

# the FreshPress

Produce that's Fresh. Information that's to the Point.

June 27, 2025

**Sysco**  
At the heart of  
food and service

## Top 5 Five

### 1. CITRUS—LEMONS **ALERT!**

Supplies are steady to tight, and quality is fair to good. Demand is strong, and the market is higher.

### 2. GRAPES—GREEN **ALERT!**

Green grapes are on alert; red grapes are not but may be next week.

### 3. LETTUCE—ICEBERG **ALERT!**

The market is higher as yields are lower from the field and demand is higher.

### 4. PEPPERS—**RED & YELLOW** **ALERT!**

Eastern red and yellow peppers are on alert as supplies are tight, and quality is fair to good.

### 5. SQUASH—YELLOW **ALERT!**

Eastern yellow squash supplies are tight, and quality is fair to good. Demand is strong and the market is increasing..

## Outlook

### WEST COAST

The 6 to 10 day outlook expects above average temps for most of the region. Expect a mix of normal to higher mix of precipitation overall.

### EAST COAST

The 6 to 10 day outlook expects above average temps for the entire Eastern region. Expect a mix of above average precipitation.



### asparagus

Volume is increasing with a good mix of sizing, and a slight market drop is expected for the next two weeks. Peruvian supply is strong, but recent rains in Mexico could affect short term quality. Demand across the board is weak.



### avocados

Mexican supplies are steady, and quality is fair. Demand is fair and the market is steady to slightly lower. The tail-end of the season is here, with high dry matter and a short shelf life. Supplies are heavy right now with good availability on the East Coast. Demand is lower but building ahead of the 4th of July holiday. CA supplies and markets are steady.



### beans—green

Eastern supplies are tight, and quality is good; demand is strong, and the market is increasing. Western volume is moderate, and demand is steady. The market is higher.



### berries—blackberry, blueberry & raspberry

**Blackberry and raspberry** supplies and quality are good. Markets are steady. **Blueberry** supplies are improving, and quality is good. Markets are lower.



### berries—strawberry

Supplies are good but starting to decline as we pass the peak harvest. Demand is very good. Quality remains good. Markets are slightly higher.



### broccoli & cauliflower

The **broccoli and cauliflower** markets are higher as production is down from milder weather, but they are expected to keep up with demand. Quality is good.



### celery

The market is mostly steady with good supplies and steady demand. Quality is reported as good to very good.



### citrus—lemons, limes, oranges **ALERT!**

**Lemons** are on alert as supplies are steady to tight, and quality is fair to good. Demand is strong, and the market is higher. Smaller sizes are becoming more plentiful while larger lemons are tight. **Lime** supplies and quality are good; demand is good, and the market is steady. **Orange** supplies are steady, and quality is good; demand is strong, and the market is increasing. The market is starting to tighten as navels are finishing soon.



### cucumbers

Eastern supplies are tight, and quality is fair to good. Demand is good and the market is increasing. Western demand is strong, and quality is fair. The market is increasing, and higher markets are expected to hold through mid-July.

Information is subject to market fluctuations and meant to be used only as a guide. Consider transit time for your area as this is a current condition report, and up to 10 days may pass before the effects show in your market. See the FreshPress Plus+, our extended guide of the current market information at [freshpoint.com](http://freshpoint.com).

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## eggplant

Eastern supplies are plentiful, and quality is good. Demand is good, and the market is steady to slightly higher. There are several western regions in production and the market is slightly lower. Demand is low, and quality is fair.



## grapes—green ALERT! grapes—red

Grapes continue with fair quality and a wide range in markets as the Mexican crop finishes up and the Central Valley of CA is not quite ready for harvest. **Green grapes** are on alert, **red grapes** are not but may be next week.



## lettuce—leaf, ALERT! romaine & iceberg

The **iceberg lettuce** market is higher and on alert as yields are lower from the field and demand is higher. Quality is good. Mexican lettuce is in demand exceed supplies status due to recent hail and rain. The **leaf lettuce** market is higher, but supplies are meeting demand. Quality is good on all packs. The **romaine lettuce** market is up on romaine, and hearts are elevated but mostly steady with strong demand as we move into lighter plantings. Quality is fair to good for both.



## melons—cantaloupe & honeydew

With the southern **cantaloupe** region finishing and the holiday approaching, order fulfilment is a challenge this week, especially for smaller sizes. Expect normal volumes in mid-July. Quality is good. **Honeydew** is seeing a two-tier market between domestic and imported dews. Sizing is mostly 5ct, and quality is good with excellent flavor profile.



## onions—red, white & yellow

Supplies are good on new crop product from CA and NM. Markets are steady and quality is good on all items in all areas. We are keeping an eye on rain in NM which may cause issues if it persists.



## peppers—green, red & yellow ALERT!

Eastern **green pepper** supplies are good, and quality is fair to good. Demand is good, and the market is steady. Eastern **red and yellow peppers** are on alert as supplies are tight, and quality is fair to good. Demand is strong and the market is increasing. The Western area transition, coupled with pressure from Eastern-area heat, has increased the market for **all peppers**. Expect varying degrees of quality as growing regions finalize.



## potatoes

Supplies on 40–70cts have declined over the past week causing a ripple effect through all sizes. Yields are also down as the old crop enters the final weeks of packing. Markets are higher, especially on 40–70cts. Quality is fairly good.



## squash—yellow ALERT! squash—zucchini

Eastern **yellow squash** supplies are tight, and quality is fair to good. Demand is strong and the market is increasing and on alert. **Zucchini** supplies are steady, and quality is good; demand is strong, and the market is increasing. Western **squash** markets and volume are fairly steady. Quality is good.



## tomatoes

Markets remain steady with readily available volume on all varieties. Quality is good on all varieties.

## Reality Check

| VEGETABLES           | Supply |            |        | Price      |       |     |
|----------------------|--------|------------|--------|------------|-------|-----|
|                      | HIGH   | INCREASING | STEADY | DECREASING | ALERT | LOW |
| Arugula              |        |            |        |            |       |     |
| Asparagus            |        |            |        |            |       |     |
| Brussels Sprouts     |        |            |        |            |       |     |
| Beans – Green        |        |            |        |            |       |     |
| Broccoli             |        |            |        |            |       |     |
| Broccolini           |        |            |        |            |       |     |
| Cabbage              |        |            |        |            |       |     |
| Carrots              |        |            |        |            |       |     |
| Cauliflower          |        |            |        |            |       |     |
| Celery               |        |            |        |            |       |     |
| Corn                 |        |            |        |            |       |     |
| Cucumbers            |        |            |        |            |       |     |
| Eggplant             |        |            |        |            |       |     |
| Garlic               |        |            |        |            |       |     |
| Lettuce – Iceberg    |        |            |        |            |       |     |
| Lettuce – Leaf G/R   |        |            |        |            |       |     |
| Lettuce – Romaine    |        |            |        |            |       |     |
| Lettuce – Spring Mix |        |            |        |            |       |     |
| Mushrooms            |        |            |        |            |       |     |
| Onions – Green       |        |            |        |            |       |     |
| Onions – Red         |        |            |        |            |       |     |
| Onions – Yellow      |        |            |        |            |       |     |
| Onions – White       |        |            |        |            |       |     |
| Peas – Snow/Snap     |        |            |        |            |       |     |
| Peppers – Chiles     |        |            |        |            |       |     |
| Peppers – Green      |        |            |        |            |       |     |
| Peppers – R/Y        |        |            |        |            |       |     |
| Potatoes – Russet    |        |            |        |            |       |     |
| Potatoes – R/W/Yuk   |        |            |        |            |       |     |
| Potatoes – Sweet     |        |            |        |            |       |     |
| Spinach              |        |            |        |            |       |     |
| Squash – Yellow      |        |            |        |            |       |     |
| Squash – Zucchini    |        |            |        |            |       |     |
| Tomatoes – Gr/Ch     |        |            |        |            |       |     |
| Tomatoes – Roma      |        |            |        |            |       |     |
| Tomatoes – Round     |        |            |        |            |       |     |
| FRUITS               |        |            |        |            |       |     |
| Apples               |        |            |        |            |       |     |
| Avocados             |        |            |        |            |       |     |
| Bananas              |        |            |        |            |       |     |
| Berries – Blackberry |        |            |        |            |       |     |
| Berries – Blueberry  |        |            |        |            |       |     |
| Berries – Raspberry  |        |            |        |            |       |     |
| Berries – Strawberry |        |            |        |            |       |     |
| Citrus – Lemons      |        |            |        |            |       |     |
| Citrus – Limes       |        |            |        |            |       |     |
| Citrus – Oranges     |        |            |        |            |       |     |
| Grapes – Green       |        |            |        |            |       |     |
| Grapes – Red         |        |            |        |            |       |     |
| Melons – Cantaloupe  |        |            |        |            |       |     |
| Melons – Honeydew    |        |            |        |            |       |     |
| Melons – Watermelon  |        |            |        |            |       |     |
| Pineapple            |        |            |        |            |       |     |