

# LOCAL PRODUCE

SOUTHERN REGION | WEEK OF MAY 3, 2026

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## HIGHLIGHTS FOR THE WEEK



### JOHN'S CRYSTAL BALL

*our local produce purchaser predicts what's next*

**Georgia strawberries** are strong, but they have peaked, so get them while they're in season.

We'll have **Georgia blueberries** for a couple of week. Short season this year.

**Georgia peaches** will start mid-June.

**Cabbage, squash, and peppers** are moving up into **Georgia**.

**Florida watermelons** had to largely be replanted after the freeze, but they are growing strong now.

Find some of my picks for this week and check out:

- more **seasonal specialties** from smaller farms - p. 2
- **commodities** currently **filled from local sources** - pp. 3-4
- local **sprouts, microgreens, and edible flowers** - pp. 5-6



## FAVORITES FROM LOCAL SOURCES RIGHT NOW

ITEM CODE	PRODUCT	PACK SIZE	TOWN	STATE	PRODUCER
35407	STRAWBERRIES	8/1 LB CS	WOODBURY	GA	FITZGERALD FRUIT FRM
35842	STRAWBERRIES - GREEN	8/1 LB CS	WOODBURY	GA	FITZGERALD FRUIT FRM
35840	BLUEBERRIES	12/6OZ	COOLIDGE	GA	BURTON BRAMBLES
20615	SQUASH - BUTTERNUT	30-40LB CS	BELLE GLADE	FL	MYRICK
20800	PEPPER - GREEN BELL	1-1/9BU		FL	Multiple Farms
28767	PEPPER - GREEN BELL JUMBO	1-1/9BU	IMMOKALEE	FL	JGL
20052	CUCUMBERS - PICKLING/KIRBY	BUSHEL	IMMOKALEE	FL	SOUTHERN VALLEY FARM
29447	BEANS - SNAP FANCY	5 LB		FL	Multiple Farms

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## SEASONAL SPECIALTIES FROM SMALL AND MEDIUM-SIZED FARMS

ITEM CODE	PRODUCT	PACK SIZE	TOWN	STATE	PRODUCER
35407	STRAWBERRIES - LOCAL	8/1 LB CS	WOODBURY	GA	FITZGERALD FRUIT FRM
35842	STRAWBERRIES - GREEN	8/1 LB CS	WOODBURY	GA	FITZGERALD FRUIT FRM
35840	BLUEBERRIES	12/6OZ	COOLIDGE	GA	BURTON BRAMBLES
37674	LETTUCE - GREEN OAK LEAF HYDRO	6 CT CLAMS	TRYON	SC	SUNNY CREEK FARMS
33458	LETTUCE - HYDRO FANCY VARIETY	24 CT CS	TRYON	NC	SUNNY CREEK FARMS
36329	LETTUCE - RED OAK LEAF HYDRO	6 CT CLAMS	TRYON	NC	SUNNY CREEK FARMS
36465	MUSHROOMS - BLACK PEARL	3 LB CS	OTTO	NC	DREAM BIG FARMS
36466	MUSHROOMS - CHESTNUT	3 LB CS	OTTO	NC	DREAM BIG FARMS
36463	MUSHROOMS - CORAL TOOTH	3 LB CS	OTTO	NC	DREAM BIG FARMS
36469	MUSHROOMS - GOLDEN ENOKI	3 LB CS	OTTO	NC	DREAM BIG FARMS
36464	MUSHROOMS - LIONS MANE	3 LB CS	OTTO	NC	DREAM BIG FARMS
37449	MUSHROOMS - MAITAKE	3 LB CS	NASHVILLE	GA	HEDGEHOG
36462	MUSHROOMS - PINK OYSTER	3 LB CS	OTTO	NC	DREAM BIG FARMS
36467	MUSHROOMS - PIOPPINO	3 LB CS	OTTO	NC	DREAM BIG FARMS
35669	MUSHROOMS - SHIITAKE CAPS	5 LB CS	ELLIJAY	GA	ELLIJAY MUSHROOMS
35418	MUSHROOMS - SHIITAKE	3 LB CS	ELLIJAY	GA	ELLIJAY MUSHROOMS
37450	MUSHROOMS - TRUMPET	3 LB CS	NASHVILLE	GA	HEDGEHOG
35550	MUSHROOMS OYSTER GOLDEN	3 LB CS	OTTO	NC	DREAM BIG FARMS
35539	MUSHROOMS SHIITAKE	5 LB CS	ELLIJAY	GA	ELLIJAY MUSHROOMS
70025	ONIONS - VIDALIA	40LB	LYONS	GA	LG HERDON JR FARMS
20939	ONIONS - VIDALIA SPRING	24 CT CS	LYONS	GA	LG HERDON JR FARMS

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## YEAR-ROUND ITEMS, AVAILABLE FROM LOCAL FARMS RIGHT NOW

ITEM CODE	PRODUCT	PACK SIZE	TOWN	STATE	PRODUCER
29447	BEANS - SNAP FANCY	5 LB		FL	Multiple Farms
04801	BEANS - SNAP FANCY	25 LB	IMMOKALEE	FL	Multiple Farms
03600	CABBAGE - GREEN	EA	LAKE PARK	GA	CORBETT BROTHERS
20296	CABBAGE - GREEN BOXED	CS	LAKE PARK	GA	CORBETT BROTHERS
20206	CABBAGE - RED BOXED CARTON	CS	MANOR	GA	MOORE FARMS
04606	CABBAGE - RED EACH	1 EA	BELLE GLADE	FL	MYRICK
20041	CORN - BICOLOR	48 CT CS	BELLE GLADE	FL	RAY'S HERITAGE
20047	CORN - YELLOW SWEET	BUSHEL	BELLE GLADE	FL	RAY'S HERITAGE
20049	CUCUMBERS - 24CT CARTON	CS	IMMOKALEE	FL	SOUTHERN VALLEY FARM
20052	CUCUMBERS - PICKLING/KIRBY	BUSHEL	IMMOKALEE	FL	SOUTHERN VALLEY FARM
20054	CUCUMBERS - SELECT	BUSHEL	IMMOKALEE	FL	Multiple Farms
20057	EGGPLANT	BUSHEL	IMMOKALEE	FL	Multiple Farms
29590	GREENS - COLLARD	6 CT	LYONS	FL	LG HERDON JR FARMS
08224	GREENS - COLLARD	12 CT	LYONS	FL	LG HERDON JR FARMS
18580	GREENS - COLLARD CHOPPED	8/1LB CASE	LYONS	FL	LG HERDON JR FARMS
28954	GREENS - COLLARD CHOPPED	6/2 LB CS	LYONS	FL	LG HERDON JR FARMS
08225	GREENS - COLLARD CHOPPED	2 LB	LYONS	FL	LG HERDON JR FARMS
20308	GREENS - COLLARD GREENS	24 CT CS	LYONS	FL	LG HERDON JR FARMS
31195	GREENS - COLLARD LOOSE	CS	LYONS	FL	LG HERDON JR FARMS
28955	GREENS - COLLARD SHREDDED	6/2 LB CS	LYONS	FL	LG HERDON JR FARMS
15927	GREENS - MUSTARD CHOPPED	8/1 LB CS	LYONS	FL	LG HERDON JR FARMS
28983	GREENS - SOUTHERN	8/1 LB	LYONS	FL	LG HERDON JR FARMS

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34375	GREENS - TURNIP	CASE	LYONS	FL	LG HERDON JR FARMS
16082	GREENS - TURNIP CHOPPED	8/1 LB	LYONS	FL	LG HERDON JR FARMS
08302	KALE	6 CT	LYONS	FL	LG HERDON JR FARMS
28981	KALE - CHOPPED	8/1 LB	LYONS	FL	LG HERDON JR FARMS
29764	BEANS - SNAP FANCY	LB	IMMOKALEE	FL	<i>Multiple Farms</i>
04213	PEAS - ENGLISHED SHELLLED	8LB		GA	<i>Multiple Farms</i>
20800	PEPPER - GREEN BELL	1-1/9BU		FL	<i>Multiple Farms</i>
28767	PEPPER - GREEN BELL JUMBO	1-1/9BU	IMMOKALEE	FL	JGL
28766	PEPPER - GREEN BELL LG/XLG	1-1/9BU	IMMOKALEE	FL	JGL
20518	RADISH - RED	1 LB BAG	IMMOKALEE	FL	JGL PRODUCE
20517	RADISH - RED	14/1 LB CS	IMMOKALEE	FL	JGL PRODUCE
20615	SQUASH - BUTTERNUT	30-40LB CS	BELLE GLADE	FL	MYRICK
20628	SQUASH - SPAGHETTI	CARTON	BELLE GLADE	FL	MYRICK
20600	SQUASH - YELLOW FANCY	1/2 BUSHEL	LAKE PARK	GA	CORBETT BROTHERS
20602	SQUASH - YELLOW MEDIUM	1/2 BUSHEL	LAKE PARK	GA	CORBETT BROTHERS
20604	SQUASH - ZUCCHINI FANCY	1/2 BUSHEL	LAKE PARK	GA	CORBETT BROTHERS
20606	SQUASH - ZUCCHINI MEDIUM	1/2 BUSHEL	LAKE PARK	GA	CORBETT BROTHERS

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## SPROUTS, MICROGREENS, AND EDIBLE FLOWERS

ITEM CODE	PRODUCT	PACK SIZE	TOWN	STATE	PRODUCER
29650	ARTISAN CHEF MIX - MICRO	8 OZ	RIVERVIEW	FL	CAHABA CLUB
37626	EDIBLE FLOWERS	50 CT	TALLAHASSEE	FL	LEGACY GREENS
40303	EDIBLE VIOLAS	50 CT PK	NASHVILLE	TN	GREENER ROOTS FARM
40309	FLOWERS - MARIGOLD	50 CT PK	NASHVILLE	TN	GREENER ROOTS FARM
33757	HERB - BABY RED VEIN SORREL	4 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
36577	MICRO - ARUGULA	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36578	MICRO - AVO TOAST BLEND	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
40311	MICRO - BULL'S BLOOD	8 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
36592	MICRO - RADISH TRIO	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36593	MICRO - RAINBOW MIX	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
02936	MICRO - SPICY MIX	8 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
36868	MICRO - SPICY MIX	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36409	MICRO ARUGULA	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36422	MICRO AVO TOAST BLEND	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36414	MICRO BASIL OPAL	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36410	MICRO BULLS BLOOD	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36411	MICRO BULLS BLOOD	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36412	MICRO CILANTRO	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36413	MICRO CILANTRO	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36415	MICRO LEEKS	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36425	MICRO RADISH TRIO	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36426	MICRO RAINBOW MIX	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS

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ITEM CODE	PRODUCT	PACK SIZE	TOWN	STATE	PRODUCER
33761	MICRO RAINBOW MIX LOCAL	4 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
33762	MICRO SHISO LOCAL	4 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
33765	MICRO SPICY MIX LOCAL	4 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
36416	MICRO SWEET PEA SHOOTS	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36417	MICRO SWEET PEA SHOOTS	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
33764	MICROS - NASTURTIUM LEAVES	3 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
03390	PETITE PEAS W/ TENDRILS	8 OZ PK	NASHVILLE	TN	GREENER ROOTS FARM
36428	RED VEINED SORREL	FULL TRAY	TALLAHASSEE	FL	LEGACY GREENS
36594	RED VEINED SORREL	HALF TRAY	TALLAHASSEE	FL	LEGACY GREENS
36595	TENDRIL PEA SHOOTS	4 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36418	TENDRIL PEA SHOOTS	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS
36596	YELLOW PEA SHOOTS	8 OZ PK	TALLAHASSEE	FL	LEGACY GREENS

### IN CASE YOU MISSED IT!

For a year's worth of my crystal ball, make sure to check out our newly launched **Southern Region Local Menu Planning Guides!**

From May through next April, you've got my best predictions to **build 12 full months of your menus** around.

[whatchefswant.com/local-food-south](http://whatchefswant.com/local-food-south)



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