

Weekly Update

December 22nd, 2017

IN SEASON PRODUCE

VEGETABLES

Asian Bok Choy Baby, 10 ct.	#01-2785
Beets Baby Gold	#156400
Beets Baby Red	#156200
Beets Striped	#176100P
Broccoli Chinese Gai Lan, 30 lbs.	#157200
Carrot Baby Assorted w/tops, 24 ct.	#01-12239
Carrot Baby Purple	#MWF-1176
Chestnut Italian	#MWF-10864
Cucumber Seedless Baby, 10 lbs.	#165200
Endive Belgium	#180450
Lettuce Mizuna Firecracker 2 lbs.	#MWF-1579
Lettuce Treviso, 10 ct.	#164000
Mushroom Royal Trumpet, 6 lbs.	#01-1023
Potato Fingerling Purple 50 lbs.	#169300
Potato Fingerling Red 50 lbs.	#01-11129
Radish, Ninja	#MWF-1246
Radish Watermelon, 5 lbs.	#01-4607
Sorrel, Baby Red Veined, 2 lbs	#MWF-1271
Squash Delicata	#6-2382
Squash Kabocha	#73852
Sunchoke, 5lbs	#179500
Turnips Baby	#179700
Watercress Upland, 2.2 lbs.	#050000

FRUITS

Apple Crab	#235255
Apples Ambrosia 88 ct.	#01-10713
Apples Envy 72 ct.	#01-11956
Apple Jazz 88 ct.	#01-10905
Apple Lemonade Honeycrisp 54 ct.	#MWF-1066
Apple Pacific Rose 72 ct.	#01-11370
Berry Cape Gooseberry 12-3.5oz	#925500
Berries Raspberry Golden	#918700
Clementine	#016300
Cranberries	#MWF-1491
Dragon-Fruit White Flesh, cc	#3453452
Fuyu Persimmons	#021200
Gold Kiwi	#MWF-1010
Grapefruit Texas Red 56 ct.	#567928
Kumquats, 10 lbs	#16900
Lettuce Hydro Bibb	#01-4537
Lime, Fingerling	#01-11033
Onion Peeled Pearl Red	#140600
Oranges, Blood Moro, 20 lbs.	#16100
Papaya Mexican	#18900
Passion Fruit, 10 lbs.	# 019000
Pear Asian, 16 ct.	#021000P
Pear Forelle 45-50 ct. - 20 lbs.	#01-11742
Pomegranate 40 - 44 ct.	#MWF-1060
Rambutan, 5 lbs.	#022800
Satsuma Stem & Leaf	#01-11095

IN OBSERVANCE OF THE HOLIDAY SEASON

Midwest Foods will be closed and not delivering on **Monday, December 25th** (Christmas Day) and **Monday, January 1st** (New Years Day).

Orders can be submitted online or via voicemail for delivery the following Tuesday. For more information, click [here](#) to download our Holiday Hours.

From our family to yours, we wish you the happiest of Holidays. Thank you!



ENVY APPLES



ITALIAN CHESTNUTS



LEMONADE HONEYCRISP APPLES

MARKET ALERTS

- **Avocados** – Prices are expected to rise due to growers reducing picking in response to a saturated market.
- **Cherry Tomatoes** - Supplies are very limited due to Hurricane Irma and transitions between growing areas.
- **Tomatoes** - Supply is very limited due to crop loss from Hurricane Irma. Expect higher prices as well as inconsistent quality and color throughout December and into January.
- **Watermelons** - Market is seeing high prices and limited availability due to seasonal transitions among suppliers.

DECEMBER 22ND, 2017.

FRESH OFF THE FARM

LOCAL PRODUCE

CODE	ITEM	UOM	FARM	ORIGIN
01-11761	Apples Red Delicious	138 ct.	Riveridge Produce	Sparta, MI
01-11762	Apples Red Delicious	163ct	Riveridge Produce	Sparta, MI
156400P	Beet Jumbo Gold Sack	25 lbs.	Rice Lake Farms	Grant, MI
176100P	Beet Jumbo Striped Sack	25 lbs.	Rice Lake Farms	Grant, MI
158900P	Carrot Jumbo Loose	50 lbs.	Superior Sales	Hudsonville, MI
6-2263	Chard Rainbow	12 ct.	Windy City Harvest	Chicago, IL
180000P	Parsnip Loose	20 lbs.	Rice Lake Farms	Grant, MI
01-2216	Radish Cello	14 - 1 lbs.	Superior Sales	Hudsonville, MI
7807184	Sprouts Bean	5 lbs.	Phoenix Bean	Chicago, IL
MWF-1311	Tomatoes Vine Cherry	9 lbs.	Mighty Vine	Rochelle, IL
MWF-1306	Tomatoes on the Vine	11 lbs.	Mighty Vine	Rochelle, IL
01-4643	Turnip Jumbo Loose	5 lbs.	Rice Lake Farms	Grant, MI

Organics

VEGETABLES

Arugula Baby	2 lbs.	#45323133
Broccolini	18 ct.	#01-4417
Carrots	25 lbs.	#159100
Cauliflower	12 ct.	#MWF-1278
Lettuce Romaine Heart	12 x 3ct	#163800
Mesclun	2 lbs.	#01-11460
Mizuna	4 lbs.	#163000
Mushroom Chef's Mix	5.43 lbs.	#464314
Spinach Baby	2 lbs.	#01-11735

FRUITS

Apples Granny Smith	88 ct.	#01-1494
Apples Red Delicious	88 ct.	#89408
Blackberries	12 x 6 oz.	#01-3812
Blueberries	12 x 6 oz.	#01-1436
Raspberries	12 x 6 oz.	#01-2877
Strawberries	8 x 1 lbs.	#01-1012

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	AVG.	BURSTING
Cantaloupe	Guatemala	Classic	12	12	16
Honeydew	Guatemala	SOL	10	10	14
Watermelon	Mexico	Cactus Melon	12	12	16
Pineapple	Costa Rica	Fyffes	17	14	22
Mango	Ecuador	Coast Tropical	12	6	14
Green Grape	USA	VBZ	18	12	20
Red Grape	USA	VBZ	19	12	20
Gala Apple	USA	Sage	12	10	18
D' Anjou Pear	USA	Blue Star	12	10	14

HAPPY HOLIDAYS!

Midwest Foods would like to wish
you and your family a very Merry
Christmas and Happy Holidays.



Weather:

High pressure continues out west as warm dry conditions continue across California into next week. Southern California will see another spike in the powerful Santa Ana winds on Thursday (20-35mph) moderating into the weekend. Warm temperatures continue in Central Mexico under a weak high pressure as moisture from the south brings scattered showers to regions to the north. Warm temperatures in the Southwestern Desert region will moderate slightly into next week. A weak cold front moves into Northern Florida with scattered showers and cooler temperatures. Stronger system expected early next week will bring rain to much of the state.

Market Updates**Apples**

Washington has limited supplies of Granny-smith 88 size and larger.

Broccoli

The broccoli market is trending higher as we are approaching less acreage and decreased supplies as an industry.

Cauliflower

The cauliflower market is still extremely high as we are experiencing a small supply gap, but the market has reached its peak.

Lemons

Demand exceeding supplies of 165

Onions

Extremely limited supplies due to the lack of labor for the holiday. This has caused the market to dramatically increase.

Oranges

Demand exceeds supply for 88s/113/138 both grades

Pears

Bartlett supplies are short and we are expecting an early finish to the season so we could see the market jump in January. Small sizes are especially limited.

Potatoes

The tightest thing in potato-land has been transportation. Stay ahead and load rail or piggy-back if possible.

Squash (Eastern)

Tight supplies on squash.

Tomatoes

There is a shortage of Tomatoes across North America with expectation for relief to occur after the new year.

Peak Seasons**Onions**

Washington and Idaho/Oregon are in the peak of their seasons.

Apples

Washington, Idaho, Michigan, New York, and Pennsylvania continue in the peak of their apple seasons.

Pears

Washington continues in the peak of its season for all variety's.

Potatoes (colored)

Washington, Idaho, Wisconsin, and North Dakota are all in the peak of their red and gold potato seasons.

Transitions & Temperatures**Tomatoes (Eastern)**

Palmetto and Ruskin growing regions in Florida are transitioning further south to Immokalee where the start of the season has been delayed 2-3 weeks as a result of Hurricane Irma.

Honeydew

Honduras will start packing in January as Guatemala finishes.

Cucumbers (Eastern)

cucumbers are transitioning to Honduras

Cantaloupe

Honduras will start packing in January as Guatemala finishes.

Grapes (Red)

Chilean red seedless grapes are starting.

Grapes (Green)

Chilean green seedless grapes are beginning to arrive in the U.S.

Potatoes (colored)

Bakersfield, California has started packing new-crop white potatoes.

Asparagus

Caborca Mexico will start to cut fern the first week in January, and we should see production during the second, and third week.