



**MIDWEST
FOODS**

Weekly Update

June 8th, 2018

LOCAL PRODUCE

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

ORGANICS



VEGETABLES

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

FRUITS

Apples Granny Smith	88 ct.	#01-1494
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

MARKET ALERTS

Navel crop is nearly finished, with only a few shippers left packing and expected to be completed by next week. Midwest Foods is transitioning to Valencia Oranges.

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

Weather

A fairly typical summertime pattern continues out west as a series of low-pressure troughs move through. Coastal marine layer and breezy afternoons will continue as the low and high-pressure systems battle for control. Warm conditions with isolated showers look to continue across Mexico as we monitor a couple of tropical systems developing in the Eastern Pacific. Forecasts expect further development of these systems later this week and bear watching closely. Scattered showers and thunderstorms look to continue across Florida with seasonal temperatures into next week.

MARKET UPDATES

Bell Peppers (Eastern)

Good Supply with good quality in Georgia.

Bell Peppers (Western)

Colored pepper markets are stronger, especially yellow bell peppers. Prices increasing sharply.

Berries (Blackberries)

Supplies are very limited and markets are higher.

Berries (Raspberries)

Supplies remain limited and prices are higher.

Cucumbers (Eastern)

Watch out for quality issues.

Eggplant (Eastern)

Quality in Georgia is very good, Quality in Florida is poor.

Squash (Eastern)

Demand is good for squash.

Squash (Western)

The market is very strong on the west coast. Light supplies and high demand on zucchini and yellow s/n.

Tomatoes (Eastern)

Grape tomatoes are extremely short with 20lb bulk FOBs exceeding \$30 this week. Quincy and South Carolina will have small crops to alleviate upward pressure for the time being.

TRANSITIONS & TEMPERATURES

Onions

California supplies transitioning to Central California.

Celery

Production in Salinas will begin in approximately two weeks.

Squash (Eastern)

Squash is Transitioning to the Mid-Atlantic states.

Eggplant (Eastern)

Eggplant is in Transition to Georgia.

Cucumbers (Eastern)

Cucumbers are transitioning to North Carolina.

Bell Peppers (Eastern)

Transitioning to Georgia.

Tomatoes (Eastern)

Central Florida is transitioning to Quincy on the northern Florida boarder. South Carolina will also break ground in new fields as soon as next week.

Berries (Raspberries)

We expect Salinas / Watsonville harvest to start in the next 2 weeks and gradually improve as we move forward.

Berries (Blackberries)

Salinas and Watsonville will start in 2-3 weeks.

PEAK SEASONS

Squash (Eastern)

Squash is in peak supply.

Cucumbers (Eastern)

Cucumbers are in Peak season.

Bell Peppers (Eastern)

Bell Pepper is coming into peak Season.

Citrus (Limes)

We will be entering peak production and expect harvest to remain steady for the 4-6 weeks.