



**MIDWEST
FOODS**

Weekly Updates

September 27th, 2019

PRODUCE PICKS

NEW IN SEASON

- Apple Cider Local
- Beets Red & Chioggia Local
- Beets Red Bunch Local
- Cubanelle Peppers Local
- Green Peppers Local
- Jalapeno Peppers Local
- Parsnips Local
- Turnips & Rutabagas Local
- Poblano, Serrano, Anaheim Peppers Local
- Radishes Cello Local
- Tomatillos Local
- Acorn, Butternut, Spaghetti Squash *Local*
- Delicata Squash *Local*
- Kabocha Squash *Local*
- Watermelon Radish *Local*
- Pumpkins *Local*
- Heirloom & White Pumpkins *Local*
- Red Kuri, Turban, Carnival, Sweet Dumpling Squash *Local*

PEAKING NOW

- Carrots Local
- Green Beans Local
- Tomatoes Red Cherry Local
- Heirloom Tomatoes Local
- Rainbow Chard Local
- Cabbage Green and Red Local
- Cabbage Savoy Local
- Celery Local
- Collards Local
- Pomegranates

COMING IN SOON

- Persimmons
- Pears Seckle



Local Apples

Local Apples are the perfect way to welcome the fall season. This week we are featuring local Paula Red Apples. Paula Red's have a mostly red exterior with splotches of green. Some will have more green while others will have very little. Paula Reds are neither too tart, nor too sweet. We have several size varieties available. Small ones make a perfect, healthy back-to-school snack.

Paula Red

138 ct | #MWF-1393

163 ct | #MWF-1039

80/88 ct | #6-2255

MARKET ALERTS

There are no market alerts at this time.

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BRIX LEVELS

Degrees Brix is a measure of the sugar content in your food. Fruits with a high Brix reading have a pleasing sweetness we all love.

Fruit	Origin	Label	Brix	Average	Bursting
Cantaloupe	USA	S&S Brand	9	12	16
Honeydew	USA	S&S Brand	12	10	14
Watermelon	USA	Indian Hills	12	12	16
Pineapple	Costa Rica	Kingston Fyffes	15	15	22
Green Grapes	USA	Grapeman Farms	17	12	20
Red Grapes	USA	Grapeman Farms	20	12	20
Gala Apples	USA	Rem Brandts	13	10	18
D'Anjou Pears	USA	Blue Star	13	10	14

MARKET UPDATES

Berries (Blackberries)

There is a short lived heat wave which has brought temperatures under the growing hoops in Watsonville, Salinas and Santa Maria to the low 100s. Most growers agree that this will disrupt labor and production more than it will affect the overall quality. Crews will be forced to stop picking early thereby reducing immediate availability.

Berries (Blueberries)

USA product will cease to exist after 10/10/19 after that it will be all imported fruit

Berries (Raspberries)

There is a short lived heat wave which has brought temperatures under the growing hoops in Watsonville, Salinas and Santa Maria to the low 100s. Most growers agree that this will disrupt labor and production more than it will affect the overall quality. Crews will be forced to stop picking early thereby reducing immediate availability.

Grapes (Green)

Supplies will progressively get lighter as we move forward. We expect a gap during transition.

Onions

Markets firming up.

Potatoes

Cold weather with rain and possible snow flurries in Idaho forecast for next week will curtail harvests.

Stone Fruit

Nectarines are done. Peaches are becoming very limited. Plums will last through October.

TRANSITIONS & TEMPS

Lettuce Iceberg

Huron expected to begin production the third week on October.

Potatoes (colored)

North Dakota has started with reds; yellow starting next week. Minnesota and Michigan winding down.

Onions

Utah and Colorado have started.

Melon (Cantaloupe)

As we transition into the desert region, severe storms are expected through Thursday. Heavy rain is expected and could setback the harvest.

Squash (Eastern)

Squash is transitioning to the south.

Cucumbers (Eastern)

Cucumbers are transitioning to the south.

Stone Fruit

Import season is expected to start by mid November.

Grapes (Green)

We expect transition to take place in November.

Bell Peppers (Eastern)

Bell Pepper is starting to transition to the south

PEAK SEASONS

Squash (Eastern)

squash is in peak availability.

Eggplant (Eastern)

Eggplant are in peak availability.

Cucumbers (Eastern)

Cucumbers are in peak availability.

Bell Peppers (Eastern)

Green bell pepper in in peak availability.

WEATHER FORECAST

One more hot day in California in front of a rapid cool down. The return of the marine layer and coastal drizzle moves through over the weekend into early next week. This system brings a chance of light rain to the valley over the weekend followed by another system late next week. Scattered showers and thunderstorms continue across Central Mexico into the weekend with much lesser amounts in the north. The upcoming desert acreage will receive another day or so of heavy rains, strong winds, possible hail, and flooding as tropical moisture fuels these systems. This may affect the young seedlings recently planted in the region. Florida will see a few light scattered showers with seasonal temperatures into next week.

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