



MIDWEST FOODS

Weekly Update December 29th, 2017

IN SEASON PRODUCE

VEGETABLES

Asian Bok Choy Baby, 10 ct.	#01-2785
Beets Baby Gold	#156400
Beets Baby Red	#156200
Broccoli Chinese Gai Lan, 30 lbs.	#157200
Carrot Baby Assorted w/tops, 24 ct.	#01-12239
Carrot Baby Purple	#MWF-1176
Cauliflower Orange	#159402
Chestnut Italian	#MWF-10864
Cucumber Seedless Baby, 10 lbs.	#165200
Endive Coraline, 3 lbs.	#MWF-1528
Endive Belgium	#180450
Lettuce Mizuna Firecracker 2 lbs.	#MWF-1579
Lettuce Treviso, 10 ct.	#164000
Mushroom Chantrelle	#164400
Mushroom Enoki 10 ct.	#164700
Mushroom Hon Shimeji, Brown, 10 ct	#164902
Mushroom Hon Shimeji, White, 10 ct	#164903
Mushroom Royal Trumpet, 6 lbs.	#01-1023
Potato Fingerling Purple 50 lbs.	#169300
Potato Fingerling Red 50 lbs.	#01-11129
Radish, Ninja Purple	#MWF-1246
Radish Watermelon, 5 lbs.	#01-4607
Sorrel, Baby Red Veined, 2 lbs	#MWF-1271
Sweet Potato, Fingerling 40 ct.	#01-10555
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
Dragon-Fruit White Flesh, cc	#3453452
Dragon Fruit, Yellow	#MWF-1377
Fuyu Persimmons	#021200
Gold Kiwi	#MWF-1010
Grapefruit Texas Red 56 ct.	#567928
Kumquats, 10 lbs	#16900
Lady Apples, 12 lbs	#898999
Lettuce Hydro Bibb	#01-4537
Lime, Finger	#01-11033
Onion Peeled Pearl Red	#140600
Oranges, Blood Moro, 20 lbs.	#16100
Papaya Hawaiian 10 ct.	#18700
Papaya Mexican	#18900
Passion Fruit, 10 lbs.	# 019000
Pear Asian, 16 ct.	#021000P
Pear Red 45-55ct	#01-11465
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, January 1st** (New Years Day).

Orders can be submitted online or via voicemail for delivery the following Tuesday.



RED PEAR



PURPLE NINJA RADISH



FINGER LIMES



ENOKI MUSHROOMS

! MARKET ALERTS

- **Avocados** – Prices are expected to rise due to growers reducing picking in response to a saturated market.
- **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.

DECEMBER 29TH, 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
7807184	Sprouts Bean	5 lbs.	Phoenix Bean	Chicago, IL
171300P	Squash Acorn Green Bushel	32-36lbs avg	Superior Sales	Hudsonville, MI
172900P	Squash Spaghetti Bushel	32-36 lbs avg	Superior Sales	Hudsonville, MI
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



2018

HAPPY NEW YEAR

With 2017 coming to a close, Midwest Foods and the Fitzgerald family would like to thank you for all of your support throughout the year. It was a wonderful year for local, sustainability, farmers markets, and other special events. We wish you and your families a happy, healthy, and prosperous 2018!



**MIDWEST
FOODS**
and the Fitzgerald Family



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.

Avocado

Current supplies are tight and looking light.

Bell Peppers

Supplies are still tight.

Blueberries

Supplies are light this week. Transfer trucks from Mexico were delayed due to weather.

Broccoli

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

Cauliflower

We are experiencing a severe shortage in supplies of cauliflower as an industry. The market is extremely active.

Eggplant

New supplies with better quality are starting.

Lemons

Demand exceeds supplies.

Oranges

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

Pears

Supplies of small Bartletts, D'anjou's, and Bosc remain very short.

Potatoes

Transportation is very limited not only truck but rail cars are also limited.

Raspberries

Supplies are light and transfer trucks from Mexico were delayed due to weather.

Strawberries

Oxnard production has slowed down due to the strong winds last week. Limited supplies and firm markets.

Tomatoes

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

Peak Seasons**Squash (Eastern)**

Squash is in peak season.

Apples

Washington, Idaho, Michigan, New York, and Pennsylvania are all in the peak of their respective seasons.

Pears

Washington is still in the peak of its red pear, Bartlett, D'anjou, and Bosc seasons.

Potatoes (colored)

Western Washington and Bakersfield, California continue in the peak of their white, red, and gold potato seasons.

Eggplant (Eastern)

Eggplant is coming into peak season.

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.

Strawberries

Florida is picking up harvest with better volume expected moving forward.

Cucumbers (Eastern)

Moving to offshore supplies.

Stone Fruit

Chilean peaches and nectarines arriving in LA this week.

Grapes (Red)

The first arrivals of Chilean Red Seedless Grapes is expected about the first week of January.

Grapes (Green)

Chilean peaches and nectarines arriving in LA this week.

Blueberries

Chilean arrivals are improving with better supplies expected at the end of December.

Asparagus

Caborca Mexico, and San Luis Mexico should start to cut fern the first week in January, and harvesting should be 7-10 after the fern is cut.