



# MIDWEST FOODS

## Weekly Update

June 1st, 2018

### LOCAL PRODUCE

CODE	ITEM	UOM	FARM	ORIGIN
154400	<b>Asparagus Jumbo</b>	11 lbs.	Superior Produce	Hudsonville, MI
7807184	<b>Bean Sprouts</b>	5 lbs.	Phoenix Bean	Chicago, IL
156500P	<b>Beet Jumbo Red Sack</b>	25 lbs.	Rice Lake Farms	Grant, MI
01-12078	<b>Lettuce, Mesculin Mix</b>	4 lbs.	Windy City Harvest	Chicago, IL
MWF-2053	<b>Pac Choi, Dark Green</b>	10 lbs.	Windy City Harvest	Chicago, IL
180000P	<b>Parsnip Loose</b>	20 lbs.	Rice Lake Farms	Grant, MI
MWF-1664	<b>Radish Easter Egg</b>	12 ct.	Windy City Harvest	Chicago, IL
6-2985	<b>Red and Green Lettuce Mix</b>	4 lbs.	Windy City Harvest	Chicago, IL
01-11885	<b>Rutabaga</b>	25 lbs.	Rice Lake Farms	Grant, MI
01-11320	<b>Spinach Smooth</b>	4 lbs.	Windy City Harvest	Chicago, IL
MWF-1763	<b>Tomatoes Beef Steak</b>	15 lbs.	Mighty Vine	Rochelle, IL
01-4643	<b>Tomatoes on the Vine</b>	11 lbs.	Mighty Vine	Rochelle, IL
6-3336	<b>Turnips Hakurei</b>	12 ct.	Windy City Harvest	Chicago, IL



## ORGANICS



### VEGETABLES

<b>Arugula Baby</b>	2 lbs.	#45323133
<b>Broccolini</b>	18 ct.	#01-4417
<b>Broccoli Crowns</b>	20 lbs.	#MWF-1569
<b>Carrots</b>	25 lbs.	#159100
<b>Cauliflower</b>	12 ct.	#MWF-1278
<b>Kale Baby</b>	2 lbs.	#01-2882
<b>Mesclun</b>	2 lbs.	#01-11460
<b>Mushroom Chef's Mix</b>	5.43 lbs.	#464314

### FRUITS

<b>Apples Granny Smith</b>	88 ct.	#01-1494
<b>Blackberries</b>	12 x 6 oz.	#01-3812
<b>Blueberries</b>	12 x 6 oz.	#01-1436
<b>Raspberries</b>	12 x 6 oz.	#01-2877
<b>Strawberries</b>	8 x 1 lbs.	#01-1012

## ! MARKET ALERTS

There are no market alerts at this time

# 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
<b>Cantaloupe</b>	USA	Del Lago	12	12	16
<b>Honeydew</b>	USA	Santa Rosa	15	10	14
<b>Watermelon</b>	USA	Indian Hills	13	12	16
<b>Pineapple</b>	Costa Rica	Fyffes	17	14	22
<b>Mango</b>	Mexico	Del Rio	16	6	14
<b>Green Grape</b>	Chile	VBZ	15	12	20
<b>Red Grape</b>	Chile	VBZ	15	12	20
<b>Gala Apple</b>	USA	Super Fresh	12	10	18

## Weather

A deep upper-level low-pressure system moves into California with winds, cooler temperatures, and coastal drizzle into Friday. A typical spring pattern returns as temperatures warm into the weekend cooling once again early next week. Warm and predominantly dry conditions continue across Mexico with no major changes expected in the mid-range forecasts. Subtropical storm Alberto continues to weaken moving to the north at 12mph producing rain and thunderstorms across the southeast. Showers diminish into the weekend in front of the next system to track through the Southeast states beginning on Sunday. This system may bring another 3-5 inches of rain to Florida through mid-week.

## MARKET UPDATES

### Bell Peppers (Eastern)

Big quality deference between Florida and Georgia.

### Berries (Blackberries)

Supplies are very limited and prices are higher.

### Berries (Raspberries)

Harvest has slowed down this week, but will bounce back quickly next week.

### Cucumbers (Eastern)

Supers are very tight, selects are not.

### Eggplant (Eastern)

Supplies are tighter and quality is going down

### Melon (Cantaloupe)

Cantaloupe supplies are limited this week due to cooler nighttime temperatures in California an Arizona growing regions.

### Melon (Honeydew)

We have had much lower nighttime temperatures in the growing regions. As a result the supplies of honeydews have decreased this week.

### Squash (Eastern)

Fancy supplies tighter than medium.

## TRANSITIONS & TEMPERATURES

### Onions

New Mexico has started with building supplies of all colors and sizes. Central California will start in a light way the start of next week.

### Potatoes (colored)

Northern Florida growing areas will start to slowly wind down for the season by the middle of June. North Carolina with start the middle of June.

### Berries (Raspberries)

Salinas and Watsonville areas are expected to start ramping up next week and gradually improve over the next 3 weeks.

### Squash (Eastern)

Squash is Transitioning up the coast fast, with supplies in Georgia, North Carolina and Virginia.

### Berries (Blackberries)

Salinas and Watsonville harvest is expected to start week of June 11.

### Eggplant (Eastern)

Eggplant is not in transition but Georgia will start in light supplies this week.

### Bell Peppers (Eastern)

Bell Pepper is transitioning to Georgia.

### Celery

Salinas will begin production in a few weeks.

## PEAK SEASONS

### Squash (Eastern)

Squash is in peak season.

### Berries (Blueberries)

North Carolina and California are expected to enter peak production over the next 2 weeks.

### Bell Peppers (Eastern)

Bell Pepper is coming into peak season.