

FSIC's Weekly Produce Report



| October 5, 2026 |

FSIC's weekly produce report provides highlights of what's going on in the produce markets so restaurants can make informed purchasing decisions.

▼ Prices are down this week ▲ Availability is down or prices are up this week ↔ Price and/or availability is stable or mixed.

Apples

▼ Market is down. WA supply of Gala, Granny Smith, Golden Delicious, Honeycrisp, Red Delicious, and Pink Lady/Cripps Pink is down. Increasing supply.

Asparagus

▲ Market is up. Peru supply is up. Light supply. Strong demand.

Avocado

↔ Market is steady. Mexico supply of 48s is steady. Good supply. Fair-Good demand. Fair-good quality.

Bell Peppers

▲ **Green bell peppers:** Market is up. CA supply is up. Moderate supply. Strong demand. Fair-good quality.

▼ **Red bell peppers:** Market is down. Mexico supply is down. Strong supply. Moderate demand. Good quality.

Berries

▼ **Strawberries:** Market is down. CA supply is down. Strong supply. Moderate demand. Strong quality.

Broccoli

▲ Market is up. CA supply is up. Light supply. Fair-good quality.

Carrots

↔ Market is steady. CA supply is steady. Good supply.

Cauliflower

▼ Market is down. CA supply is down. Moderate supply. Fair-good quality.

Celery

▲ Market is up. CA supply is up. Good supply. Good quality.

Cucumbers

▲ Market is up. Mexico supply is up. Good supply. Light demand. Good quality.

Lemons

▼ Market is down. CA supply is down. Increasing supply. Fair-good demand. Fair quality.

Lettuce

▲ **Iceberg:** Market is up. CA supply is up. Light supply. Fair quality.

▲ **Leaf:** Market is up. CA supply is up. Tightening supply. Fair-good quality.

▼ **Romaine:** Market is down. CA supply is down. Good supply. Strong demand. Fair quality.

Limes

▼ Market is down. Mexico supply is down. Light supply. Good demand. Good quality.

Melons

▼ **Cantaloupe:** Market is down. CA supply is down. Good-Excellent quality.

▼ **Honeydew:** Market is down. CA supply is down. Good-Excellent quality.

Onions

▼ Market is down. ID and OR supply is down. Moderate supply and demand. Good quality.

Oranges

↔ Market is steady. CA supply is steady. Light supply on smaller sizes. Good supply on other sizes. Strong demand. Fair-good quality.

Potatoes

▲ **Russets:** Market is steady up. ID supply is up. Light supply on larger sizes. Good quality.

↔ **Reds:** Market is steady. MN supply is steady. Good supply. Good quality.

↔ **Yellow:** Market is steady. MN supply is steady. Good supply. Strong demand. Good quality.

Squash

↔ Market is steady. MI supply is steady. Light supply. Strong demand. Fair-good quality.

Tomatoes

- ▲ **Rounds:** Market is up. TN and VA supply is up. Light supply.
- ↔ **Cherry:** Market is steady. TN and VA supply is steady. Light supply.
- ↔ **Grape:** Market is steady. Mexico supply through TX is steady. Light supply.
- ▼ **Romas:** Market is down. Mexico supply is down. Light supply.