



Specialty PRODUCE REPORT

Feature Items

Late December 2010



Cara Cara Oranges

Cara Cara oranges are prized for their sweetness. Often called red or pink Navels, Cara Caras' flesh is brightly colored and looks similar to that of a grapefruit. Medium in size, most have approximately 10-12 seedless segments per fruit. Substitute Cara Caras for any variety of orange—in catered lunches, fruit salads, cakes, and tarts. Available through April, Cara Cara oranges are typically packed in 40-pound boxes.



Guavas

Round, with light green skins and pink or white flesh, guavas have an intense aroma; their sweet, tropical flavor combines hints of strawberries, pineapples, and bananas. Guavas work well in a variety of desserts (pies, tarts, sorbets), make excellent jams and jellies, and add sweetness to meat or vegetable marinades and glazes. Blend in smoothies and cocktails or serve in boxed lunches. Be sure to ripen at room temperature; they should yield to light pressure when ready to use. Guavas are in season from December to early February and are usually shipped in 10- and 40-pound packs.



Oro Blancos

Hybrids of white grapefruits and pummelos, oro blancos have light green skins, thick white pith, and pale flesh with sweet and citrus-y sour flavor. Easy-to-peel, with very few (if any) seeds, oro blancos are ideal in green, fruit, and mayonnaise-based salads. They pair well with avocados, crab, jicama, and leafy greens. In season through April, oro blancos are typically packed in 18- to 23-count boxes.

Calendar

Updates

December

24: Christmas Eve

25: Christmas Day

26: Boxing Day
(Canada)
First Day of
Kwanzaa

31: New Year's Eve

January

1: New Year's Day

17: Martin Luther
King, Jr. Day

In Season*

Apriums (1-layer box) tejocote (10-lb. pack), sunchokes (5- and 10-lb. boxes), kumquats (5- and 10-lb. packs), blood oranges (10-lb. box), Meyer lemons (10-lb. pack), yuzu (10-lb. box), cocktail grapefruit (36- to 64-ct. packs), Rainier cherries (15-lb. box), Buddha's hand (by the ct.), gooseberries (12-ct. half-pints), fingerling potatoes (10-, 20-, and 50-lb. boxes), salsify (10-lb. pack), Satsuma Mandarin oranges (28-lb. box), Castelfranco radicchio (12-ct. pack), chestnuts (5- and 25-lb. packs), feijoas (33- to 36-ct. boxes), spring garlic (1-lb. pack), gold kiwifruit (1-layer pack), purple Pepino melons (12-ct. box), and black-eyed peas (12-ct. 11 oz. boxes).

Coming Soon

Mangosteens (5-lb. box), Seville oranges (35-lb. pack), cherimoya (10-lb. box), eight-ball squash (22-lb. pack), red currant berries (12-ct. half-pints), and Sharon fruit (1-layer box).

Limited Supplies

Baby squash (5- and 10-lb. boxes), baby corn (100-ct. pack), hot-house rhubarb (13-lb. box), Brussels sprouts (1-lb. pack), okra (16-lb. box), Kennebec potatoes (50-lb. pack), large yellow tomatoes (10-lb. box), passion fruit (1-layer pack), baby artichokes (20-lb. box), red and gold teardrop tomatoes (12-ct. packs), fava beans (5-, 10-, and 20-lb. boxes), figs (1-layer pack), Japanese cucumbers (10-lb. box), Chinese long beans (30-lb. pack), Thai chiles (5-, 10-, and 30-lb. boxes), mini sweet peppers (12/1-pint packs), cranberries (24/12-oz. box), and baby cauliflower (24-ct. pack).

Seasons Over

Ataulfo mangoes (24-ct. box), and rambutan (5-lb. pack).

Information courtesy of MCL Fresh, Inc., Markon's exclusive partner for specialty produce.

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* Please check with your sales representative for lead times