



**MIDWEST  
FOODS**

# Weekly Update

March 23, 2018

**LOCAL PRODUCE**

CODE	ITEM	UOM	FARM	ORIGIN
01-11761	<b>Apples Red Delicious</b>	138 ct.	Superior Sales	Hudsonville, MI
01-11762	<b>Apples Red Delicious</b>	163ct	Superior Sales	Hudsonville, MI
156400P	<b>Beet Jumbo Gold Sack</b>	25 lbs.	Rice Lake Farms	Grant, MI
156500P	<b>Beet Jumbo Red Sack</b>	25 lbs.	Rice Lake Farms	Grant, MI
180000P	<b>Parsnip Loose</b>	20 lbs.	Rice Lake Farms	Grant, MI
7807184	<b>Sprouts Bean</b>	5 lbs.	Phoenix Bean	Chicago, IL
MWF-1763	<b>Tomatoes Beef Steak</b>	15 lbs	Mighty Vine	Rochelle, IL
01-11585	<b>Tomatoes Beef Steak Yellow</b>	15 lbs.	Mighty Vine	Rochelle, IL
MWF-1311	<b>Tomatoes Vine Cherry</b>	9 lbs.	Mighty Vine	Rochelle, IL
MWF-1306	<b>Tomatoes on the Vine</b>	11 lbs.	Mighty Vine	Rochelle, 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

Supplies are limited on **PURPLE CAULIFLOWER** and **BROCCOLINI**. Also, severe weather will affect the **STRAWBERRY** crops and will result in limited availability.

# 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	Mike's Melons	10-12	12	16
<b>Honeydew</b>	USA	Classic Fruit Company	12	10	14
<b>Watermelon</b>	USA	Joe's Brand	10	12	16
<b>Pineapple</b>	Costa Rica	Tropical Gold	15	14	22
<b>Mango</b>	Mexico	Karlita	10	6	14
<b>Green Grape</b>	USA	Fruit Stand	14	12	20
<b>Red Grape</b>	USA	Sicor	21	12	20
<b>Gala Apple</b>	USA	Super Fresh Growers	13	10	18
<b>D' Anjou Pear</b>	USA	Blue Bird	15	10	14

## Weather

The wet pattern continues out west this week as a final slow moving system rolls through California. This system will bring significant precipitation especially to Southern California into Friday before exiting the region. A final weak system moves into Northern California with light showers possible in the Salinas Valley into the weekend. The pattern shifts to dry conditions and a steady warming trend next week. High pressure over Central Mexico continues with above average temperatures ranging into Northern Mexico. The Southwestern Deserts will see a slight chance of rain along with strong gusty winds and cooler temperatures as these systems pass to the north.

## MARKET UPDATES

### Bell Peppers (Eastern)

A lot of poor quality.

### Bell Peppers (Western)

Red bell peppers are still in short supply for 25 lb. packs, including choice grade. Volume increasing steadily.

### Berries (Strawberries)

Heavy rains will have an immediate impact on supply and quality. Market prices will be higher.

### Chili Peppers

For Lent, hot pepper markets will be active. Higher demand on Mexico's National market will create periodic shortages in export to the U.S.

### Citrus (Limes)

As we transition into new harvest we can expect to see more smaller size limes and less of larger size.

### Cucumbers (Eastern)

Honduran quality is still better than Florida grown cucumbers.

### Cucumbers (Western)

Demand remains high on cucumber.

### Eggplant (Eastern)

More volume starting.

## TRANSITIONS & TEMPERATURES

### Squash (Eastern)

Squash is starting in Central Florida.

### Berries (Blueberries)

Florida is slowly ramping up harvest. California harvest is being delayed by the cold and wet weather. Georgia to start in 4 weeks.

### Berries (Blackberries)

California harvest is being delayed by the cold and wet weather. We expect domestic production to start mid April.

### Berries (Strawberries)

Florida is coming to an end. Mexico will have limited harvest. Oxnard and Santa Maria are getting hit with heavy rain, bringing all harvest to a halt. Salinas and Watsonville production will be delayed due to the rain.

### Citrus (Limes)

Mexico will be out of production for several days during the Easter holiday.

### Cucumbers (Eastern)

Florida cucumbers are starting in light volume.

### Asparagus

Oregon, Mexico to start the first week in April.

### Bell Peppers (Western)

Transition to Sonora, Mexico for hot house varieties on colored peppers.

### Squash (Western)

We have begun spring crop in Northern Sonora, Mexico.

### Cucumbers (Western)

Cucumbers available to load in Nogales from Sonora, Mexico. Also, Baja California will begin harvest this week.

## PEAK SEASONS

### Potatoes (colored)

Idaho, North Dakota, and Florida Red and Gold potatoes are in peak availability.

### Potatoes

Potatoes are in peak season.

### Squash (Eastern)

Squash is not in peak season.

### Apples

Apples are in peak season out of shipping points (Washington, Michigan, New York, and Pennsylvania).

### Berries (Blackberries)

Mexico production is ramping up for its Spring Peak over the next 2-3 weeks.

### Eggplant (Eastern)

Eggplant is coming into peak season.

### Cucumbers (Eastern)

cucumbers are not in peak volume.

### Bell Peppers (Eastern)

Green bell pepper is not in peak season.