



MIDWEST FOODS

Locally Owned | Family Owned | Women Owned

Spring Collection 2025 March 28 - May 31



Chicago, IL | 773.927.8870 | midwestfoods.com | Kenosha, WI



MIDWEST FOODS

Who We Are

locally owned

Proudly supporting local farms and businesses

Fostering strong connections in our community

family owned

Prioritizing relationships over transactions

Decades of experience dedicated to serving

women owned

Championing diversity and empowerment

Driving foodservice progress through inclusion



2025



Spring

March 28 - May 31

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On The Table

A Fresh Season, A Fresh Approach

Spring signals a fresh start—a time to rethink, refresh, and reimagine. It's the perfect moment to introduce our newly designed Midwest Foods Seasonal Catalog, an essential resource for insight, inspiration, and the finest ingredients of the season—all in one place.

For decades, we've built meaningful relationships with farmers, growers, and producers to bring you the best of each harvest. This new catalog reflects that commitment, helping you map out your menu, discover standout products, and stay ahead of seasonal trends with ease. Inside this Spring Collection, you'll find peak-season produce at its finest—zesty radishes, sweet peas, vibrant strawberries, and more. Whether you're crafting seasonal specials, updating grab-and-go options, or simply looking for the highest-quality ingredients, this catalog is designed to make sourcing easier, smarter, and more inspiring than ever.

And it's more than just a guide to what's fresh—we've also included inspiring farm stories, seasonal recipes, and staff features that showcase what makes our team and partnerships so special. Each season, we'll deliver a fresh catalog filled with tailored recipes, seasonal ingredients, and content that complements upcoming holidays and highlights the best produce, all designed to help you meet your needs.

This marks an exciting step forward in how we connect with you, our valued partners. We look forward to growing together this season and beyond.



Erin Fitzgerald

Owner, Midwest Foods

Availability Guide



Many of the spring items featured in this catalog are already available and more will be arriving as the season progresses.

Below is a guide to when you can expect some of our featured specialty items that are not already available to arrive. Please check your ordering portal or ask customer service for the most accurate reflection of what is currently available, as the below is not a guarantee of availability.

As always, keep an eye on our Weekly Specials emails or check the Weekly Specials page of our website for the latest fresh arrivals!

<i>Item</i>	<i>Expected Arrival</i>
Apricots	Mid May
Fiddlehead Ferns	Mid April
Forelle Pears	Early April
Green Almonds	Early April
Green Strawberries	Late May
Local Bunch Carrots	Late April
Local Carrots Nantes	Early May
Morel Mushrooms	Mid April
Nectarines	Late April
White Peaches	Late April
Peaches	Late April
Purple Asparagus	Early April
Purple Snap Peas	Early May
Radish Purple Daikon	Early April
Radish Red Daikon	Early April
Spring Onions	Early April
Stinging Nettles	Early April
Turnip Scarlet	Early April
Wild Ramps Leek	Early April





Holiday Menu Planning: Easter

See page 17 for recipe and item codes!



Rainbow Chard #160000P



Carrots Rainbow Large Organic #4634153

Holiday Menu Planning: Easter



Baby Artichokes **#154300** | English Peas **#MWF-1642**
Green Garlic Organic **#01-11404** | Meyer Lemons **#01-11688**



Spring Onion Red Organic **#01-12100**



Radish Bunch Tops on **#01-1009**



Holiday Menu Planning: Mother's Day

See page 19 for recipe & item codes!



Apricots #01-11509 Arrive in May



Micro Greens Wasabi #1258992

Local Micro Greens Bulls Blood #MWF-7810

Holiday Menu Planning: Mother's Day



Natalie's Orange Juice #064200



English Peas #MWF-1642
Fava Beans #155200 Special Order
Radish Cello #01-2216



Edible Flowers Fuchsia Mix #01-1461 72 HR Notice



Arugula #135900
Cherry Tomatoes #174000P



Easter & Mother's Day

Produce

#01-11509	Apricots 72 ct <i>May</i>
#135900	Arugula 1 lb
#154400	Asparagus Jumbo 11 lbs
#154500	Asparagus Large Local 11 lbs
#159200	Asparagus Standard Local 11 lbs
#210155	Asparagus White 11 lbs
#059700	Baby Iceberg Lettuce 40 ct
#155300	Beans French 5 lbs
#156100P	Beets Baby Gold w/Tops 24 ct
#156200P	Beets Baby Red w/Tops 24 ct
#01-3812	Berries Blackberries Organic 12 x 6 oz
#01-1436	Berries Blueberries Organic 12 x 6 oz
#01-2877	Berries Raspberries Organic 12 x 6 oz
#01-10962	Brussels Sprouts Medium 25 lbs
#158500P	Carrot Baby Orange w/ Tops 24 ct
#645616	Carrot Baby Peeled w/ Tops 5 lbs
#01-12239	Carrots Baby Assorted w/ Tops 24 ct
#159200	Carrots Baby Peeled Tri-Color w/ Tops 5 lbs
#645616	Carrots Baby Peeled w/Tops 5 lbs
#MWF-7945	Carrots Nantes Local 25 lbs <i>May</i>
#4634153	Carrots Rainbow Large Organic 25 lbs
#170200P	Easter Egg Radish Baby 24 ct
#161300P	Endive Red Belgian 8-10 lbs
#180450P	Endive White Belgian 10 lbs
#MWF-1642	English Pea 25 lbs
#155200P	Fava Beans 25 lbs <i>Special Order</i>
#01-11274	Kale Red Organic 24 ct
#164000	Lettuce Treviso 10 ct
#MWF-7810	Micro Greens Bulls Blood 8 oz Local
#1258992	Micro Greens Wasabi 8 oz
#MWF-2619	Radish Purple Daikon Organic 10 lb

#MWF-1999	Radish Red Daikon Organic 25 lbs <i>April</i>
#160000P	Rainbow Chard
#MWF-7556	Rainbow Chard Organic
#01-12120	Rhubarb 10 lbs
#01-12100	Spring Onion Red Organic <i>April</i>
#177600	Spring Onion Knob
#174903	Tomato Cherry Mixed Heirloom 12-1 pint
#179700P	Turnip Baby 24 ct
#MWF-8102	Turnip Scarlet Local Organic 25 lbs <i>April</i>
#01-4607	Watermelon Radish 5 lbs
#149100	Wheatgrass Tray Local 1 Tray



Local Wheatgrass Tray #149100

Featured Items



Dry Goods, Frozen & More

#210029	Applewood Sliced Bacon Local 14/18 15 lbs
#MWF-11517	Blinis Pancake Mini Plain 1.77" French Frozen 2 x 120 ct
#MWF-11530	Butter Roll Garlic Parsley Frozen 12 x 8.8 oz
#01-2311	Chocolate 30% White Pistoles Coins Noel 11 lbs
#01-2310	Chocolate 35% Milk Pistoles Coins Noel 11 lbs
#01-2312	Chocolate 64% Bittersweet Pistoles Coins Noel 11 lbs
#7809743	Crepe Shell 6" Plain Frozen Special Order 100 ct
#MWF-3593	David's Sugar Cookie Frozen Dough 213 x 1.5 oz
#126800	Eggs Whole Liquid Papetti 15 x 2 lbs
#121606	Fresh Local Mozzarella Ciliegine .33 oz 2-3 lbs
#01-2852	Fresh Local Mozzarella Ovolini 5oz 2 x 3 lbs
#116800DG	Horseradish Prepared Extra Hot 6 x 1 qrt
#61009J	Natalie's Grapefruit Juice 6 x 56 oz
#064200	Natalie's Orange Juice 4 x 1 gal
#146900	Local Potato Salad - American Country Maid 10 lbs
#119200	Potato Southern Diced 5/8 Fresh Par-Cooked 2 x 10 lbs
#210071	Puff Pastry Sheets Pennant Brand 10" x 15" 20 x 12 oz
#145000	Local Salad Coleslaw Shredded w/Mayo Country Maid 10 lbs

#61801	Local Sausage Pork Link 2 oz 10 lbs
#MWF-11533	Madeleine Cocoa-Hazelnut Filled Bulk Frozen 54 x 1.8 oz
#MWF-11534	Madeleine Large Blueberry Filled Bulk Frozen 54 x 1.8 oz
#MWF-11532	Madeleine Large Butter Plain Bulk Frozen 54 x 1.5 oz
#MWF-11523	Potato Au Gratin Individual Frozen 40 x 4.23 oz
#MWF-11522	Quiche Slab Mediterranean Frozen 4 x 2.2 lb
#MWF-11521	Quiche Slab Tomato Basil Goat Cheese Frozen 4 x 2.2 lb
#46002330	Shrimp 16/20 White Raw Tail on P&D 5 x 2 lbs
#1243354	Thomas' English Muffins Frozen 2 oz 12 x 6 ct

Pre-Cut Made Fresh in House

#01-22826	Brussels Sprouts Cleaned & Trimmed Whole 4 x 5 lbs
#210163	Carrot Bias Cut 1/4" 2 x 5 lbs
#137600	Carrot Whole Peeled 25 lbs
#01-10872	Cheese Tray 1 x 6 lb <i>1 Business Day Notice</i>
#6546313	Fruit Mixed Chunk 3/4" 2 x 5 lbs
#142601	Radishes Sliced 1/8" 2 x 5 lbs
01-2018	Skewer 4" 2 x 25 ct (Can/Hon/Pin/Str) <i>2 Business Day Notice</i>
#113007	Turnip Diced 1" 2 x 5 lbs
#01-1107	Turnip Diced 3/4" 2 x 5 lbs



Plating Inspiration

Tiny Veggies 72 Hr Notice



 TINY VEGGIES™
TINY VEGGIES™ CARROT

Carrot

50 ct tray | #226090



 TINY VEGGIES™
TINY VEGGIES™ CARROT MIX

Carrot Mix

50 ct tray | #MWF-1394



 TINY VEGGIES™
TINY VEGGIES™ CRUDITE MIX™

Crudite Mix

50 ct tray | #226095

Crystals 72 Hr Notice



 MINI FLOWER CRYSTALS®
HIBISCUS

Hibiscus Crystals

6 oz | #01-12026



 MINI FLOWER CRYSTALS®
ROSE

Rose Crystals

6 oz | #01-12027



 MINI HERB CRYSTALS®
BASIL

Basil Crystals

6 oz | #01-12022

Edible Flowers 72 Hr Notice



 EDIBLE FLOWERS
BEGONIA HEARTS MIX™

Begonia Hearts Mix

50 ct | #MWF-10807



 EDIBLE FLOWERS
CHAMOMILE FLOWER

Chamomile Flower

50 ct | #MWF-7554



 EDIBLE FLOWERS
COSMOS

Cosmos

50 ct | #01-11301

with *Fresh Origins*®



Tiny Veggies 72 Hr Notice



TINY VEGGIES™
FRESH ORIGINS TINY VEGGIES™ LEEK

Leek
50 ct | #01-1013



TINY VEGGIES™
FRESH ORIGINS TINY VEGGIES™ RADISH MIX

Radish Mix
50 ct | #01-12162



TINY VEGGIES™
FRESH ORIGINS TINY VEGGIES™ TURNIP WHITE

Turnip White
50 ct | #MWF-1395

Micro Flowers 72 Hr Notice



MICRO FLOWERS™
FRESH ORIGINS MICRO DIANTHUS™

Dianthus
200 ct | #01-1346



MICRO FLOWERS™
FRESH ORIGINS MICRO LAVENDER FLOWER™

Lavender
100 ct | #MWF-2634



MICRO FLOWERS™
FRESH ORIGINS MICRO ORCHID™

Orchid Mix
100 ct | #01-1330

Edible Flowers 72 Hr Notice



EDIBLE FLOWERS™
FRESH ORIGINS PANSY

Pansies
50 ct | #161700



EDIBLE FLOWERS™
FRESH ORIGINS PREMIUM ASSORTMENT

Premium Assortment
75-125 ct | #01-11892

Decorative Flowers



DECORATIVE FLOWERS™
FRESH ORIGINS DECORATIVE ORCHID

Decorative Orchids
100 ct | #161500



Holiday Menu Planning: Cinco De Mayo

See page 21 for recipe & item codes!



Avocado Haas **#MWF-1318**
Cilantro **#131700**
Tomato Vine Ripen **#01-2188**



Precut Fajita Mix **#15022**
Precut Lime Wedges **#210228** 1 Day Notice
Sour Cream Local **#210079D**

Holiday Menu Planning: Cinco De Mayo



Cinco De Mayo Produce & Pre-Cut

#MWF-1810	Avocado- Hass 70 ct
#01-4261	Cilantro 30 ct
#01-12074	Corn - Bicolor 48 ct
#048600	Pre-Cut Fajita Mix Red/Gr Pepp/ Onion 1/4" 2 x 5 lbs
#EC-2020	Guacamole Mild 12 x 8 oz
#210228	Lime Wedge 8 Cut 2 x 5 lbs 1 Business Day Notice
#139300	Onion Diced 1/4" 2 x 5 lbs
#EC-32878	Pepper Jalapeño 1/4 Sliced 2x5 lbs
#210142	Pico De Gallo 3/8" 2 x 5 lbs
#148401P	Poblano Pepper 20 lbs
#PA2212	Shredded Lettuce 1/4" 5 lbs
#01-4631	Tomatillos 5 lbs
#101810	Tomato Diced 1/4" 2 x 5 lbs
#01-2188	Tomato Vine Ripen 5x5 25 lbs



Pico De Gallo
3/8" 2x5 lb
#210142
*made in-house with
fresh produce*

Dry Goods & More

#8585662	Corn Tortillias 4 Cut for Frying Chips Atotonilco 20 lbs
#3403570	Cotija Cheese V&V Supremo 6x1 kg
#172500	Flour 6" Atotonilco 36x9 oz
#8787222	Green Pepper Chile Diced 12x27 oz cans
#79874613	Queso Fresco V&V Supremo 4x2.27 kg
#MWF-7536	Salsa Verde (Green) Herdez 6x68 oz
#14315454D	Shredded Chihuahua V&V Supremo 4x5 lbs
#210079D	Sour Cream LOCAL Prairie Farms 4x5 lbs
#327038	Tortilla Chips Totopos Triangle El Milagro 12x1 lbs
#01-4365	White Corn 6" Atotonilco 16x36 ct
#105900	Yellow Corn 6" El Milagro 24x24 ct



Herdez Salsa
6 x 68 oz | #MWF-7536



**MIDWEST
FOODS**



72-Hour Notice is Required for ALL Essential Mixologist items.

Availability on all items is subject to change without notice.



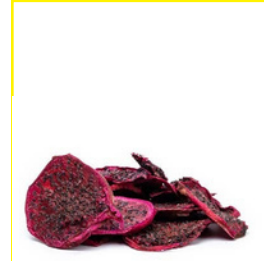
Dried Sliced Apple
180ct | MWF-9992



Dried Sliced Banana
75ct | MWF-9994



**Dried Shaved
Cucumber**
75ct | MWF-9998



**Dried Sliced Dragon
Fruit Red**
1lb | MWF-9993



**Dried Sliced Jalapeno
w/Hook**
120ct | MWF-9996



Dried Sliced Lime
300ct | MWF-9985



Dried Sliced Mandarin
126ct | MWF-9989



Dried Sliced Orange
126ct | MWF-9988



Dried Sliced Papaya
110ct | MWF-9995



Dried Sliced Pear
180ct | MWF-9991



**Dried Sliced
Pineapple**
120ct | MWF-9990



**Dried Sliced Pink
Grapefruit**
84ct | MWF-9987



**Dried Sliced Red
Pepper Sticks**
300ct | MWF-9997



**Dried Sliced
Yellow Lemon**
170ct | MWF-9986

**All Items
Require
72-Hour
Notice**





Availability on all items is subject to change without notice.

Orange Juice

Orange Juice 25x8 OZ | #01-4392
7 BUSINESS DAY NOTICE

Orange Juice 4x1 GAL | #064200

Orange Juice 6x12 OZ | #MWF-11657
7 BUSINESS DAY NOTICE

Orange Juice 6x32 OZ | #MWF-1405
7 BUSINESS DAY NOTICE

Orange Juice 6x32 OZ | #MWF-1405
7 BUSINESS DAY NOTICE

Orange Juice 1 GAL | #01-2511

Blood Orange 6x12 OZ | MWF-11650
7 BUSINESS DAY NOTICE

Blood Orange 6x32 OZ | MWF-1767
7 BUSINESS DAY NOTICE

Combo Juices

Orange Beet 6x12 OZ | MWF-11656
7 BUSINESS DAY NOTICE

Orange Beet 6x32 OZ | MWF-1126
7 BUSINESS DAY NOTICE

Orange Mango 6x12 OZ | MWF-11658
7 BUSINESS DAY NOTICE

Orange Mango 6x32 OZ | MWF-1766
7 BUSINESS DAY NOTICE

Orange Pineapple 6x12 OZ | MWF-11659
7 BUSINESS DAY NOTICE

Pineapple Kale Zinc 6x12 OZ | #MWF-11660
7 BUSINESS DAY NOTICE

Carrot Ginger 6x12 OZ | #MWF-11654

1 gal



32 oz

8 oz



Other Juices

Grapefruit Juice 1x56 OZ | #01-4328

Grapefruit Juice 6x12 OZ | #MWF-11655
7 BUSINESS DAY NOTICE

Grapefruit Juice 6x56 OZ | #61009J

Tangerine 6x12 OZ MWF-11661
7 BUSINESS DAY NOTICE



FRESH MIDWEST 2025

Grab N Go Picks of the Season

48-Hour Notice is Required for ALL Grab N Go items

Sandwiches & Wraps



- #MWK-210 Bavarian Ham & Swiss on Pretzel Bun 8 ct
- #MWK-612 Buffalo Style Chicken Wrap 8 ct
- #MWK-112 Turkey Club on Wheat 8 ct
- #MWK-613 Turkey & Cheese Wrap 8 ct
- #MWK-114 Turkey & Swiss on Croissant 8 ct
- #MWK-634 Seasoned Chicken Caesar Wrap 8 ct



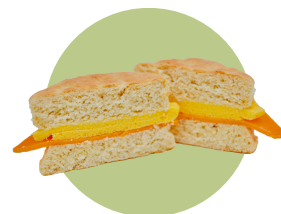
Fruit

- #MWK-209 Fresh Mixed Fruit Cup 9 ct
- #MWK-222 Fresh Strawberry Cup 9 ct
- #MWK-216 Fresh Watermelon Cup 9 ct



Salads

- #MWK-416 Chicken Caesar Salad 4 ct
- #MWK-424 Cobb Salad 4 ct
- #MWK-413 Spinach & Blue Cheese Salad 4 ct



Breakfast

- #MWK-810 Egg & Cheese Biscuit 8 ct
- #MWK-815 Ham & Cheese Croissant 8 ct
- #MWK-804 Egg & Sausage Sunrise Burrito 8 ct



Parfaits & Dessert

- #MWK-310 Blueberry Granola Parfait 9 ct
- #MWK-710 Oreo Delight Dessert 9 ct
- #MWK-311 Strawberry Granola Parfait 9 ct



New!
Sustainable
Packaging



Snacks

- #MWK-514 Grapes & Colby Cheese 9 ct
- #MWK-512 Midwest Powerpack 8 ct
- #MWK-510 Veggie & Hummus Dipper 8 ct

Full selection of Grab N Go items available in the ordering portal and midwestfoods.com

Sip & Snack



48-Hour Notice is Required for ALL Grab N Go items

Juiced!

- #MWF-1723 Kay Dee Power
- #MWF-1722 Invincibility
- #MWF-1721 Super Destroyer
- #MWF-1720 Eternal Life
- #MWF-1719 Bionic Glow
- #MWF-1728 Trim & Tasty
- #MWF-261 Bonus Immunity Shot
- #MWF-025 Bonus Recharge Shot

Olipop

- #MWF-8094 Classic Grape
- #MWF-8098 Orange Squeeze
- #MWF-8096 Vintage Cola
- #MWF-8099 Strawberry Vanilla
- #MWF-8095 Ginger Lemon
- #MWF-8097 Cherry Vanilla
- #MWF-10328 Classic Root Beer



Juiced!
Cold-Pressed Juicery

Bionic Glow
6x12 oz
#MWF-1719



Juiced!
Cold-Pressed Juicery

Bonus Immunity Shot
2x4 oz
#MWF-261



OLIPO

Orange Squeeze
12x12 oz
#MWF-8098

Seasonal Snacks

- #MWK-1500 Almonds Whole Roasted & Salted
- #MWK-7111 Easter M&Ms
- #MWK-1550 Jordan Almonds
- #MWK-1520 Peanut Butter Toffee
- #MWK-7000 Whoppers



Easter M&Ms

20x3.6 oz
MWF-7111

Spring Bites



In the Kitchen with Chef Rich

Meet **Chef Richard Sowa**, Midwest Foods' Culinary Director & R&D Chef. A 2009 graduate of Triton College, Chef Rich brings a diverse culinary background spanning banquets, raw vegan cuisine, airline catering, and

contemporary American cooking. His passion for food was sparked by his grandmother, Mama Sue, a Southern belle known for her irresistible sweets. Inspired by her love of bringing people together through food, Chef Rich creates dishes that celebrate flavor, seasonality, and connection. In this edition, he's crafted three vibrant spring recipes to elevate your menu, including a heartfelt Mother's Day tribute to Mama Sue (P.19). Be sure to check each seasonal catalog for fresh inspiration, as Chef Rich showcases innovative ways to highlight our best seasonal ingredients.

Spring Radish & Feta Salad



Recipe



Ingredients

- 1 bunch radishes
- 1 bunch Radish Purple Daikon
- 1 bunch Easter egg radishes
- 2 large stripped beets
- 1 cucumber
- 1/2 cup fresh fava beans
- 1/4 cup crumbled feta cheese
- Microgreens of choice (we used basil)
- Edible flowers (optional)
- 1 Meyer lemon
- 2 tbs fresh lemon juice
- 1/8 tsp lemon zest
- 1/4 cup extra virgin olive oil
- 2 tbs honey
- 2 tbs melted butter
- Salt and freshly ground black pepper, to taste

Your Midwest Foods Shopping List

- *Baby Easter Egg Radishes* | #170200P
- *Cucumber* | #160700P
- *Edible Flowers* | #161700
- *Fava Beans* | #155200P
- *Feta Cheese Local* | #01-4674
- *Meyer Lemons* | #01-11688
- *Microgreens Basil* | #MWF-7737
- *Radish Bunch Tops On* | #01-1009
- *Radish Purple Daikon Organic* | #MWF-2619
- *Striped Beets* | #156300P

Instructions

Prepare Vegetables:

- Wash all radishes, cucumber and beets thoroughly. Using a mandoline or sharp knife, thinly slice them.
- Blanch fava beans briefly in boiling salted water, approximately 2 minutes, then transfer immediately to ice water to halt cooking. Peel the outer skin.

Assemble Salad:

- Arrange sliced radishes and cucumber elegantly on serving plates. Scatter blanched fava beans evenly across the salads.
- Top with crumbled feta cheese.
- Garnish with microgreens, edible flowers, and a few slices of lemon.

Make Dressing:

- In a small bowl, whisk together lemon juice, lemon zest, olive oil, honey, melted butter, salt, and pepper until emulsified.

Serve:

- Drizzle salad lightly with lemon vinaigrette just before serving, or serve dressing on the side.

Enjoy this bright and colorful spring-inspired salad!



*Recipe by Chef Richard Sowa, Midwest Foods
Culinary Director & R&D Chef*



Spring Bites

Mama Sue's Blackberry & Peach Cobbler



Recipe



Ingredients

- 5 cups fresh blackberries, washed
- 2 cups fresh peaches
- 2 cup granulated sugar
- 1 tsp Meyer lemon zest
- 3 cup all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 cup milk
- 1 cup unsalted butter, melted
- Vanilla ice cream, for serving (optional)

Your Midwest Foods Shopping List

- *Baking Powder* | #01-5006
- *Blackberries* | #148556
- *Flour All Purpose* | #055500
- *Meyer Lemons* | #01-11688
- *Peaches* | #01-11347
- *Sugar Granulated Cane* | #098900
- *Unsalted Butter* | #121500
- *Whole Milk* | #01-4093

& bake with love

Instructions

Preheat oven to 375°F (190°C).

Prepare the Fruit Filling:

- Mix blackberries, peaches, sugar, and Meyer lemon zest; let sit. Let sit for 15-20 minutes.

Make the Batter:

- In another bowl, whisk together flour, baking powder, and salt. Add milk and melted butter, stirring until mixed.

Assemble the Cobbler:

- Pour the fruit mixture into a greased dish and Evenly spoon the batter on top of the berries and peaches—do not stir.

Bake to Perfection:

- Bake for 45-50 minutes, or until golden and bubbly.

Serve:

- Cool slightly, top with ice cream, and garnish with fresh berries.

Enjoy this Mother's Day-inspired Blackberry Peach Cobbler!



*Recipe by Chef Richard Sowa, Midwest Foods
Culinary Director & R&D Chef*



Spring Bites

Elote Guacamole



Recipe



Ingredients

- 3 ripe Hass avocados
- ¼ cup diced jalapeño pepper
- ¼ cup diced red onions
- 1 cup corn
- 1 lime, juiced
- ¼ cup chopped fresh cilantro
- ¼ cup Cotija cheese
- ¼ cup sour cream
- 2 tablespoons mayonnaise (optional)
- 1 teaspoon Hot Buffalo Sauce
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- Kosher salt, to taste
- Tortilla chips

Instructions

Prepare Guacamole:

- Cut the avocados in half, remove the pits, and scoop the flesh into a bowl. Mash the avocado to your preferred consistency.
- Stir in lime juice, diced jalapeño, chopped cilantro, and season with salt to taste.

Prepare Spicy Aioli:

- Combine sour cream, mayonnaise, Buffalo Sauce, garlic powder, paprika, and cayenne pepper.
- Season with kosher salt and freshly ground black pepper to taste. Gently mix until well combined.

Garnish:

- Top with remaining jalapeño slices, cooked corn, extra Cotija cheese, cilantro, and a dash of paprika for added color.

Enjoy immediately with tortilla chips for dipping.

*Recipe by Chef Richard Sowa, Midwest Foods
Culinary Director & R&D Chef*

Your Midwest Foods Shopping List

- *Cayenne Pepper* | #4345345
- *Cilantro* | #01-4261
- *Corn* | #01-12074
- *Cotija Cheese* | #3403570
- *Diced Jalapeño Pepper* | #141301
- *Garlic Powder* | #093600
- *Hass Avocados* | #MWF-1810
- *Jumbo Red Onion* | #166800P
- *Kosher Salt* | #086400
- *Lime* | #01-3632
- *Mayonnaise* | #068100
- *Paprika* | #095200
- *Sour Cream* | #210079D
- *Tortilla Chips* | #327038





Staff Spotlight

Women's History Month Edition

As a Woman-Owned business, we're proud to celebrate Women's History Month here in our first staff spotlight of our new seasonal catalog. In this edition, we're highlighting just a few of the many incredible women at Midwest Foods whose dedication and hard work drive our success every day.



Get to know **Silvia**, Customer Service Team Lead! Silvia has been with the company for 3 years, beginning with a Customer Service position and has worked her way to up to a lead role.

The Power of Communication

Customer service is often the first point of contact for clients, and Silvia understands the weight of that responsibility. She points out that success in the role depends on "constant communication." She knows that accuracy is essential in her role—one mistake could have a ripple

effect. "I prioritize making sure I give accurate information. By listening to their needs I'm able to go to the correct person to ensure those needs get met," Silvia explains. It's this level of dedication that has earned her lasting trust with customers. "It feels really nice when customers ask for me specifically," she shares. Silvia loves going above and beyond in order to make customers feel heard and believes that kindness is key. "Sometimes just taking an extra two minutes to listen to their frustrations or digging a little deeper in order to help them seems to go a long way."

Beyond the connections she's able to create with customers, Silvia enjoys the fast-pace and variety of her job, "Every day we deal with new scenarios!" She feels the job is never boring and loves constantly adapting to new handle new and unique situations.

For Silvia, working at a woman-owned company is something to be proud of. She appreciates having strong female leadership at work. Silvia also loves the culture of her team and the way that they support each other. "We always jump in when others need help." She's looking forward to her future here at Midwest Foods, and is excited for our growth as a company, "I'm excited to see what new accounts we form relationships with!"

With her dedication to customer service, strong problem-solving skills, and passion for building relationships, Silvia is an essential part of the Midwest Foods team—ensuring that customers feel valued and that operations run smoothly every day.

Staff Spotlight



For the past four years, **Miriam** has been one of our dedicated drivers, delivering our fresh produce across the city and suburbs. What started as a leap of faith has turned into a rewarding career filled with challenges, growth, and strong customer relationships.



On the Road with Miriam

Miriam's journey into professional driving began with determination. "I drove for Uber to save up money to get my Class C license," she shares. Before joining Midwest Foods, she had already spent nine years behind the wheel, but transitioning into her role here came with some obstacles -- "At first, I was nervous about the heavy lifting," she shares. But she didn't let it hold her back, and she quickly realized that it was nothing she couldn't handle. Now she drives one of our busy downtown routes with ease!

Being a Midwest Foods delivery driver is no easy feat, but Miriam thrives on the fast-paced nature of the job. "I've had the chance to explore different parts of the city and suburbs, meet new people—it's exciting, and I love it!" she shares. When problems arise, Miriam remains calm, a quality that comes naturally to her. She acknowledges how easy could be to get caught up in the rush and road rage of city traffic, but Miriam knows staying centered and maintaining perspective is essential. "Keeping a positive attitude is key," she says.

In many ways, our drivers are the face of our company. Miriam is aware of this and values the strong relationships she's built. "If you have good relationships with customers, they come to you with questions or concerns. It's rewarding to know they trust us."

As a woman in a male-dominated field like trucking- Miriam has heard it all- "I've been asked, you want to do a desk job,' but everybody likes the job they like and I like driving." She's proving every day that women belong in this field just as much as anyone else. For Miriam, working at a woman-owned, family-operated company is especially meaningful. "It's beautiful because you're helping them grow, and at the same time, you're growing with them." Miriam encourages other women to pursue careers in transportation if it's something they're passionate about. "Don't give up. If you really love the job, you'll do it and you'll prove people wrong day by day."





Staff Spotlight



After obtaining her degree in biology, **Kristin** began her career in food safety as a QA Tech, conducting lab tests and doing environmental monitoring. Over the years she built expertise in documentation, HACCP coordination, and SQF certification. She joined Midwest Foods as a Documentation Specialist and SQF Practitioner, eager for growth. “I was trained my first year to take over as FSQA Manager,” she says.

Behind the Scenes of Food Safety

Ensuring food safety is a company-wide effort, and Kristin plays a crucial role in maintaining the high standards we hold here at Midwest Foods.

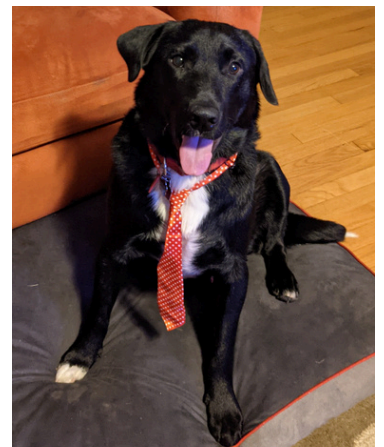
“We collaborate across departments to uphold the best practices and stay ahead of regulations, industry trends, and customer expectations,” she explains. Supply-chain stress can be a common pitfall in the industry, but as Kristin says “We’re fortunate to have an outstanding purchasing team that works closely with food safety to ensure flexibility while maintaining the same high level of quality,” She also emphasizes the importance of continuous training. “Every employee is trained in food safety before their first day, with refresher courses throughout the year. We also use One-Point Lessons to highlight industry-wide concerns or regulatory updates.”

Food safety is an ever-evolving industry, and as a team we’re constantly striving to remain on the cutting edge. With Kristin leading the charge in food safety, we’ve been able to achieve SQF Scores of 100 at both our Chicago and Kenosha facilities, a well-deserved point of pride for Kristin, “It proved that everything we’ve built is working.”

What many don’t realize, she notes, is the sheer amount of documentation involved. “It’s not just production and testing—it’s supplier documents, customer questionnaires, regulatory reports, scientific research, and more.”

Reflecting on the future, Kristin is excited about what’s ahead. “I’m looking forward to expanding our footprint and exploring new opportunities in value-added and convenience goods.” Outside of work, she enjoys walks with her dog Eli, movie nights with her husband, and dining out from Milwaukee to Chicago.

Kristin’s dedication and forward-thinking have helped us reach our high food safety goals, one of our highest priorities.



Staff Spotlight



For 10 years, **Jacqueline “Jackie”** has been an integral part of Midwest Foods, growing from her first role as an Accounts Receivable Clerk fresh out of college to her current position as Transportation Supervisor, which she has held for the past three years. Jackie plays a vital role in ensuring our deliveries run smoothly and helping customers receive their orders on time with the service they rely on.



Driving Success at Midwest Foods

Stepping into a leadership role can be intimidating, but Jackie embraced the challenge head-on. “At first, I was intimidated, and then I remembered that fear can only stop you if you allow it. Sometimes you have to step out of your comfort zone and take a leap of faith in order to change and transform—it was the best decision I’ve made.” The transportation industry comes with its fair share of challenges, from weather and traffic delays to last-minute delivery changes. Through it all, Jackie leads with decisiveness, quick thinking, and a positive attitude that energizes her team. “The customer depends on me and my driver to get the order to them,” Jackie shares. “My goal is to make sure they are satisfied with their delivery and the product. If they aren’t, then I must find a solution that works for all of us.”

Even with the best preparation, unexpected challenges can arise on the road. That’s why Jackie emphasizes strong communication and trust within her team. “Not only do my drivers rely on me to make the right call, but my team does as well—and I can’t let them down.” Her ability to stay calm under pressure and make quick, effective decisions has earned the trust of her colleagues, making problem-solving smoother and the workday more enjoyable. “Overall, I enjoy my job because of who I work with.”

As we celebrate Women’s History Month, Jackie reflects on what it means to work at a woman-owned company in a historically male-dominated industry. “I feel honored to be part of a company that is woman-owned.” She recognizes the progress women have made in fields like shipping and transportation, adding, “Now you see women who are CEOs, running for office, owning their own companies—even having a CDL.” To the next generation of women looking to advance in this industry, Jackie shares her advice: Stay calm in stressful situations, make quick decisions, communicate effectively, and trust in your own confidence. And to anyone feeling hesitant about taking on a new challenge, she reminds us: “Sometimes change can unlock the potential within yourself.” Jackie’s journey is a testament to the power of resilience, leadership, and teamwork. Through her dedication, she helps keep Midwest Foods moving forward!



Staff Spotlight



Alex, Director of Local & Sustainability at Midwest Foods, connects farmers and chefs to drive sustainability and strengthen local economies. With five years at Midwest Foods, including 3.5 in her current role, she's dedicated to building a resilient food system.

Connecting Farmers and Chefs

Alex's dedication to sustainability began in college, where she realized food's potential to address climate change and improve local economies. With a unique background working with farmers, third party certification, and foodservice chefs, she joined our team and now works to make it easier

for chefs to source locally while providing support to our farm partners. "Food is deeply personal," she points out. "We all eat every day, and we share meals and traditions with our families, friends, and neighbors. At the same time, food provides an opportunity to engage with issues that are large-scale and intersectional—like food access, climate change, environmental sustainability, and the goal of supporting local farmers and promoting thriving local economies in both rural and urban communities."

Midwest Foods partners with a range of farmers, ensuring consistent supply and supporting sustainable farming practices. Under Alex's leadership, we have focused our sustainability efforts on food waste reduction and community initiatives like food donations and food-as-medicine programs. By expanding our industry-leading landfill diversion program to Kenosha, the trimmings that come from our highest volume slicing and dicing are all kept out of landfill--and out of our customers kitchens--maximizing yield and minimizing our collective carbon footprint. Alex emphasizes that local sourcing not only reduces environmental impact but also boosts creativity in the kitchen and strengthens local economies.

Alex's journey is a testament to the importance of women in leadership roles within the food industry. As a director at a woman-owned business, she has been able to grow her leadership skills through mentorship and participation in programs like the IFPA Emerging Leaders Program.

"Working for a company that not only values women in leadership but actively invests in opportunities for professional growth is incredibly rewarding," she shares. "It's an environment that encourages innovation, collaboration, and long-term vision, and it's exciting to be part of that change."

One of Alex's proudest accomplishments is her partnership with Deshawn Willingham of Chicago Urban Farm Solutions, helping expand his farm from a quarter-acre to 20 acres and connect with a model that can be replicated as a pathway for beginning farmers to strengthen and diversify our regional food system. She's excited to continue driving Midwest Foods' sustainability efforts. "The work is never done, but there's potential for lasting change," she says.

Farm Fresh Focus

Featured Farm



Deshawn Willingham

Chicago Urban Farm Solutions

Chicago, IL

Chicago Urban Farm Solutions, founded by Bronzeville native Deshawn Willingham, is a Black-owned farm business committed to providing fresh, locally grown produce to the city of Chicago. With a focus on addressing food inequities in underserved communities, the farm is dedicated to offering healthy, sustainably grown food to residents who need it most. "I immediately recognized the opportunity to give back to my community," says Deshawn. "In 2021, I took the leap and started my farm business, driven by a desire to make a difference."

His journey into farming began in 2018 when he discovered the Windy City Harvest Corps urban farming training program, aligning his passion for social services with sustainable agriculture. "Local food production is at the heart of my farm's mission," Deshawn explains. "As we move into the 2025 growing season, I look forward to working alongside individuals, businesses, and organizations that share my passion for local food and its impact on the community." Greens and lettuce are some of the standout crops Deshawn grows each season, providing fresh, high-quality produce for local residents.



Some of Chicago Urban Farm Solution's locally grown product is available now, with more to come as local season ramps up!

Keep an eye out for:
Nantes Carrots - ETA May

Available now:

Collard Greens 12 ct | **#MWF-7887**
Kale Green 24 ct | **#MWF-8040**
Lettuce Mesclun Mix 12 x 1/2 lb | **#MWF-8004**
Spinach 12 x 1/2 lb | **#MWF-7822**





Farm Fresh Focus

Featured Farm



Jenny Yang

Phoenix Bean

Chicago, IL

For over 30 years, Phoenix Bean has been a trusted supplier of handcrafted tofu in the Chicagoland area. Driven by her passion for nutritious, plant-based eating, Jenny Yang purchased the company in 2016. Jenny has been able to blend her business expertise with a rich heritage rooted in the tradition of tofu-making. Phoenix Bean exclusively uses non-GMO soybeans grown locally in Illinois, without chemicals or pesticides. Each batch of tofu is crafted in small batches to ensure quality and authenticity.

Their product line includes a variety of tofu, soymilk, and ready-to-eat salads. Phoenix Bean is also focused on sustainability, using energy-efficient equipment and finding creative ways to repurpose soybean pulp, reducing waste and supporting the local community.

As a proud woman-owned business, Phoenix Bean continues to thrive under Jenny's leadership.

This Women's History Month, we celebrate Jenny Yang's dedication to providing fresh, nutritious food while empowering her community through sustainable practices. Supporting Phoenix Bean is supporting a woman-led, local business making a lasting impact.



Available now:

Tofu Firm | **#MWF-1790**

Tofu Extra Firm | **#01-4299**

Tofu Five Spice Smoked | **#01-10863**

Looking Ahead



A Taste of Summer

As the seasons change, so do the flavors and fresh ingredients available to your kitchen. Get ready for the vibrant colors and bold tastes of summer. In this sneak peek, we're sharing a preview of the seasonal produce arriving next season!

Specialty Melons

This summer, go beyond the usual with an exciting selection of specialty melons. From the honey-sweet Hami to the rich, creamy Crenshaw and the fragrant Santa Claus melon, these seasonal favorites bring vibrant flavors and unique textures to your dishes. Perfect for fresh fruit bowls, seasonal salads, or a refreshing twist on summer beverages—these melons are a must-have for the warm months ahead!



Stone Fruit

Stone Fruit season will begin in late spring and reach its sweetest in summer! From luscious peaches and nectarines to vibrant plums and cherries, these sun-ripened favorites bring bold flavor and natural sweetness to summer menus.

Heirloom Tomatoes

Bursting with color and rich, garden-fresh flavor, heirloom tomatoes reach their peak in mid-to-late summer. Perfect for fresh salads, sandwiches, and bright summer dishes, these juicy tomatoes add a touch of nostalgia and unmatched taste to seasonal menus.



Partner With Us

Expertise in solving client challenges

Proven track record of delivering excellence

Dedication to community, diversity & sustainability



midwestfoods.com

