



# MIDWEST FOODS

*Locally Owned | Family Owned | Women Owned*

Summer Collection 2025

June 1 - September 1



Chicago, IL | 773.927.8870 | [midwestfoods.com](http://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



## Summer June 1 - September 1

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# On The Table

## Summer in the Field, Summer on Your Plate

Midwestern summer is fleeting—and unforgettable. With full fields and peak flavors, this is an opportunity to let the bounty of local farmers speak through your menus and let your creativity thrive in step with the season! With fresh, seasonal harvests arriving daily from our network of local farmers, we are proud to make it easy to buy local and tell farm stories from field to plate.

Our relationships with farmers are rooted in trust and a shared belief that local food can fuel something greater—whether that’s a resilient food system or a deeper connection between the people who grow food and the people who serve it.

Deshawn of Chicago Urban Farm Solutions shared that his partnership with Midwest Foods has been “the foundation of [his] business,” providing stability and the opportunity to grow. Nahun Alvarez of Berry Delicious echoed that impact, explaining that demand for local produce from Midwest Foods’ culinary community makes him more confident to invest in and develop methods that will increase and maintain the sustainability of their produce. Sustainability is not just about environmental or economic impact—supporting farmers today ensures there will continue to be local farmers for generations to come. “Working with Midwest Foods helps farmers understand the desire for locally grown produce and its impact on the chefs and people consuming the foods we grow.” In a global economy, he adds, “the need for locally grown produce can be a vibrant economy as well.”

That vibrancy is at the core of this catalog—our second seasonal collection in this new format. Every item reflects the care, dedication, and community spirit that defines our local network.

Thank you for supporting local food and the people behind every ingredient. We’re proud to be your partner in bringing the best of the season to your kitchen.



*Alex Frantz*

**Alex Frantz, Director of Local and Sustainability**



# Availability Guide



**Many of the summer items featured in this catalog are already available and more will arrive 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>
Beets Red Local	Mid-July
Blueberries Local	Early July
Candy Dream Grapes	End of July
Candy Heart Grapes	End of July
Cherries Rainier	Early July
Cherries Red	Early June
Eggplant Local	Mid-July
Heirloom Tomatoes Local	Early August
Lettuce Aquaponic Local	Mid-July
Pluots	Mid-July
Squash Zucchini	Early June
Yellow Watermelon	Mid-July



**Availability on all items in this Summer Collection is subject to change without notice.**





# Summer Produce



*See page 13 for recipe and item codes!*



*See page 12 for recipe and item codes!*



**Local Blueberries #01-11468 Arrive in July!**



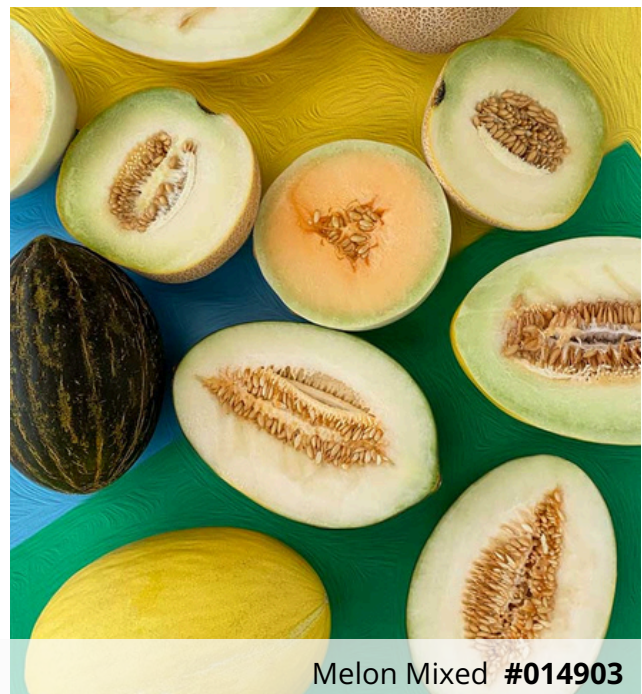
# Picks of the Season



Local Corn **#01-12074**



Yellow Watermelon **#01-11657 Arrives in July!**



Melon Mixed **#014903**





# Local Picks of the Season

*See page 15 for recipe and item codes!*



Rainbow Chard **#MWF-7876**



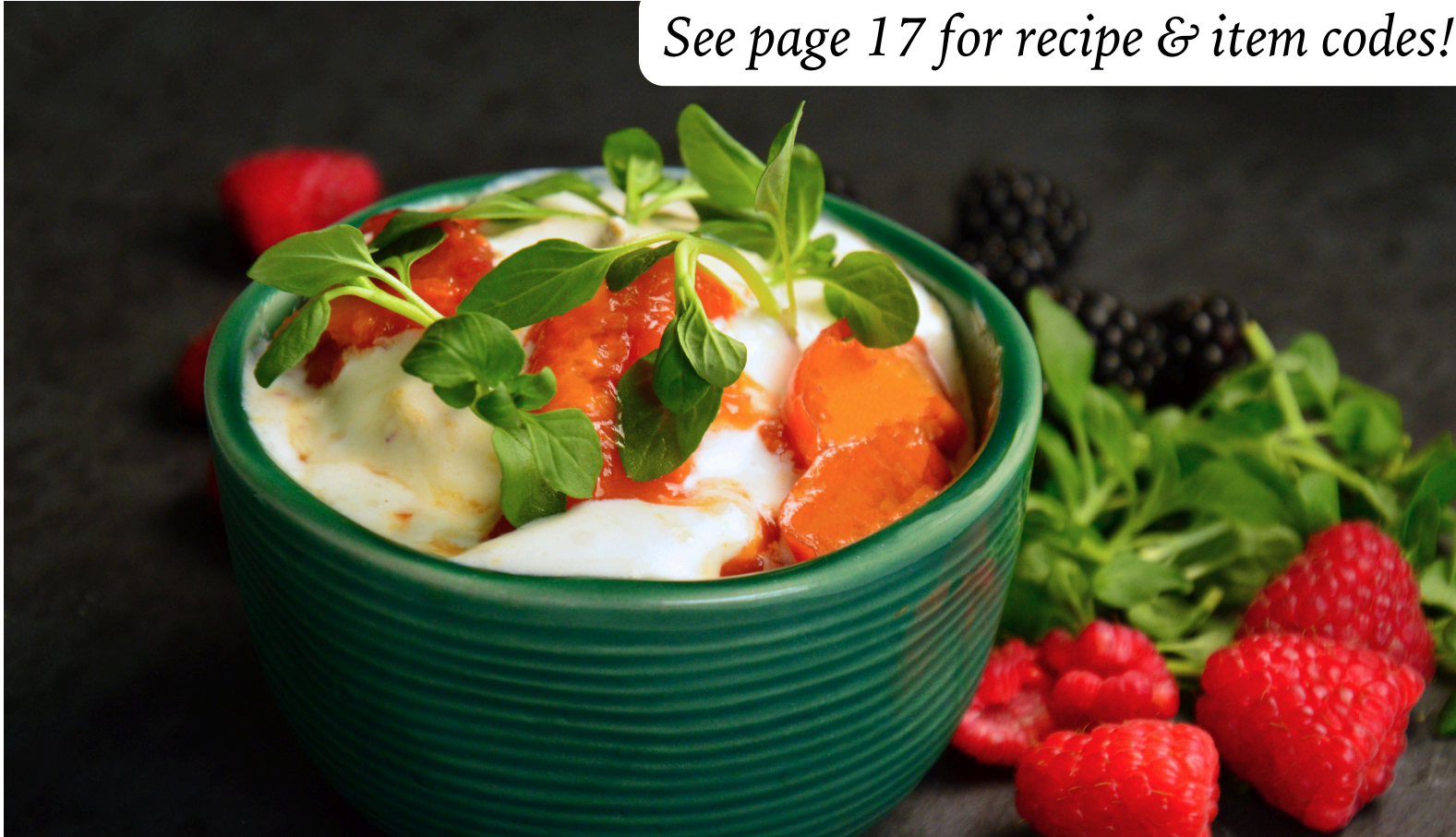
Local Heirlooms **#174600 Arrive in August!**



# Seasonal Stone Fruit



*See page 17 for recipe & item codes!*



Yellow Peaches **#210125** | Yellow Nectarines **#01-11547**



Rainier Cherries **#567901** Arrive in July  
Red Cherries **#01-11489**





# Summer Peak Produce

<b>167501P</b>	Anaheim Peppers 10 LB	<b>3103599</b>	Micro Greens Cilantro
<b>01-11509</b>	Apricots 72 CT	<b>6103593</b>	Micro Greens Dill 4 oz
<b>154400</b>	Asparagus Jumbo 11 LB	<b>21511</b>	Micro Greens Mint 6 OZ
<b>154500</b>	Asparagus Large 11 LB	<b>01-1272</b>	Micro Greens Mint Lavender 3 OZ
<b>154600</b>	Asparagus Standard 11 LB	<b>154501</b>	Micro Greens Rainbow Mix 8 OZ
<b>167500</b>	Banana Peppers 10 LB	<b>01-12195</b>	Mini Watermelons 6-9 CT
<b>130600P</b>	Basil 1 LB	<b>133600P</b>	Mint 1 LB
<b>151400P</b>	Bell Peppers 1&1/9 BU	<b>MWF-8242</b>	Mushroom Lion's Mane 5 LB
<b>01-12074</b>	Bi Color Corn 48 CT	<b>165400</b>	Mushroom Oyste 5 LB
<b>014505</b>	Cantaloupe 9 CT	<b>165800</b>	Mushroom Shiitake "A" MED 5 LB
<b>01-2830</b>	Chives 8 OZ	<b>MWF-7945</b>	Nantes Carrots 12 CT
<b>131700</b>	Cilantro 60 CT	<b>01-11547</b>	Nectarines (Yellow) 56/64 CT
<b>MWF-7887</b>	Collard Greens 12 CT	<b>6-2346</b>	Onion Green 24 CT
<b>MWF-1025</b>	Cotton Candy Grapes 18 LB	<b>165400</b>	Oyster Mushrooms 5 LB
<b>014903</b>	Melon Mixed 4/6 CT	<b>18700</b>	Papaya Golden 7-10 CT
<b>160800</b>	Cucumber Pickling 40 LB	<b>01-11511</b>	Papaya Green Thai Large 35 LB
<b>48308582P</b>	Dill 24 CT	<b>18900</b>	Papaya Mexican 40 LB
<b>3453452</b>	Dragon Fruit Red Outside White Inside 10 LB	<b>180000P</b>	Parsnip Loose 20 LB
<b>MWF-1377</b>	Dragon Fruit Yellow 8-10 CT 10LB	<b>019000</b>	Passion Fruit 4 LB
<b>MWF-8040</b>	Green Kale 24 CT	<b>01-11636</b>	Peaches (White) 50
<b>MWF-7887</b>	Greens Collard 12 CT	<b>210125</b>	Peaches (Yellow) 25 LB
<b>567921</b>	Guava 16 LB	<b>021800</b>	Pineapple Golden 2-6 CT
<b>174600</b>	Heirloom Tomatoes 10 LB	<b>148401P</b>	Poblano Peppers 20 LB
<b>MWF-10008</b>	Honey Raw 4 OZ	<b>MWF6-2373</b>	Radishes French Breakfast 24 CT
<b>MWF-9859</b>	Honey Raw 8 OZ	<b>01-4583</b>	Serrano Peppers 5 LB
<b>014100</b>	Honeydew 4-5 CT	<b>165800</b>	Shiitake Mushrooms A Med 5 LB
<b>PA2205</b>	Jalapeno Peppers 10 LB	<b>01-11130</b>	Shishito Peppers 10 LB
<b>148300P</b>	Jicama 40 LB	<b>014903</b>	Specialty Melon Mix
<b>MWF-8040</b>	Kale Green 24 CT	<b>MWF-7822</b>	Spinach 12 1/2 LB
<b>MWF-8039</b>	Kale Lacinato 24 CT	<b>01-11320</b>	Spinach 12-1/2 LB Bag
<b>132600</b>	Lavender 1 LB	<b>MWF-6676</b>	Starfruit 60-70 CT 9 LB
<b>MWF-11792</b>	Lettuce Green Butter Whole 8 LB	<b>01-4631</b>	Tomatillos 5 LB
<b>MWF-8004</b>	Lettuce Mesclun Mix 12-1/2 LB	<b>7798433P</b>	Watermelon Red Seedless 4/5 CT
<b>MWF-12078</b>	Lettuce Mix 12 1/2 LB	<b>149100</b>	Wheatgrass Tray 9 L
<b>MWF-11791</b>	Lettuce Romaine Green Cut 8 LB		
<b>MWF-11788</b>	Lettuce Romaine Green Whole 8 LB		
<b>MWF-8242</b>	Lion's Mane Mushrooms 5 LB		
<b>01-2531</b>	Mango Ataulfo 10 LB		
<b>13300</b>	Mango Fresh 7-10 CT		



# Featured Dry Goods

## Dry Goods, Frozen & More



<b>MWF-11865</b>	Beef Ground 80/20 Find Grind Bulk Frz 1/10 LB
<b>MWF-3296</b>	Bread Hamburger Buttery Bun Plain 4" Frz Highland H4004 6/10ct
<b>MWF-9500</b>	Bun Hot Dog Plain 6" Frz Vienna 12/10ct LOCAL Vienna Beef, Chicago IL
<b>MWF-1805</b>	Chicken Brd Tenders Fritter COOKED Frz Tyson 38363 1/10#
<b>11061</b>	Chips Potato Lays Classic Plain 104/1oz
<b>050100</b>	Croutons Seasoned 1/2"X1/2" 1/10#
<b>084100</b>	Dressing Ranch Dry Mix Hidden Valley 18/3.2oz
<b>210080</b>	Fries Frz Regular 3/8" Stealth S57 Lamb Weston 6/5#
<b>7158579</b>	Fries Frz Thin 5/16" Skin On Stealth S12 Lamb Weston 6/5#
<b>301089</b>	Giardiniera Hot 4/1gal LOCAL Puckered Pickle, Chicago IL
<b>058300</b>	Giardiniera Mild 4/1gal LOCAL Puckered Pickle, Chicago IL
<b>20410</b>	Halal Beef Burgers 4/1 1/10#
<b>MWF-11062</b>	Honey Lavender Rose 5ct-4oz Glass Jar LOCAL Tulip Tree Gardens IL
<b>MWF-10008</b>	Honey Raw 5ct-4oz Glass Jar LOCAL Tulip Tree Gardens IL
<b>MWF-11061</b>	Honey Spiced w/Peppers 5ct-4oz Glass Jar LOCAL Tulip Tree Gardens IL
<b>32532556</b>	Hot Dogs 6/1 Beef 013062 1/10# LOCAL Vienna Beef, Chicago IL
<b>133232</b>	Ketchup Heinz Plastic Jug 6/114oz
<b>132600</b>	Lavender Fresh 1# Bag
<b>01-4184</b>	Lemonade Fresh Natalie's Orchid Island 6/56oz
<b>65321</b>	Lemonade Strawberry Fresh Natalie's Orchid Island 6/56oz (7 Business Day Notice)
<b>MWF-3440</b>	Mustard Yellow French's 4-3.1L (105oz) Case
<b>MWF-11847</b>	PAOW Chik'N Tender Pieces Brd Uncooked Soy Protein Plant Based Frz 4/2.5#
<b>654953</b>	Pickle Chips Sliced 1/4" Smooth Cut Refrig 2gal LOCAL Vienna Beef, Chicago IL
<b>80800</b>	Pickle Hamburger Sliced Dill 4/1gal LOCAL Puckered Pickle, Chicago IL
<b>080900</b>	Pickle Spears 300ct 1/5gal LOCAL Puckered Pickle, Chicago IL
<b>081101</b>	Pickle Whole Large 65ct 1/5gal LOCAL Puckered Pickle, Chicago IL
<b>01-1054</b>	Relish Green Super Green 4/1gal LOCAL Puckered Pickle, Chicago IL
<b>527080</b>	Salad Chicken 1/5#(7 Business Day Notice) LOCAL Country Maid, WI
<b>145000</b>	Salad Coleslaw Shredded W/Mayo 1/10# LOCAL Country Maid, WI
<b>MWF-2480</b>	Salad Egg 1/5# (7 Business Day Notice) LOCAL Country Maid, WI
<b>145900</b>	Salad Macaroni 1/10# (7 Business Day Notice) LOCAL Country Maid, WI
<b>146900</b>	Salad Potato American W/Mayo 1/10# LOCAL Country Maid, WI
<b>01-2257</b>	Salad Rotini Pasta Garden 1/10# (7 Business Day Notice)LOCAL Country Maid, WI
<b>80508</b>	Salad Tuna 1/5# (7-Business Day Notice) NONRETURNABLE LOCAL Country Maid, WI
<b>461365135</b>	Sauce Barbeque Original Sweet Baby Ray 4/1gal
<b>15440</b>	Sausage Polish 4/1 Beef 015440 1/10# LOCAL Vienna Beef, Chicago IL
<b>465566</b>	Spice Cajun Seasoning 1/22oz





**MIDWEST  
FOODS**



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## VEGETABLES



### Peeled Fava Beans

Picked, peeled, and trimmed by hand. Popular ingredient in Mediterranean cuisine for salad, hummus, and vegetarian dishes. Grown in Egypt.

**10/2.2lb | 01-3947**



### Spinach Chopped

Chopped spinach frozen in a block. Contains 30% less water content than industry standard. Product of Spain.

**12/3lb | MWF-11519**



### IQF Roasted Red Tomato Tray (USA)

Chopped spinach frozen in a block. Contains 30% less water content than industry standard. Product of Spain.

**4/3lb | MWF-11520**

## VALUE ADDED POTATO



### Individual Potato Au Gratin

Individual portions of sliced potatoes layered with Emmental cheese and béchamel sauce. Product of France.

**40/4.23oz | MWF-11523**



### Individual Cauliflower Gratin

Individual portions of sliced cauliflower layered with Emmental cheese and béchamel sauce. Product of France.

**10/4 (4.23oz) | MWF-11524**



### Potato Anna

Individual portions of sliced potatoes in the shape of a rose. Pre-cooked and browned with butter.

**8/5pc (2.1oz) | MWF-11525**



### Goat Cheese Tomato Basil Quiche

Slab of quiche with goat cheese, tomato, basil, and a buttery crust. Bake, slice, and serve. Each slab is 13" x 5" x 1". Product of France.

**4/2.2lb | MWF-11521**



### Mediterranean Quiche

Slab of quiche with tomato, eggplant, bell pepper, zucchini, and a buttery crust. Bake, slice, and serve. Each slab is 13" x 5" x 1". Product of France.

**4/2.2lb | MWF-11522**

## CROISSANT AND BLINIS



### Mini Plain Blinis 1.77" Bulk

small, soft pancakes made with butter. Use as a base for sweet and savory hors d'oeuvres, traditionally served with caviar. Made in France.

**2/120ct | MWF-11517**

## PASTA



### IQF Ravigoles w/ Comte

The original Ravigoles du Royans, this tiny gourmet pasta is made with soft wheat dough and stuffed with Comté cheese and parsley. Product of France.

**5/2.2lb | MWF-11526**

## SAUCE



### Parsley Garlic Butter Roll

Sliceable, frozen compound butter with garlic, parsley, and shallots.

**12/8.8 oz | MWF-11530**



### Black Truffle Butter Roll

Sliceable, frozen compound butter with truffle pieces and black pepper.

**10/8.8 oz | MWF-11531**

## GRAB N GO DESSERTS



### Large Plain Madeleine Bulk

A true French Madeleine made in Brittany with authentic recipe and premium ingredients.

**54/1.5oz | MWF-11532**



### Cocoa-Hazelnut Filled Madeleine Bulk

Large madeleine cakes with a chocolate hazelnut filling, packed in bulk. Made in Brittany, France.

**54/1.8oz | MWF-11533**



### Large Blueberry Filled Madeleine Bulk

Large all-butter madeleine cakes with a blueberry jam filling in a bulk bag. Made in Brittany, France.

**54/1.8oz | MWF-11534**



### Prefried Cocoa Cream Churro Bite

Two-bite churros with chocolate hazelnut filling. Pre-fried, heat in oven or air fryer. Approx. 66 pieces per pack. Product of Spain.

**4/2.2lb | MWF-11528**



### Raw Apple Churro Bites

Two-bite churros with cinnamon apple filling. Frozen raw, must be fried before serving. Approx. 66 pieces per pack. Product of Spain.

**4/2.2lb | MWF-11527**



### RAW Dulce de Leche Churro Bites

Two-bite churros filled with dulce de leche. Frozen raw, must be fried before serving. Approx. 55 pieces per pack. Product of Spain.

**4/2.2lb | MWF-11529**



**MIDWEST  
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Crafted with passion and tradition, BelGioioso is a premium cheese brand rooted in authentic Italian cheesemaking. Proudly made in **Wisconsin** using fresh, local milk, BelGioioso offers a wide variety of award-winning cheeses including Fresh Mozzarella, Parmesan, Provolone, Burrata, and more. Known for their rich flavor, creamy textures, and exceptional quality, BelGioioso cheeses elevate any dish - from classic Italian recipes to modern culinary creations.



### **Mozzarella Burrata**

MWF-1065 | 4oz Fresh 6/1 LB 7 Business Day Notice  
21115 | Mini Fresh 2 OZ 6x4 14 Business Day Notice



### **Mozzarella Ciliegini**

121606 | .33 OZ Fresh 2/3 LB

### **Mozzarella Ovolini**

01-2852 | 4 OZ Fresh 2/3 LB

### **Mozzarella Shredded Feather Platinum**

124800D | 4/5 LB

### **Mozzarella Shredded**

01-10316 | 5 LB

### **Parmesan Shredded**

518090 | 4/5 LB

128602 | 5 LB

### **Parmesan Shaved**

518090D | 4/5 LB

01-4666 | 5 LB

### **Ricotta Whole Milk**

01-4648 | 3 LB

MWF-1842 | 6/3 LB

### **Mascarpone**

MWF-1993 | 4/5 LB

01-3847 | 5 LB



Made locally in  
Green Bay, Wisconsin





# Summer Bites

## In the Kitchen with Chef Rich

Meet Chef Richard Sowa, Midwest Foods' Culinary Director and R&D Chef. A 2009 graduate of Triton College, Chef Rich brings a dynamic culinary background—from banquets and raw vegan cuisine to airline

catering and modern American fare. Each season, he crafts inspired recipes that celebrate the freshest produce of the moment, infusing every dish in our seasonal collection with creativity, flavor, and connection. In this summer edition, he's serving up two vibrant appetizers—one hot, one cold—a crave-worthy plant-based sandwich, and a stone fruit-forward ice cream that captures the essence of the season.

## Napoleonian Caprese





# Recipe



## Ingredients

- Heirloom tomatoes (assorted colors), sliced into ½-inch slices
- Fresh mozzarella cheese, sliced into 1/4-inch slices
- High-quality extra virgin olive oil
- Flaky sea salt
- Balsamic reduction (recipe below)
- Micro basil, for garnish

### Balsamic Reduction Recipe:

- Pour 1 cup of balsamic vinegar into a saucepan.
- Heat over medium heat, stirring occasionally, until reduced by half, approximately 15 minutes.
- The reduction is ready when it coats the back of a spoon.
- Allow to cool slightly before drizzling on the salad.

## Your Midwest Foods Shopping List

- *Local Heirloom Tomatoes* | #174600
- *Micro Basil* | #181926
- *Mozzarella Ovolini* | #01-2852
- *Olive Oil* | #01-3943



## Instructions

### Layer the Salad:

- Begin with a slice of heirloom tomato as the base.
- Place 2-3 slices of fresh mozzarella on top.
- Repeat the layering process, alternating tomato slices and mozzarella until your desired height.

### Season and Drizzle:

- Drizzle generously with extra virgin olive oil.
- Sprinkle lightly with flaky sea salt.

### Garnish and Finish:

- Top with a delicate drizzle of balsamic reduction.
- Garnish with fresh micro basil leaves.



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

Enjoy this bright and colorful spring-inspired salad!







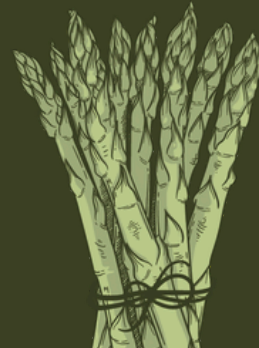
# *Summer Bites*

## **Creole Sweet Corn Nuggets**





# Recipe



## Ingredients

- 3 ears fresh sweet corn,
- 2 Tbsp olive oil
- ¼ tsp kosher salt
- 2 tsp Cajun seasoning
- 3 Tbsp Southwest chipotle pesto (Armanio brand)
- 3 Tbsp water

### Garnishes & Finishing

- 1 Tbsp crispy fried onions
- 2 Tbsp grated Parmesan cheese
- 2 Tbsp crema or sour cream
- 1 lime, cut into wedges
- A small handful micro cilantro

### Plating

- Small basket or bowl
- Food-safe paper liner

## Your Midwest Foods Shopping List

- *Local Bi Color Corn* | #01-12074
- *Limes* | #01-3632
- *Micro Cilantro* | #3103599
- *Parmesan* | #01-4647
- *Cajun Seasoning* | #465566
- *Southwest Chipotle Powder* | #01-5049

## Instructions

1. Par-boil the corn
  - Bring a medium pot of water to a boil; salt lightly.
  - Add corn kernels and cook 1–2 minutes until just tender.
  - Drain well and slice into 2 inch rounds
2. Pan-sear & season
  - In a large skillet over medium-high heat, warm the olive oil until shimmering.
  - Add the boiled corn and spread in an even layer.
  - Season immediately with salt and Cajun seasoning.
  - Let corn sit undisturbed for 1–2 minutes to develop a light char, then stir and char a bit more, about 1 minute.
3. Finish with pesto
  - In a small bowl, whisk together the chipotle pesto and 1 Tbsp water (add up to 1 Tbsp more if needed to thin).
  - Pour the thinned pesto over the corn and toss to coat.
  - Cook 1 more minute, stirring, until the corn is heated through and well glazed.

**Plating Suggestion** Place paper liner in basket or bowl, and arrange coated corn nuggets inside. Garnish with crispy fried onions, grated parmesan and drizzle with crema. Sprinkle micro cilantro to finish. Serve with lime wedges for a bright, tangy pop of flavor.



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





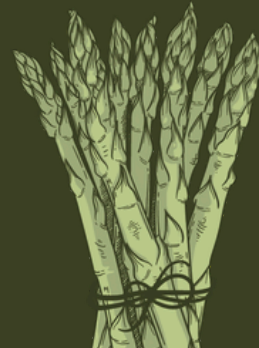
# *Summer Bites*

## **Vegan Crispy Lion's Mane Sandwich**





# Recipe



## Ingredients

### For the "Tonkatsu"

- 6 oz lion's mane mushrooms, sliced into two "steaks"
- 3 Tbsp vegan mayonnaise
- 2 Tbsp water
- ½ Tbsp ground flaxseed
- ½ cup cornstarch
- 1 cup seasoned Japanese panko breadcrumbs
- Pomace oil, for deep-frying (enough to fill a small pot ~2" deep)
- Kosher salt and freshly ground black pepper

### For the Shiitake & Shishito Sauté

- 4 oz shiitake mushrooms, stemmed & thinly sliced
- 8-10 shishito peppers
- 1 Tbsp olive oil
- Salt and pepper

### For the Marinated Cucumbers

- 1 cup cucumber, thinly sliced
- ½ Tbsp apple cider vinegar
- 1 tsp furikake seasoning
- Pinch of salt

### To Assemble

- 2 slices Texas toast
- Olive oil, for toasting bread
- Hoisin sauce, and Vegan mayonnaise, for drizzling
- Micro cilantro, for garnish

## Instructions

1. Make the wet dredge
  - Whisk vegan mayo, water & ground flaxseed in a shallow bowl. Set aside.
2. Dust, dredge & coat
  - Lightly toss each lion's mane in cornstarch; shake off excess.
  - Dip into the mayo-flax mixture, letting excess drip off.
  - Press into panko until evenly coated.
3. Marinate cucumbers
  - Toss cucumber slices with vinegar, furikake & salt. Let sit.
4. Deep-fry the "Tonkatsu"
  - Heat pomace oil in a pot or deep fryer to 350 °F.
  - Fry breaded lion's mane in batches, 3-5 minutes, turning once, until golden-brown and crisp.
  - Drain on a wire rack; season lightly with salt.
5. Sauté shiitakes & shishitos
  - In a skillet over medium, heat olive oil.
  - Cook shiitakes until soft and starting to brown (≈3 min); season.
  - Add shishitos and cook until blistered (≈2 min). Keep warm.
6. Toast the bread
  - Brush Texas toast with olive oil.
  - Toast in a clean skillet over medium heat until golden, about 2 min per side.
7. Assemble sandwiches
  - On each slice of toast, layer:
    - A deep-fried lion's mane "tonkatsu"
    - Shiitake-shishito sauté
    - Marinated cucumbers
    - Slice in half, if desired
    - Drizzle hoisin sauce and vegan mayo over top.
    - Garnish with micro cilantro

**Chef's Tip:** Keep finished "tonkatsu" extra-crispy by holding on a wire rack in a 200 °F oven between batches.

## Your Midwest Foods Shopping List

- *Local Lion's Mane* | #MWF-8242
- *Local Shiitake Mushroom* | #165800
- *Shishito Peppers* | #01-11130
- *Hoisin Sauce* | #87108DG
- *Tomatillos* | #01-4631
- *Corn Starch* | #046200
- *Crispy Shallots* | #01-4616
- *Local Cucumber Pickling* | #160800
- *Japanese Panko* | #033500
- *Olive Oil* | #01-3943



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







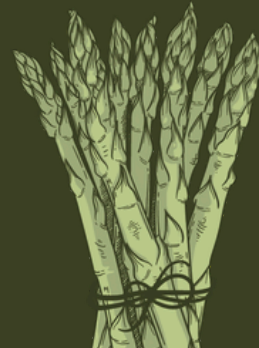
# *Summer Bites*

## **Honey-Caramelized Stone Fruit Ice Cream**





# Recipe



## Ingredients

### Honey-Caramelized Stone Fruit

- 1 cup yellow peaches, sliced
- 1 cup nectarines, sliced
- 1 cup apricots, sliced
- 2 tablespoons olive oil
- ¼ cup raw honey
- 4 cups vanilla ice cream, softened
- Micro mint leaves, for garnish

### Mascarpone Ice Cream

- 8 oz mascarpone
- 1 can sweetened condensed milk
- 2 tsp vanilla bean paste
- 3 tbsp raw honey
- 12 oz whipped cream
- Pinch of salt

## Your Midwest Foods Shopping List

- Yellow Peaches | #210125
- Yellow Nectarines | #01-11547
- Apricots | #01-11509
- Olive Oil | #01-3943
- Raw Honey | #MWF-9859
- Micro Mint | #21511
- Mascarpone | MWF-1993

## Instructions

### Honey-Caramelized Stone Fruit

- In a large sauté pan, heat olive oil over medium-low heat.
- Add sliced peaches, nectarines, and apricots to the pan. Sauté for 5 minutes, stirring occasionally until the fruit begins to soften.
- Add raw honey to the pan, stirring gently to coat the fruit evenly.
- Continue cooking for another 5-7 minutes until the fruit is caramelized and the honey creates a rich, glossy coating.
- Remove from heat and allow to cool to room temperature

### Mascarpone Ice Cream

- In a mixing bowl, combine mascarpone, sweetened condensed milk, vanilla bean paste, raw honey, whipped cream, and a pinch of salt.
- Whip the ingredients until smooth and creamy.
- Fold ½ the cooled caramelized stone fruit gently into the ice cream mix until evenly distributed. Transfer the mixture to a freezer-safe container and freeze for at least 4 hours or until firm.

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



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



# Staff Spotlight

## Welcome to the Team

*Please join us in welcoming these amazing new members of our family!*



*Carissa Remitz*

**Title:** Director of Marketing & PR

**Past Experience** Carissa joins us after spending nearly two decades of PR & Marketing for hospitality clients.

**Why Midwest Foods** "This role combines my experience in PR & Marketing with my passion for food that goes back to my childhood."

**Fun Fact** Carissa is deeply connected to the local Chicago food community, currently serving as Chapter Director for Together Hospitality & previously a member of the board at Green City Market.

**Hobbies** All things K-Pop!

**Favorite Fruit:** Tomato

**Favorite Vegetable:** Artichokes



*Kristie Waters*

**Title:** Senior Vice President of Revenue Strategy

**Past Experience** Kristie brings over two decades of experience across the fresh food industry—from working hands-on with farms and distributors to leading national supply chain initiatives. During her time as VP of Sales for the Western Region at PRO\*ACT USA, she helped drive innovation and customer-focused strategies for some of the nation's most respected foodservice partners. Her career has focused on quality, sustainability, and supporting local agriculture.

**Why Midwest Foods** "Produce is where I started and what I've always come back to. Joining Midwest Foods means working with people who share my passion for fresh food, strong relationships, and putting chefs first."

**Hobbies/Interests** Anything related to food—growing it, cooking it, and, of course, eating it!

**Favorite Fruit** Corn

**Favorite Vegetable** Carrots



# Staff Spotlight



## Welcome to the Team



*Dermot Ryan*

**Title** Safety Director

**Past Experience** Dermot is a safety director with over 25 years of experience in operations and safety across the distribution and manufacturing industries.

**Why Midwest Foods** "This role aligns with my leadership style—building a culture of safety, innovation, and teamwork to proactively prevent workplace hazards."

**Fun Fact** I was a DJ in college spinning CD's and playing tapes, which turned into traveling the Chicagoland area doing weddings, corporate events, festivals & more!

**Hobbies/Interests** If a tee time is available at a golf course in the world, you will find me on hole #1.

**Favorite Fruit** Cantaloupe

**Favorite Vegetable** Potatoes



*Laurie Jochmann*

**Title** Senior Director of National Accounts

**Past Experience** Laurie has over 25 years of sales and leadership experience in broadline food distribution, sales operations, and contracts, working closely with cross-functional teams and executive leadership to strengthen customer relationships, optimize performance, and enhance profitability.

**Why Midwest Foods** "I want to bring my passion for food and sales to a company that champions community engagement and women-owned with a driven growth mindset."

**Fun Fact** I'm a self-taught handy (wo)man (including drywall, electrical, plumbing and flooring).

**Hobbies/Interests** Remodeling and Construction. Spending time with my family and friends at the cabin on the lake.

**Favorite Fruit** Raspberries

**Favorite Vegetable** Brussel Sprouts (Extra Crispy)



# Farm Fresh Focus

## Featured Farm



## Otter Oaks Farm

Chicago, IL  
LGBTQ | BIPOC

Otter Oaks Farm, owned and operated by partners Soraya Alem and Jarvi Schneider, is dedicated to sustainable urban farming in the heart of Chicago. Named in honor of Jarvi's grandfather's cherished Michigan ranch, their farm draws inspiration from Soraya's grandmother's garden in South Louisiana and their Lebanese heritage, fostering a meaningful connection to the land.

They specialize in leafy greens, fruits, roots, and herbs grown on their 1/4-acre plot within the Windy City Harvest Incubator Program, which they share through their wholesale business and CSA program.

their wholesale business and CSA program. Through their Community Supported Agriculture program, they provide fresh, seasonal produce boxes alongside recipes celebrating American Southern and Lebanese cuisine, inviting the community to savor both their harvest and their cultural heritage. Beyond their commercial pursuits, they are committed to uplifting marginalized voices in agriculture, particularly queer, trans, and young aspiring farmers, offering support, education, and a platform for shared ideas.

## Available in August from Otter Oaks:

**Melons Cantaloupe Sugar Cube**  
6 CT | MWF-9912

**Pepper Carmen**  
10 LB | MWF-10738

**Tomato Cherry Sungold**  
12-1 PT | MWF-10737



# Farm Fresh Focus

## Featured Farm



### Scheeringa Farms

Highland, IN

Women- Operated | Family- Owned



Family owned and locally grown, Scheeringa Farms offers the freshest selection of fruits and vegetables—picked daily down the road in northwest Indiana. Jenny Scheeringa's grandfather, Farmer Bill, came over from the Netherlands and started the farm in 1940. The farm was passed down to her father, Farmer Don, and now she and her two sisters run the farm. "We're so proud of what we have and what we've become. We started off with a small farm stand and we've been able to double in size a couple times over," says Jenny. Each sister has taken a role and they work together to support the business. "I do all the wholesale, my sister Jeannine does all the books, and my sister Janille runs the stand," Jenny says. "We work well together!"

*Heirloom tomatoes from Scheeringa expected to arrive in early August!*







# *Farm Tour Flashback*



*Windy City Harvest*



*Scheeringa Farms*



*Sunny Oaks Farm*



*Chicago Urban Farm Solutions*





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## *Tulip Tree Gardens*



## Summer Farm Tours

Last summer, our team had the privilege of visiting many of our incredible farm partners—alongside our chefs partners—on a series of inspiring farm tours. From walking the fields and tasting fresh-picked produce to learning about sustainable growing practices and building deeper connections, each visit reminded us just how important it is to share the stories behind our food.

We're thrilled to continue the tradition this year, with a full schedule of exciting farm tours ahead. The full farm tour schedule will be published the first week of June.

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## *Urban Eden*



# Summer Labor Savors

## Grab N Go

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

### Sandwiches & Wraps



- #MWK-122** PB&J Crunch Sandwich 8 ct
- #MWK-117** Chicken Salad on Croissant 8 ct
- #MWK-115** Tuna Salad & Sliced Cucumber on Wheat 8 ct
- #MWK-613** Turkey & Cheese Wrap 8 ct
- #MWK-634** Pesto Chicken Caprese Wrap 8 ct
- #MWK-610** Hummus & Veggie Wrap 8 ct



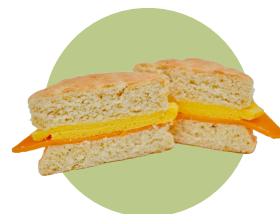
### Fruit

- #MWK-209** Fresh Mixed Fruit Cup 9 ct
- #MWK-221** Fresh Pineapple Cup 9 ct
- #MWK-216** Fresh Watermelon Cup 9 ct



### Salads

- #MWK-417** Asian Crunch Salad 4 ct
- #MWK-416** Chicken Caesar Salad 4 ct
- #MWK-418** Southwest Chicken Salad 4 ct



### Breakfast

- #MWK-810** Egg & Cheese Biscuit 8 ct
- #MWK-813** Breakfast Croissant 8 ct
- #MWK-804** Egg & Sausage Sunrise Burrito 8 ct



### Parfaits & Dessert

- #MWK-310** Blueberry Granola Parfait 9 ct
- #MWK-222** Strawberry Shorcake Dessert 9 ct
- #MWK-311** Strawberry Granola Parfait 9 ct



### Snacks

- #MWK-514** Grapes & Colby Cheese 9 ct
- #MWK-564** Sweetie Nutella Snack 8 ct
- #MWK-510** Veggie & Hummus Dipper 8 ct

*Full selection of  
Grab N Go items  
available in the ordering  
portal and  
[midwestfoods.com](http://midwestfoods.com)*



# Summer Labor Savors

## Pre-Cut Produce



Save time & reduce labor costs with 100% yield pre-cut produce that arrives ready-to-use without ever breaking the cold chain.



**Celery Sticks**  
5 LB | 149701



**Corn Shucked & Cleaned**  
30 CT | 174601



**Sliced Cucumbers**  
1/8" 2x5 LB | EC-2002



**Fruit Mixed Chunk**  
3/4" 2x5 LB | 6546313



**Fruit Skewer**  
4" 2x25 CT | 01-2018  
**2 DAY NOTICE**  
*Cantaloupe, Honeydew,  
Pineapple, Strawberry*



**Fruit Tray Assorted**  
5 LB | 4354355  
**1 DAY NOTICE**



**Lemon Wedges**  
8 Cut 2x5 LB | 210223  
**1 DAY NOTICE**



**Lime Wedges**  
8 Cut 2x5 LB | 210228  
**1 DAY NOTICE**



**Mango Chunk**  
3/4" 5 LB | 445814



**Melon Cantaloupe Chunk**  
3/4" 2x5 LB | 136602



**Melon Honeydew Chunk**  
3/4" 2x5 LB | 060602



**Pico De Gallo**  
3/8" 2x5 LB | 210142



**Pineapple Chunk**  
3/4" 2x5 LB | 998735



**Tomato Sliced**  
5/6 1/4" 2x5 LB | 01-1349



**Vegetable Tray**  
5 LB | 823508  
**1 DAY NOTICE**

*Full selection of  
pre-cut items  
available in the  
ordering portal and  
at  
[midwestfoods.com](http://midwestfoods.com)*



# Summer Labor Savors

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

## Chef Crafted Dips & Spreads



MWK-1899  
*Fiesta Bean Dip*  
8ct | 8oz each



MWK-1881  
*Tzatziki with Cucumber*  
8ct | 8oz each



MWK-1987  
*Smoky Pimento Cheese*  
8ct | 8oz each



MWK-1882  
*Harissa Honey Hummus*  
8ct | 8oz each



MWK-1817  
*Elote Guacamole*  
8ct | 7.2oz each





# Looking Ahead



## Fall Harvest Preview

Fall brings a new rhythm to the kitchen, and with it, ingredients that invite depth, warmth, and creativity. We're gearing up for the season with standout items that lend themselves to braises, roasts, and vibrant plated presentations. Here's a preview of what's coming—perfect for building out your fall menus with fresh inspiration.

### Squash

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This fall, get inspired by the rich variety of specialty squash that define the season. From the nutty, velvety Kabocha to the striped elegance of Delicata and the deeply hued Red Kuri, these colorful squash offer endless culinary possibilities. Ideal for roasting, purees, soups, or eye-catching sides, they bring warmth, texture, and depth to autumn menus. Stock up early—these seasonal standouts won't last long!



### Apples

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Crisp, juicy, and just around the corner—local apples are nearly here. From sweet to tart, these fall staples are perfect for baking, snacking, salads, and seasonal sides. Get ready to welcome the best of the harvest!



### Taffy Apples

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A nostalgic fall favorite, taffy apples will make their return! With crisp local apples coated in sweet, chewy caramel, they're perfect for seasonal displays, grab-and-go treats, or adding a festive touch to dessert offerings.

# Partner With Us

Expertise in solving client challenges

Proven track record of delivering excellence

Dedication to community, diversity & sustainability



Scan to visit our website



[midwestfoods.com](https://midwestfoods.com)

