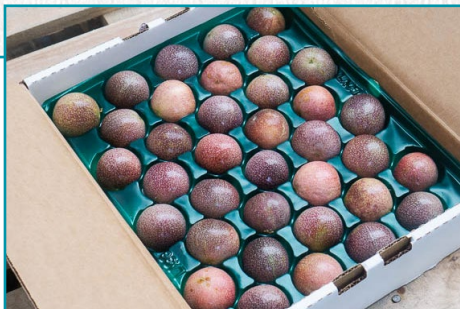


NEW & NOTABLE



JUST IN: PUMPKINS

It's beginning to look a lot like fall at the PWPM! The season for **honeynut squash** out of Pennsylvania is already underway. Plus, we received the first load of pumpkins — half bushel **mini pumpkins** and bushel **pie pumpkins** — last week. As we head closer to October, contact the Sales Team for availability of **specialty hard squash** varieties.



PASSIONFRUIT MARKET UPDATE

Passionfruit out of Florida has begun to gap again after returning a few weeks ago. This gap is expected to last a bit longer than the last, about two months. Supplies will potentially return late October to early November. In the meantime, there are supplies of passionfruit puree available out of Colombia as a substitute. Contact Sales for availability.



SPOTLIGHT: B&W ONG CHOY

Ong choy, AKA **water spinach** or **Chinese watercress**, has returned from our partners at B&W Quality Growers. Packs available as we begin the week include a 25 LB pack and a 10 count. Ong choy is a green with long, hollow stems and tender, arrow-shaped leaves. It's a popular leafy green in Asian cuisine, traditionally used in stir fries.

MARKET UPDATES

Availability is not guaranteed. We work hard to provide the most accurate possible information, but this is produce and circumstances may change quickly. Contact sales to confirm current availability.

NEW/BACK IN

- Fava Beans (Mexico)
- Ghost Peppers (NC)
- Juice — Pomegranate & Cherry
- Ong Choy
- Pumpkins — Mini & Pie
- Winter Melon

WHAT'S LOCAL

- Baby Bok Choy (NJ)
- Bunched Arugula (NJ)
- Bunched Dill (NJ)
- Green Pepper (NJ)
- Honeynut Squash (PA)
- Long Hots (NJ) — Green & Red
- Red Beets (NJ)
- Simply Sweet® Onion (PA)

PEAK SEASON

- Cactus Pears (Mexico)
- California Figs — Black Mission & Kadota
- Cherry Hot (NC)
- Finger Limes (CA)
- Mangosteen (Mexico)
- Rambutan (Mexico)

TIGHT

- Belgian Endive
- Chayote Squash
- Chives
- Fancy Medjool Dates
- Persian Cucumber
- Squash Blossoms

GAPPING

- Passionfruit (FL)
- Purple Sweet Potato (NC)

FINISHED

- Quenepa (Puerto Rico)

WINDING DOWN

- 'Wonderful' Pomegranate (Argentina)
- 'Wonderful' Pomegranate (Peru)

MAJOR MARKET ALERTS

CHAYOTE: Product remains short out of Costa Rica due to weather.

GREEN PLANTAINS: We've been in the time of year where the green plantain market is high and quality is iffy. Quality is expected to begin improving in about 3 weeks.

PERSIAN CUKES: The market for Persian cucumbers is tight and jumped up in price last week.

QUENEPA: The Puerto Rican season for quenepa has finished.

UPCOMING OCCASIONS

GANPATI BAPPA MORYA! GANESH CHATURTHI

We wish those celebrating Ganesh Chaturthi today many blessings and that obstacles are removed from your path.



TRUCK DRIVER APPRECIATION WEEK

SEPT 13—19



GUACAMOLE DAY

SEPT 16



FAST FACTS with Tom A.



CHERRY HOTS

TOM'S TOP TIP

Cherry hots are pretty delicious. They have a nice medium heat and are excellent in a relish.



Did You Know? | Cherry hots are loved for their thick, fleshy walls.