organic Black, Green, and Red Grapes continue to be abundant and of superior quality now that we are into late season varieties. Both random weight pouch bags and new biodegradable UPC set weight packaging are being offered.

The harvest of **Organic Carnival Grapes** has ended for the year.



OG BEANS

ALERT! The local season for **Organic Green Beans** is over.

Next, supplies will be sourced from Florida, Georgia or Mexico but these regions are not fully ready yet. Expect supply gaps and high pricing to start November.

Organic French Beans volume is currently down over 50% so expect out of stocks this Fall.



OG PEPPERS

The availability of **Organic Color Bell Peppers** is limited near the end of October, but a supply increase is imminent. As October progresses, the volume of **Organic Color Bell Peppers** grown in Canada shows a slight increase.

Finally, when Holland **Organic Color Bell Peppers** are no longer available, Israeli grown will replace them. A combination of these growing regions should ensure a consistent supply.



OG LETTUCE

ALERT! The Organic Lettuce commodity group continues to face an unprecedented difficulty.

Organic Leaf, Romaine, Romaine Hearts, and Iceberg Lettuce from California remain expensive and scarce due to field disease and weather.

Conditions are anticipated to persist well into November. On **Organic Leaf and Romaine Lettuce** there are some local supplies from PA and NJ to supplement until Lady Moon begins their FL production.



OG FIGS

Organic Figs will be available in limited quantities through October. At this point in the season there will only be the Organic Brown Turkey variety.



OG SQUASH

Organic Cucumbers and **Zucchini** supply from Lady Moon Farms in Punta Gorda, Florida have gradually improved in October and quality has remained top-notch.

North Carolina growers continue to have strong supplies of Organic Cucumbers, and limited supplies of Zucchini and Yellow Squash. Mexican suppliers of Organic Cucumbers, Zucchini, and Yellow Squash have begun their season with strong volume and aggressive pricing.

Organic Cello Seedless Cucumbers are expected to become more promotable with better quality in November.

NOTE: The supply of Organic Mini Seedless Cucumbers will continue to be very limited.

California-grown **Organic Keitt Mangoes** are available until the end of October. Beginning in November, the first **Tommy Atkins** variety fruit from Ecuador will be available.

NOTE: The season for **Organic Sungold Kiwi** will end in October.

Organic Green Kiwi from Zespri will be readily available for the remainder of October.

As November approaches, the price of **Organic Celery** from California has begun to gradually rise. Other than the slight price increases, late



OG POMEGRANATE

Organic Pomegranates are in season from California. So far during the Fall it has been mostly 30-36 ct fruit but 24-28 ct will become more promotable to kick off November with extra fancy fruit.

Domestic **Organic Pomegranate Arils** will continue to be available until the end of the year! This item sells great in the refrigerated berry section.



OG CAULIFLOWER

Organic Cauliflower grown in California is in steady supply and priced more affordable for the end of October, following a challenging time earlier in the month.

Quebec-grown **Organic Cauliflower** is still available, albeit in limited quantities, as the season draws to a close.

Local **Organic Cauliflower** grown in Pennsylvania will be available in limited quantities between late October and early November.



OG AVOCADOS

The supply of **Organic Hass Avocados** from Mexico are abundant for the end of October. During this time, crops are transitioning from Flora Loca crop to Aventajada Crop.

Four Seasons will offer the new 8/4ct **Organic Fair-Trade Avocados** packs at promotional pricing. This fruit is packaged in a recyclable cardboard container. Be certain to test these out!



OG BROCCOLI

October was a very challenging month for **Organic Broccoli**... sub par quality, low availability, and high prices.

Headed into November conditions are beginning to improve somewhat. Prices will still be higher than normal just less extreme, and quality and volume are expected to be a little better. By mid-November things could improve even more.

To supplement the California product, small amounts of last of the season product are coming from Quebec and new crop is beginning to ramp up in North Carolina.

Local **Organic Stem Broccoli** is in season from Lancaster County, PA!

OTHER STORIES

October is anticipated to have stable supplies and high quality.

Organic Grapefruit from California remains very firm and small in size. Expect an improvement around the middle to end of November, when another shipper begins packing.

California and Mexico continue to increase production of **Organic Lemons** in smaller sizes, presenting promotional opportunities.

In the first two weeks of November, Organic Valencias will likely be replaced by Organic Navel Oranges. A healthy crop of Organic Navel Oranges is anticipated to come later.

NOTE: The difficult conditions with Lettuce growing in California this Fall are also impacting Organic Salad production. Organic Romaine and Leafy Green based Salad options may see some price increases and/or poor fill rates.







OCTOBER 17TH-NOVEMBER 13TH, 2022

STEMILT WORLD FAMOUS FRUIT APPLE & PEAR DISPLAY CONTEST SPECTACULAR

It's October, and you all know what that means! Our annual **Stemilt Apple and Pear Display Contest** is here! Four Seasons Produce has again partnered with Stemilt Growers to bring you a display contest that is sure to drive serious volume, create lots of excitement at store level, and bring a good old fashioned Fall atmosphere into your produce departments! **BEAUTIFUL** Washington State grown organic and conventional apples and pears are now in full swing, with outstanding quality and great sales opportunities. This four week promotion will have your customers loading up their carts with fresh apples and pears, and it offers you a chance to show off your creativity and win some cool prizes! Remember—an apple display a day, will drive sales all the way!

CONTEST RULES:

- Build an awesome apple and pear display using Stemilt World Famous fruit between October 17th and November 13th, 2022! All fruit MUST be purchased from Four Seasons Produce. (In the event that Stemilt label product is substituted into a different brand due to availability your entry will not be disqualified.)
- Your display must contain AT LEAST FIVE varieties or SKU's from the contest codes below. This requirement can be a combination of both loose and bagged fruit.
- There will be a bagged category for this contest as well, and you will need three (3) varieties on display to be qualified as an entry.
- Your display **must contain Stemilt POS signage**, **boxes or bins** highlighting the Stemilt label. Point of Sale kits and signage will be available through your Four Seasons Sales Rep or Merchandiser.
- All displays must remain up for a minimum of one week.
- All display entries should be emailed to contests@fsproduce.com by Friday November 18th, 2022.



CONTEST CATEGORIES & PRIZES

GRAND PRIZE

"Stemilt Spectacular"



LARGEST DISPLAY

"Stemilt Space Station"

1st - \$300

2nd - \$200

3rd - \$100

MOST CREATIVE

"Stemilt Styling"

1st - \$300

2nd - \$200

3rd - \$100

BEST BAGGED DISPLAY

"Sack of Stemilts"

1st - \$300

2nd - \$200

3rd - \$100

Displays should include bags only and must use at least five (5) varieties of apples/pears.











Everyone's a winner!

Each entry will receive a Stemilt Artisan Organics T-shirt!

FOR MORE DISPLAY TIPS AND IDEAS, PLEASE CONTACT YOUR FOUR SEASONS SALES REP OR MERCHANDISER.













Stemilt Promotion Product Codes CONTACT YOUR REP TO PLAN OUT YOUR PROMOS & DISPLAYS! OCTOBER 17TH-NOVEMBER 13TH, 2022



GALA APPLES

42994 OG Apples Gala WXFP 40 lb 80/88 ct

CV Apples Gala Bulk: Upon Request

42992 OG Apples Gala WXFP 40lb 100ct

12175 CV Apples Gala 9/3 lb Lil Snapper Pouch Bag

42975 OG Apples Gala WXF 12/3 lb bag

44663 OG Apples Gala 9/3 lb Lil Snapper Pouch Bag



FUJI APPLES

43045 OG Apples Fuji WXFP 40 lb 80/88 ct

CV Apples Fuji Bulk: Upon Request

42914 OG Apples Fuji WXFP 40lb 100ct

12179 CV Apples Fuji 9/3 lb Lil Snappers Pouch Baq

42995 OG Apples Fuji WXF 12/3 lb bag

44664 OG Apples Fuji 9/3 lb Lil Snapper Pouch Bag



GRANNY SMITH APPLES

43109 OG Apples Granny Smith WXFP 40 lb 80/88 ct

CV Apples Granny Smith Bulk: Upon Request

OG Apples Granny Smith WXFP 40lb 100ct 43113

12178 **CV** Apples Granny Smith 9/3 lb Lil Snapper Pouch Baq

43100 OG Apples Granny Smith WXF 12/3 lb bag

44662 OG Apples Granny Smith 9/3 lb Lil Snapper Pouch Bag



HONEYCRISP APPLES

43098 OG Apples Honeycrisp WXFP 40 lb 80/88 ct

CV Apples Honeycrisp Bulk: Upon Request

43095 OG Apples Honeycrisp WXFP 40lb 100 ct

230362 **CV** Apples Honeycrisp 9/3 lb Lil Snapper Pouch Bag

43126 OG Apples Honeycrisp WXF 12/3 lb bag

227851 OG Apples Honeycrisp 9/3 lb Lil Snapper Pouch Baq

49232 OG Pears Bartlett 12/2 Lil Snapper Pouch Bag

OG Apples SweeTango WXFP 40 lb 100 ct - (While Supplies Last)



PEARS

221784 OG Pears Red US #1 20 lb 50/55 ct 229437 CV Pears Red US #1 20 lb 40/50 ct 49233 OG Pears Red US#112/2 lb Lil Snapper Pouch Bag 214178 CV Pears Red 9/3 lb Lil Snapper Pouch Bag 43224 OG Pears Bosc US #1 40 lb 80/90 ct 49241 OG Pears Bosc 12/2 lb Lil Snapper Pouch Baq 12184 43604 OG Pears Bartlett US#1 40 lb 80/90 ct 6542

CV Pears Bosc Bulk: Upon Request

CV Pears Bosc 9/3 lb Lil Snapper Pouch Bag

CV Pears Bartlett Bulk: Upon Request

12183 CV Pears Bartlett 9/3 lb Lil Snapper Pouch Baq

Combo Display -Apples + Pears





221944 FREE Stemilt Pop Up Display Bins: 2 sided for either Conventional or Organic display









NatureSweet Constellation October Display Contest

Ursa Major? Orion? Signs of the Zodiac? While these are all cool constellations one might see in the sky at night, how about the one super cool Constellation that you will see in the produce department - NatureSweet Fall Medley Constellations, of course!

So, do you want to put some "bite" into your snacking tomato category? If the answer is yes, (and we are sure that it is!), then we have the answer to help you do just that! Four Seasons Produce has teamed up with NatureSweet Tomatoes to bring you a display contest that's sure to add sales that you can surely sink your teeth into.

The snacking tomato category is one of the fastest growing categories in the produce department today and now is a great time to drive added cases and increase total basket size at the same time. These NatureSweet Fall Medley Constellations have out of this world flavor and one bite, and we are sure your customers will be seeing "stars".



Contest Criteria:

- Build an awesome display of NatureSweet Fall Medley 15/10oz Constellations (code 229018) in your produce department. **All product must be purchased through Four Seasons Produce.**
- You must purchase at least 8 cases of NatureSweet Fall Medley 15/10oz Constellations during the contest period in order to qualify.
 - All displays must remain up for at least one week.
 - Must utilize the NatureSweet Fall Medley Constellation display bins (code 225158) or the display boxes showing the NatureSweet name in order to qualify.
 - Tying in other produce items in your overall display is fine, however actual displays should be at least 50% NatureSweet Fall Medley 15/10oz Constellations since that is the purpose of the display contest. Your NatureSweet Fall Medley 15/10oz Constellation display needs to be separate from your standard tomato sets and used as a satellite display.
 - Must send all display photos to contests@fsproduce.com by Friday, November 4.
- While not a requirement, the use of social media is recommended. Printing out recipe cards and placing them in and around your displays is also a great way to add sales and offer customers meal or snacking suggestions and ideas.



Contest Prizes:

2nd Place 3rd Place 1st Place \$250 Gift Card \$150 Gift Card \$100 Gift Card

So, now its time for some snacking tomato fun! Build a super cool display that's sure to boost sales and grab some growth in the category!

Talk with your Four Seasons Sales Rep or Merchandiser for additional tips and display ideas.













CONVENTIONAL MARKET NEWS

OCTOBER 21 - OCTOBER 28, 2022

PEAK SEASON FALL APPLES

It is prime time for fresh crop **Apples!** Eastern and western growers are rolling along with their harvests and packing. Consumers are starting to get into that Fall mindset of more apple snacking and baking.

New crop NY/PA Cortland and Empire Apples are now in season with steady supplies especially on bags and totes. Two old time eastern varieties, Macoun and Rome Apples, have just arrived and will be available with modest supplies for the rest of October.

New crop eastern "Lil" Empire, Gala, McIntosh, and Red Delicious Apples are now available in attractive looking 18/2 lb pouches with nice price points for value minded shoppers. The full compliment of Eastern apples is available to promote in 3 lb poly bags as well as random weight graphic handle-totes.

New crop **Lucy Glo Apples**, a juicy yellow skin/red flesh variety, is now in season. This apple is currently a conversation starter!

The first new crop **SugarBee Apples** arrived and flew out the door, we will gap a few days and see the next arrival the last week of October. Expect good supplies moving forward.

New crop western **Sweetie Apples** have arrived get this great apple on your shelves as it is only here for a couple of weeks.

Snap Dragon Apples from New York are in peak season. This variety has honeycrisp parentage and is excellent for snacking.











CV TOMATOES

NOTE: Tomato prices in general will remain high through November due to limited availability from other regions and with the absence of Tomatoes in Florida for the Fall following Hurricane Ian. Canada and Mexico will contribute to the supply of Snacking Tomatoes for the East Coast.

New this week from Intergrow greenhouses in New York: 20/8 oz packs of **Cherry Tomatoes On-The-Vine**, along with the return of **Packaged Slicing Tomatoes** with a 12/3 ct Beefsteak pack.

Due to a lack of availability outside of Canada, **Cluster** and **Beefsteak Tomato** pricing is expected to continue to be elevated through early November in Florida, disease pressure and a lack of produce is driving this market.

NOTE: The price of Round, Vine Ripe, and Grape Tomatoes will continue to rise through the end of October. Mexico will continue to export grapes of exceptional quality.

Through the end of the year, Nature Sweet has a rebate opportunity on its 24-ounce **Cherub Snacking Tomatoes**. Please contact your sales representative for further information on this limited promotion.



CV BERRIES

Peruvian **Blueberries** continue to be promotable. Daily container arrivals continue, and supplies are abundant. The quality has been very nice, with a good flavor and crisp texture. New fruit from Mexico is also available, albeit at a slightly higher price.

Speaking of Mexican Blueberries, Driscoll's is back with their **Sweetest Batch Blueberry** pack to kick off November.

Raspberries continue in nice supply, however the heavy flush of volume has ended along with the extra low prices. Quality is nice and pricing is reasonable.

Blackberries are becoming more marketable as harvests in Mexico accelerate. Each day, both quality and volume continue to improve.

ALERT! The availability of **Strawberries** continues to be extremely limited, and prices are high. We switched to new fruit from Mexico as the quality of fruit from California has declined. Expect California to resume growth by mid-November, before Thanksgiving.



CV CITRUS

First of the season California **Navel Oranges** will arrive to the East coast around 10/26 with modest supplies of 72, 88, and 113 ct fancy. 10/4 lb bags will also be available.

Import Navel Oranges are beginning to wind down. There will be some seedless Midnight Valencia Oranges from the southern hemisphere.

The excellent supply of **Limes** from Mexico continues, and promotional opportunities are available.

Grapefruit from California are winding down. Texas **Rio Star Grapefruit** will ramp up in November. Contact your sales rep if you have interest in Florida **Grapefruit** for this Fall.

The steady supply of Chilean **Mandarins** is anticipated to continue until the second week of November, when we will transition to California **Clementines**.



CV BROCCOLI

Virginia and North Carolina will be the primary growing regions for **Broccoli Crowns** on the east coast headed into November with reasonable pricing. California's pricing remains limited and diverse.

Soon, Mexico anticipates strong numbers. Overall, prices are decreasing in anticipation of a holiday-related increase.

Local Pennsylvania **Stem Broccoli Bins** are available in abundance!



CV KIWI

NEW! Next week, California **Red Kiwi** will be available! These will be available in 8/1lb Clamshells with Sun Pacific Growers' popular "Mighties" label.

Green **Kiwi** from New Zealand will be eligible for promotion as New Zealand seeks to increase volume to close out the season. After New Zealand's harvest has concluded, Chile, California, and Italy will all be in play for fruit over the next few months.



CV CAULIFLOWER

Cauliflower is more affordable from California headed into early November.

Local Pennsylvania **Bin Jacket Cauliflower** is more accessible, and the cool weather has produced a magnificent crop.



CV PUMPKINS

This year's Pumpkin crop began a bit earlier than usual, and consequently, it will be ending sooner than usual on the grower side.

In spite of inflationary pressures and consumers watching their spending, many of our customers saw excellent demand on ornamentals this year. Thank you for your support!

NOTE: We are reducing our inventory levels effective 10/21. If you require **Pumpkins**, please pre-book them as soon as possible because there will be a limited supply as things wrap up.



CV GRAPES

Green and Red Grapes from California continue in season. There are some nice varieties on Jumbos and XLs, along with plenty of medium/large and large at a value. During November prices will begin to inch up as the season winds down.

Cotton Candy Grapes are available from the Grapery in California in bags. New crop clamshells are available from Brazil and Spain.



CV AVOCADOS

The price of **Hass Avocados** from Mexico is reasonable heading into November. During this time, Mexican harvests are transitioning from Loca Crop to Aventajada Crop. This should increase the fruit's quality and oil content!



CV PEARS

Anjou, Bartlett, Bosc, Happi, and **Red Pears** are currently in good supply.

For large size **Pears**, 60s/70s, we'll be transitioning to 27 lb two-layer cases from Stemilt that are preconditioned, allowing a riper piece of fruit sooner.

We anticipate limited supplies of **Comice, Seckel**, and **Forelle** to be available for November in limited supply.

Tote bags of New York grown **Bosc Pears** are available at value pricing.



CV PEPPERS

The price of **Hot House Peppers** will be discounted for both **Yellow** and **Orange Peppers** by the end of October. **Red Pepper** will not change. The quality and availability are exceptional.

NOTE: Mini Mix Pepper costs will remain high through the start of November. For the time being, demand exceeds supply, resulting in an increase in market price. The quality is high. The product originates in the Carolinas and California.



CV FUYU AND PERSIMMONS

Fuyu and Hachiya Persimmons are in peak season from California and will be available in single-layer tray packs through the Fall!

Neither variety will fluctuate over the next few months.



CV RAMBUTAN

Now available in 6/12oz clamshells is **Rambutan**. This exotic fruit is sweet and distinctive with juicy flesh found under the interesting shell.



CV ASPARAGUS

As we approach November, we anticipate a decrease in **Asparagus** prices due to increased availability from Mexico. Peru and Mexico produce high-quality goods.



CV SALADS

ALERT! Due to raw product supply shortages caused by poor California growing conditions and "INSV" disease, Iceberg Lettuce based **Salads** will be in low supply for October and much of November. Some growers are reporting yields of 50% or less on impacted fields.

Fresh Express will be heavily prorating their Shredded Lettuce and perhaps other lines. Dole has announced they will implement a temporary price surcharge on select **Salad** lines.

Expect a rocky Fall for **Bagged Salad** fill rates. Consider increasing shelf space on greenhouse/indoor grown **Salad Clamshell** lines to fill demand. Four Seasons is offering Bright Farms and Bowery for example.



CV FIGS

The 12/8oz package of **Brown Turkey Figs** will be available until October. Pricing has increased. **Black Mission** and **Green Sierra** varieties have concluded their domestic growing season. In a few months, Mexico will have access to the **Black Mission** variety.



CV PEAS

NOTE: Snow and Snap Peas are in light volume. This means higher prices on bulk and occasional prorates on bagged product.



CV BEANS

ALERT! The price of **Green Beans** is anticipated to rise dramatically through Thanksgiving. The product offered in November will be mostly from Mexico with limited quantities from Florida.

Hurricane Ian damaged plenty of the Florida crop. Frost has put a damper on the Georgia crop. So, Mexico will be relied on by more buyers around the country than usual which is driving up the price.

There will be some **Green Beans** for Thanksgiving but shippers are not quoting ad lid pricing nor recommending putting it into advertised specials. Packaged **Green Beans** will also be impacted for November.



CV DRAGON FRUIT

As we approach October, the supply of **Dragon Fruit** has shrunk significantly. Four Seasons will

offer a limited quantity of **Yellow Pitahaya Dragon Fruit** sourced from Mexico and Ecuador.



CV CUCUMBERS

As November approaches, **Mini Seedless** and **Cello Seedless Cucumbers** are dropping in price and will become promotable.

As Mexico ramps up production and Georgia concludes, **Super Select Cucumber** prices will remain high through mid-November.



CV LETTUCE

ALERT! California continues to face **Lettuce** availability and quality issues due to "INSV" disease and weather.

ALERT! Prices are extremely high on Iceberg and Romaine Hearts! Relief is not expected until new fields begin in winter growing regions like Yuma, AZ begin closer to Thanksgiving.

Local New Jersey growers have some Fall crop available on the following items at higher than normal pricing but lower than California: Boston, Red Leaf, Green Leaf, and Romaine Lettuce.

NEW OR BACK IN SEASON AT FOUR SEASONS





CODE: 232637 CV Salad Chop Mexican 6/10.75



CODE: 232635 CV Salad Chop TC Lemon Caesar CV Salad Chop TC Pesto Caesar CV Salad Butter Supreme (CrBI) 6/9.5 oz



CODE: 232633 6/9.5 oz



CODE: 232631 6/5 oz





CODE: 229018 **CV** Tomatoes Constellation 15/10 oz Seasonal NatureSweet



CODE: 232776 CV Tomatoes Cherubs To Go 14/6.75oz Multipack 3/2.5oz



CODE: 232777 CV Tomatoes Constellation To Go 14/6.75oz Multipack 3/2.5oz

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CODE: 232711 **OG Mushroom Lions Mane** 6/3.5 oz Mother Earth





CODE: 225112 CV Tomatoes Cherry OTV 20/8 oz Intergrow



CODE: 233007 **OG** Tomatoes Cherry OTV 12/6.56 oz Savoura







CODE: 232894 CV Mini-Melons Solara CV Mini-Melons Solara 16-22 ct Solara



CODE: 232892 10/2 ct Solara



PREPARED FOODS AVAILABLE AT FOUR SEASONS

CLEAN INGREDIENT DELICIOUS MEDITERRANEAN & LATIN CUISINES



STOCK INVENTORY:

231658	CV Enchiladas Beef Roja
231661	CV Enchiladas Chicken Verde
231662	CV Bowl Chicken Greek
231663	CV Turkey Meatball Moroccan
231664	CV Shepard Pie Vegan
231665	CV Enchilada Vegetable Verde

	PREORDER:
231666	CV Quesadilla Black Bean Bulk (18pcs)
231667	CV Quesadilla Chicken Roja Bulk (18pcs)
231668	CV Quesadilla Mushroom Bulk (18pcs)
231669	CV Coucous Israeli & Veg Bulk
231670	CV Quinoa Salad Bulk
231671	CV Eggplant With Feta Bulk

















NEW ITEMS FROM MACRO VEG!

232852	CV Vegan Macaroni & Cheese
232858	CV Chickpea Salad Sprouted
232859	CV Noodles Sundried Tomato
232860	CV Risotto Kale Pesto
45276	CV Vegan Chicken Lo Mein
45259	CV Vegan Chicken Salad Natural
232861	CV Soup Tomato Bean
232862	CV Soup Broccoli Cauliflower
45358	CV Soup Corn n Veg Chowder

6/12oz Macro Vegetarian 6/8oz Macro Vegetarian 6/12oz Macro Vegetarian 6/12o Macro Vegetarian 6/12oz Macro Vegetarian 6/7oz Macro Vegetarian 4/14oz Macro Vegetarian 4/14oz Macro Vegetarian

4/14oz Macro Vegetarian

8/13 oz Demeters Pantry 8/13.7 oz Demeters Pantry

1/6.4 lb Demeters Pantry 1/6.4 lb Demeters Pantry 1/6.4 lb Demeters Pantry 2/5 lb Demeters Pantry 2/5 lb Demeters Pantry 2/6 lb Demeters Pantry













NEW SALAD KITS!



CODE: CV Salad Zesty Caesar Kit 6/5.5 oz Bowery



232609 CV Salad Avocado Ranch Kit 6/5.25 oz Bowery



232611 CV Salad Balsamic Kit 6/6 5 oz Bowery