



# MIDWEST FOODS

We offer the following MicroGreens for **immediate order or with a 72-hour notice where indicated.** If you are interested in ordering any of the other MicroGreens in the Fresh Origins catalog we would be happy to assist you, please reach out to your **Business Development Associate or Call Customer Service at 773.927.8870** to inquire. *Availability is subject to change without notice.*

## CRYSTALS

01-11343	Habanero 6/6oz (72hr notice)	Case
01-12028	Habanero 6oz EACH	EACH
01-10708	Herb Basil 6/6oz (72hr notice)	Case
01-12022	Herb Basil 6oz EACH	EACH
01-11332	Herb Ginger 6/6oz (72hr notice)	Case
01-12025	Herb Ginger 6oz EACH	EACH
01-11333	Herb Hibiscus 6/6oz (72hr notice)	Case
01-12026	Herb Hibiscus 6oz EACH	EACH
01-12024	Herb Mint 6oz EACH	EACH
01-12027	Herb Rose 4oz EACH	EACH

## TINY VEGGIES & LITTLE VEGGIES

226090	Tiny Veggies Carrot 50ct (72 hr notice)	50ct Tray
MWF-1394	Little Veggies Carrot Mix 50ct (72hr notice)	Tray Case
226091	Tiny Veggies Celery 50ct (72 hr notice)	50ct Tray
226095	Tiny Veggies Crudite Mix 50ct (72 hr notice)	50ct Tray
MWF-11168	Tiny Veggies Cucumber 50ct (72hr notice)	Case
01-1013	Tiny Veggies Leek 50ct (72 hr notice)	50ct Tray
MWF-8071	Tiny Veggies Pak Choy 50ct (72 hr notice)	Case
MWF-11729	Tiny Veggies Parsley Root 50ct (72 hr notice)	Case
01-12162	Tiny Veggies Radish Mix 50ct (72hr notice)	Trays
01-12122	Tiny Veggies Squash 50ct (72hr notice)	Trays
21512	Tiny Veggies Turnip 50ct (72 hr notice)	50ct Tray
MWF-1395	Little Veggies Turnip 50ct (72 hr notice)	Tray Case

## FLOWERS & LEAVES



Premium Assortment | 01-11892



Pansies | 161700

MWF-11380	Decorative Orchid Sapphire 50ct (72hr notice)	Case
MWF-8170	Orchid Fairy Mix 100ct (72 hour notice)	Case
01-11892	Assortment Premium 75-125ct	Case
MWF-10334	Bean 50ct (72 hr notice)	Case
MWF-10807	Begonia Hearts Mix 50ct (72 hr notice)	Trays
MWF-10189	Begonia Mix 50ct (72 hr notice)	Trays
MWF-10188	Begonia Pink 50ct (72 hr notice)	Trays
MWF-1415	Begonia White 50ct (72 hr notice)	Trays
01-10980	Calendula 50ct (72hr notice)	50ct Tray
MWF-7554	Chamomile 50ct (72hr notice)	50ct Tray

## FLOWERS & LEAVES

01-11301	Cosmos 50ct (72 hr notice)	Trays
01-11303	Dahlia 50ct (72hr notice)	Trays
MWF-8347	Fireside Fall Mix 50ct (72hr notice)	Case
01-1461	Fuchsia 50ct (72hr notice)	50ct Tray
01-1296	Marigold 50ct	50ct Tray
161701	Nasturtiums 50ct (72hr notice)	50ct Tray
161500	Orchids 100ct	100ct Tray
161700	Pansies 50ct	50ct Tray
MWF-11639	Rose Little Red Corvette 25ct (72 hr notice)	Case
MWF-8658	Rosemary Blossom 50ct (72hr notice)	Case
MWF-11303	Leaves Begonia Angelwing Leaf 50ct (72 hr notice)	Case
MWF-11759	Leaves Kale Mardi Gras Mix 50ct (72 hr notice)	Case
01-11091	Leaves Shiso Green 100ct	100ct
01-4008	Leaves Sunset Geranium 50ct (72hr notice)	50ct Tray

## MICRO FLOWERS



Dianthus | 01-1346



Marigold | 01-4437

MWF-9588	Micro Flowers Alyssum flower 50ct (72 hr notice)	Case
01-1155	Micro Flowers Arugula Blossoms 50ct (72 hr notice)	100ct
01-2769	Micro Flowers Basil Blossom 50ct (72 hr notice) **LIMITED**	50ct Tray
01-1192	Micro Flowers Blend 200ct	200ct Case
01-1172	Micro Flowers Borage Blossom 100ct (72 hr notice)	100ct Tray
056400	Micro Flowers Confetti (72hr notice)	1/4oz Tray
01-1346	Micro Flowers Dianthus 200ct (72 hr notice)	200ct Tray
01-11395	Micro Flowers Dill Blossom 50ct (72 hr notice)	Trays
01-11330	Micro Flowers Fennel Blossom 50ct (72 hr notice)	50ct Case
01-2767	Micro Flowers Herb Mix 50ct (72 hr notice)	50ct Tray
MWF-9191	Micro Flowers Hibiscus 50ct (72hr notice)	Case
01-12029	Micro Flowers Jasmine 100ct (72hr notice)	Trays
MWF-10638	Micro Flowers Leaf Endive Violet Flash 50ct (72 hr notice)	Case
01-4437	Micro Flowers Marigold 200ct (72 hr notice)	200ct Tray
MWF-2634	Micro Flowers Micro Lavender Flower 100ct (72 hr notice)	100ct
01-1330	Micro Flowers Micro Orchid Assorted 100ct (72 hr notice)	100ct Tray
01-1328	Micro Flowers Mint Blossom (72 hr notice)	8oz Tray
01-1336	Micro Flowers Oyster 50ct (72 hr notice)	200ct Tray
MWF-9042	Micro Flowers Pepper Mix 100ct (72hr notice)	Case
MWF-1938	Micro Flowers Princess 100ct (72hr notice)	Case
021609	Micro Flowers Sechuan (Buzz) Buttons 50ct (72 hr notice)	50ct Tray
01-1329	Micro Flowers Viola 50ct **LIMITED**	50ct Tray



# AVAILABLE MICROGREENS



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1303603	Micro Greens Amaranth RED 8oz (72hr notice)	8oz Tray
133500	Micro Greens Arugula 8oz	8oz Tray
01-1274	Micro Greens Arugula 8oz LOCAL Garfield Produce	8oz Tray
MWF-9762	Micro Greens Arugula Crimson Blaze 4oz (72 hr notice)	Case
01-11413	Micro Greens Asian Mix 8oz (72 hr notice)	Trays
133100	Micro Greens Assorted Mix 8oz (RAINBOW/SPECTRUM)	8oz Tray
MWF-7737	Micro Greens Basil 6oz Flavour Fields	Trays
181926	Micro Greens Basil 8oz **LIMITED**	8oz Tray
MWF-9171	Micro Greens Basil 8oz BIPOC LOCAL Urban Eden, IL **LIMITED**	Case
6103596	Micro Greens Basil Opal 8oz (72 hr notice)	8oz Tray
01-1308	Micro Greens Borage 8oz (72 hr notice)	8oz Tray
01-1307	Micro Greens Broccoli 8oz (72 hr notice)	8oz Tray
181924	Micro Greens Bulls Blood 8oz	8oz Tray
MWF-7810	Micro Greens Bulls Blood 8oz LOCAL Garfield Produce, IL	Trays
01-10340	Micro Greens Cabbage Red 8oz (72 hr notice)	8oz Tray
6103597	Micro Greens Celery 8oz	8oz Tray
MWF-7788	Micro Greens Celery 8oz BIPOC LOCAL Urban Eden, IL **LIMITED**	Case
MWF-11616	Micro Greens Celery Flavour Fields 6oz	Case
6103598	Micro Greens Chervil 6oz (72 hr notice)	8oz Tray
7843979	Micro Greens Chives 8oz (72 hr notice) **LIMITED**	8oz Tray
01-1344	Micro Greens Cilantro 4oz (72 hr notice)	4oz Tray
3103599	Micro Greens Cilantro 8oz	8oz Tray
MWF-9172	Micro Greens Cilantro 8oz BIPOC LOCAL Urban Eden, IL **LIMITED**	Case
01-12146	Micro Greens Cilantro 8oz LOCAL Garfield Produce	Trays
MWF-11614	Micro Greens Cilantro Flavour Fields 6oz	Case
3103601	Micro Greens Citrus Mix 8oz (72 hr notice)	8oz Tray
MWF-1707	Micro Greens Cucumber Leaves 100ct Tray (72hr notice)	Case
6103593	Micro Greens Dill 8oz (72 hr notice)	8oz Tray
MWF-10335	Micro Greens Epazote 4oz (72 hr notice) **LIMITED**	Case
103591	Micro Greens Fennel 4oz (72 hr notice)	8oz Tray
01-4116	Micro Greens Fiesta (Chef's) Blend 8oz (72 hr notice)	8oz Tray
MWF-8431	Micro Greens Fire Stix Mix 50ct (72 hr notice)	Case
MWF-8429	Micro Greens Fire Stix RED 50ct (72 hr notice)	Case
61036001	Micro Greens Hearts On Fire (red veined sorrel) 8oz (72 hr notice)	8oz Tray
6103601	Micro Greens Herb Mix 8oz (72 hr notice)	8oz Tray
MWF-1324	Micro Greens Icebud 25ct Tray (72 hr notice)	Trays
01-2274	Micro Greens Intensity Mix 8oz (72 hr notice)	8oz Tray
6103595	Micro Greens Italian Mix 8oz (72 hr notice)	8oz Tray
01-4049	Micro Greens Kaiware Sprouts GOLD 4oz (72 hr notice)	8oz Tray
MWF-11166	Micro Greens Kaiware Sprouts RED 4oz (72 hr notice)	Case
6-2189	Micro Greens Kale Mix 8oz (72 hr notice)	8oz Tray
6103590	Micro Greens Kale Red 8oz (72 hr notice)	8oz Tray
01-11597	Micro Greens Leaves Beet Radiant 25ct (72 hr notice)	Tray Case
MWF-1799	Micro Greens Leaves Nasturtium LARGE 8oz 100ct (72hr notice)	Case
MWF-7576	Micro Greens Leek 8oz (72hr notice) **LIMITED**	Case
01-10662	Micro Greens Merlot Mix 4oz (72 hr notice)	8oz Tray
MWF-1785	Micro Greens Mini Crown Snow Crystal 50ct (72hr notice)	Case
21511	Micro Greens Mint 6oz **LIMITED**	8oz Tray



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MWF-11615	Micro Greens Mint Flavour Fields 6oz	Case
01-1272	Micro Greens Mint Lavender 3oz (72 hr notice)	8oz Tray
01-10793	Micro Greens Mirepoix Mix 8oz (72 hr notice)	8oz Tray
6103586	Micro Greens Mustard Dijon 8oz (72 hr notice)	8oz Tray
MWF-10535	Micro Greens Ocean Mix 8oz (72hr notice)	Case
01-1056	Micro Greens Oyster Leaves 50ct (72hr notice)	50ct Tray
6103602	Micro Greens Parsley Italian 6oz (72hr notice)	8oz Tray
6103578	Micro Greens Pea Shoots GOLD 8oz (72hr notice)	8oz Tray
01-11837	Micro Greens PETITE Amaranth RED 8oz (72 hr notice)	Case
01-11363	Micro Greens PETITE Asian Mix 8oz (48 hr notice)	Trays
MWF-1398	Micro Greens PETITE Basil 6oz (72hr notice)	Tray Case
MWF-10615	Micro Greens PETITE Basil Opal 3oz (72 hr notice)	Case
01-4367	Micro Greens PETITE Basil Opal 6oz (72 hr notice)	8oz Tray
01-11481	Micro Greens PETITE Bulls Blood 8oz (72hr notice)	Case
01-1836	Micro Greens PETITE Carnival Amaranth 8oz (72hr notice)	8oz Tray
1258933	Micro Greens PETITE Green Pea Shoots 8oz (72 hr notice)	8oz Tray
MWF-7926	Micro Greens Petite Green Pea Shoots 8oz BIPOC LOCAL Urban Eden, IL <b>**LIMITED**</b>	Case
800075	Micro Greens PETITE Hearts on Fire (red veined sorrel) 8oz (72hr notice)	8oz Tray
01-1342	Micro Greens PETITE Ice Plant Delicata 4oz (72 hr notice)	4oz Tray
MWF-1204	Micro Greens PETITE Merlot Mix 8oz (72hr notice) <b>**LIMITED**</b>	Case
MWF-10616	Micro Greens PETITE Mint Lavender 3oz (72 hr notice)	Case
01-11114	Micro Greens PETITE Mustard Green Frill 8oz (72 hr notice)	8oz Tray
01-1887	Micro Greens PETITE Mustard Red Frill 4oz (72 hr notice)	4oz Tray
01-2762	Micro Greens PETITE Nasturtium Leaves 8oz (72 hr notice)	8oz Tray
01-2509	Micro Greens PETITE Pea Green 8oz (72 hr notice)	4oz Tray
01-12110	Micro Greens PETITE Pea with Tendril 8oz (72hr notice)	Bag
01-1173	Micro Greens PETITE Primavera Mix 8oz (72 hr notice)	8oz Tray
MWF-1623	Micro Greens PETITE Pumpkin Greens 8oz (72hr Notice)	Case
01-1510	Micro Greens PETITE Season's Mix 8oz (72 hr notice)	8oz Tray
01-2500	Micro Greens PETITE Shamrock Lucky 100ct (72 hr notice)	100ct Tray
01-11836	Micro Greens PETITE Sorrel 8oz (72 hr notice) <b>**LIMITED**</b>	Case
MWF-1307	Micro Greens Petite Sorrel Meadow Mix Pink 100ct Tray (72 hr notice)	Case
MWF-11757	Micro Greens PETITE Tatsui 8oz (72 hr notice)	Case
6103577	Micro Greens Popcorn Shoots 8oz (72 hr notice)	8oz Tray
01-2007	Micro Greens Radish Daikon 8oz (72 hr notice)	8oz Tray
MWF-9039	Micro Greens Radish Firework 8oz (72 hr notice)	Case
6103576	Micro Greens Radish Ruby Red 8oz (72 hr notice)	8oz Tray
154501	Micro Greens Rainbow Mix 8oz LOCAL Garfield Produce	8oz
125899	Micro Greens Sea Beans 8oz (72 hr notice)	8oz Tray
6103594	Micro Greens Shiso Green 8oz (72hr notice)	8oz Tray
6103583	Micro Greens Shiso Red/Purple 8oz (72 hr notice)	8oz Tray
01-2178	Micro Greens Sorrel 8oz (72 hr notice)	8oz Tray
01-11127	Micro Greens Sunflower Shoots 1lb (72hr notice)	Case
01-1271	Micro Greens Tangerine Lace 8oz (72 hr notice)	8oz Tray
5181001	Micro Greens Tarragon 8oz (72 hr notice)	8oz Tray
4158987	Micro Greens Thyme 6oz (72 hr notice)	8oz Tray
MWF-1323	Micro Greens Verbena Mix 200ct (72hr notice)	Case
MWF-7927	Micro Greens Wasabi 8oz BIPOC LOCAL Urban Eden, IL <b>**LIMITED**</b>	Case
6103592	Micro Greens Watercress 8oz (72hr notice)	8oz Tray