



# MIDWEST FOODS

*Locally Owned. Family Owned. Women Owned.*

Fall Collection 2025 September 10 - December 7



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



## Fall

September 10 - December 7

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# On The Table

## Harvest Traditions, Seasonal Inspirations

Fall always feels like a season of abundance. It's a time to gather, reflect, and enjoy the harvest. For us, it also brings to mind the traditions and relationships that guide our work every day, from the farms we partner with to the kitchens we serve.

This Fall Collection shines a light on the flavors that define the season: hearty squash, crisp specialty apples, and locally grown pumpkins that bring warmth and creativity to your menus. Seasonal produce isn't just about food. It helps set the stage for moments of connection, whether in campus dining halls, restaurants, or holiday banquets.

We're also looking back at one of our favorite traditions, our annual farm tour and apple picking event at Garwood Orchards. Last year's gathering was a joyful reminder of why we do what we do. Bringing people closer to the farms, their food, and each other has always been at the heart of our mission. This October, we're excited to continue that tradition and share it with many of you again.



Most of all, fall is a season of gratitude. I'm grateful for your partnership, your creativity, and the role you play in building a stronger food community. As you plan menus and prepare for the season ahead, I hope this catalog serves as both a helpful resource and a source of inspiration.

*Erin Fitzgerald*

**Owner, Midwest Foods**



# Availability Guide



**Many of the fall 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>
Apples Local/Specialty	Early September - Late October (See page 20 for details)
Blue Hubbard Squash Local	Mid-September
Cranberries Local	End of September
Honeynut Squash Local	Mid-September
Persimmons	Early October
Pumpkins White Local	End of September
Sweet Dumpling Squash Local	Available to order Mid-September
Taffy Apples	Delivers End of September (Pre-Order Starts Early September)
Winter Decor	Available to Order Beginning Mid-November

**Availability on all items in this Fall Collection are subject to change without notice.**





# Fall Produce

*See page 11 for pumpkins & more!*



Edible Marigolds **#01-4437** Thyme **#134600P** Sage **#131900**  
Rosemary **#133900P** MicroGreens Bulls Blood **#181924**



Local Apple Cider **#01-5042**



# Picks of the Season



*See page 24 for a winter specialty sneak peek!*



*Charcuterie Inspo Page 13*



*Specialty Apples Page 20*







# Fall Produce

*See page 12 for local squash!*



Local Red Cabbage **#157900P**



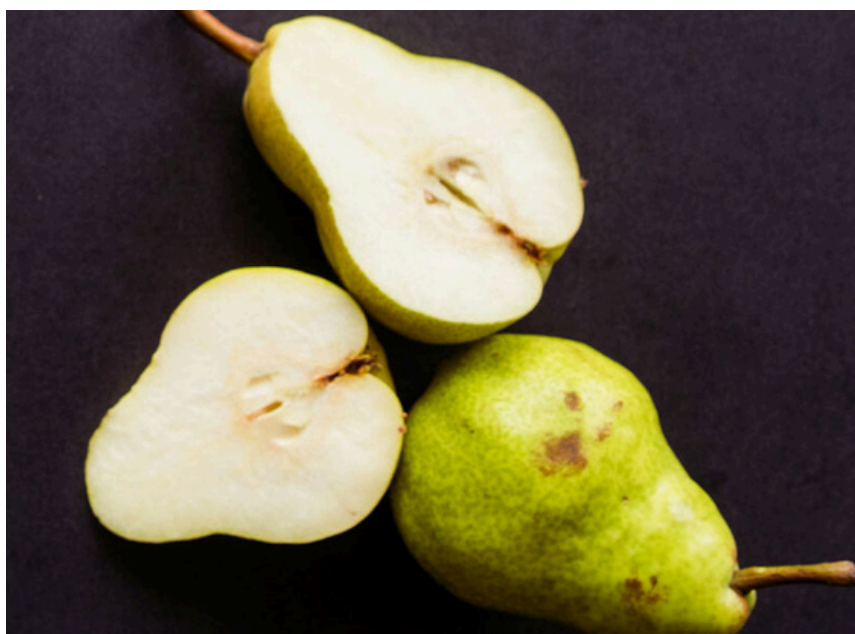
Pomegranate **#MWF-1067**



# Picks of the Season



*See page 15 for fall cocktail recipes!*



D'anjou Pears **#20700**



Cranberries **#MWF-1491 Arrive Late September!**





# Fall Peak Produce

<b>171300P</b>	Acorn Squash Local 32-36 lbs	<b>161701</b>	Nasturtium 50 ct
<b>135900</b>	Arugula 1 lb Bag	<b>159402P</b>	Orange Cauliflower 9-12 ct
<b>021000P</b>	Asian Pears 16-18 ct	<b>01-4569</b>	Parsnips Local 20 lb
<b>152500P</b>	Baby Leeks 12 ct	<b>01-11837</b>	Petite Amaranth Red 8 oz
<b>01-4642</b>	Baby Turnips Each	<b>MWF-1623</b>	Petite Pumpkin Greens 8 oz
<b>020300</b>	Bartlett Pears 90 ct	<b>172600P</b>	Pie Pumpkin Local 30 lbs (12 ct avg)
<b>MWF-7542</b>	Blue Hubbard Squash 30 lbs	<b>01-11825</b>	Pie Pumpkin White Local 10-12 ct
<b>465651P</b>	Bosc Pears 80-90 ct	<b>MWF-1059</b>	Pomegranate 6-10 ct 1 layer
<b>157600P</b>	Brussels Sprouts Jumbo 25 lbs	<b>01-1774</b>	Pumpkin Bins Large Local 35 ct
<b>01-10962</b>	Brussels Sprouts Medium 25 lbs	<b>01-1775</b>	Pumpkin Bins Medium Local 45-60 ct
<b>172100P</b>	Butternut Squash Local 32-36 lbs	<b>159403P</b>	Purple Cauliflower 9-12 ct
<b>01-11741</b>	Carnival Squash 40 lb	<b>MWF-8204</b>	Purple Sweet Potatoes (Ube) 40 lb
<b>01-1477</b>	Carving Pumpkins Large Local 1 each	<b>01-12176</b>	Quince 24 ct
<b>01-1668</b>	Carving Pumpkins Medium Local 1 each	<b>4634153</b>	Rainbow Carrots 25 lb
<b>159700P</b>	Celery Root Local 25 lb	<b>3465753764</b>	Red Kuri Squash Local 32-36 lbs
<b>01-1698</b>	Cinderella Pumpkin Local 70-100 lb avg	<b>151800P</b>	Red Potatoes A 50 lb
<b>MWF-1491</b>	Cranberries 24x12 oz	<b>178100P</b>	Red Potatoes B 50 lb
<b>20700</b>	D'Anjou Pears 90 ct	<b>111100</b>	Romanesco 12 ct
<b>6-2382</b>	Delicata Squash Local 30 lbs	<b>01-4611</b>	Rosemary 1 lb
<b>169300P</b>	Fingerling Potatoes Purple 50 lb	<b>01-11885</b>	Rutabaga 25 lb
<b>01-11129</b>	Fingerling Potatoes Red 50 lb	<b>131900P</b>	Sage 1 lb Bag
<b>MWF-8347</b>	Fireside Fall Mix 50 ct	<b>MWF-1853</b>	Savoy Cabbage 5 lb
<b>MWF-8429</b>	Firestix 50 ct	<b>172900P</b>	Spaghetti Squash Local 32-36 lbs
<b>MWF-8431</b>	Firestix Mix 50 ct	<b>01-12090</b>	Sunchokes 10 lb
<b>MWF-8658</b>	Flowers Rosemary Blossom 50 ct	<b>01-11753</b>	Sweet Dumpling Squash 40 lb
<b>365267</b>	Garlic Black 1 lb Bag	<b>169700P</b>	Sweet Potato Jumbo 40 lb
<b>01-10918</b>	Garlic Black Peeled 1 lb Bag	<b>169800</b>	Sweet Potato Medium 40 lb
<b>132100P</b>	Garlic Elephant 10 lb	<b>134600P</b>	Thyme 1 lb Bag
<b>156900</b>	Green Cauliflower 12 ct	<b>21512</b>	Tiny Veggies Turnips 50 ct
<b>MWF-3173</b>	Honeynut Squash	<b>164000</b>	Treviso 10 ct
<b>73852</b>	Kabocha Squash Local 32-36 lbs	<b>01-1856</b>	Turban Squash 40 lb
<b>MWF-8039</b>	Lacinato Kale Local 24 ct	<b>179800P</b>	Turnips 25 lb
<b>123453</b>	Leeks White 10 lb	<b>MWF-10806</b>	Variety Mini Pumpkins Local 1/2 Bu
<b>MWF-1395</b>	Little Veggies Turnips 50 ct	<b>210155</b>	White Asparagus 11 lb
<b>01-1296</b>	Marigold 50 ct	<b>169900</b>	Yukon Gold Potatoes A 50 lb
<b>1303603</b>	Micro Amaranth Red 8 oz	<b>178300P</b>	Yukon Gold Potatoes B 50 lb
<b>133500</b>	Micro Arugula 8 oz		
<b>MWF-1579</b>	Mizuna Lettuce 2.2 lb		
<b>01-1812</b>	Mustard Greens 12 ct		
<b>01-1805</b>	Napa Cabbage Each		



# Featured Dry Goods

## Dry Goods, Frozen & More



<b>MWF-1481</b>	Broccoli & Cheese Vienna 4 x 4 lb
<b>MWF-1493</b>	Chipotle Chicken & Tortilla Vienna 4 x 4 lb
<b>MWF-1497</b>	Cuban Black Bean with Sausage Vienna 4 x 4 lb
<b>051000</b>	Dried Apricot Turkish 5 lb
<b>051300</b>	Dried Cherries Tart 5 lb
<b>051400</b>	Dried Cranberries 5 lb
<b>051600</b>	Dried Currant Zante 5 lb
<b>2605555</b>	Dried Date Medjool 5 lb
<b>051700</b>	Dried Date Pitted 5 lb
<b>052000</b>	Dried Figs Black Mission 5 lb
<b>044000</b>	Dried Papaya Chunks 5 lb
<b>053700</b>	Dried Raisins Dark 5 lb
<b>053900</b>	Dried Raisins Golden 5 lb
<b>MWF-1494</b>	Farmer's Market Vegetable Vienna 4 x 4 lb
<b>01-4227</b>	Farro Grain Ambrosia 4 x 3 lb
<b>MWF-7978</b>	Garwood Cider Cherry Local 1 Gal
<b>01-5042</b>	Garwood Cider Local 1 Gal
<b>365582DG</b>	Garwood Cider Local 4/1 Gal
<b>181054</b>	Golden White Quinoa 2 x 5 lb
<b>MWF-1496</b>	Italian Wedding with Meatballs Vienna 4 x 4 lb
<b>MWF-1492</b>	Mama's Chicken Noodle Vienna 4 x 4 lb
<b>2605555</b>	Medjool Dates Dried 11 lb
<b>MWF-1495</b>	Minestrone Vienna 4 x 4 lb
<b>MWF-1486</b>	New England Clam Chowder Vienna 4 x 4 lb
<b>025800</b>	Nuts Almonds Raw Skin On 5 lb
<b>01-4346</b>	Nuts Almonds Sliced Natural W/Skin 5 lb
<b>036500</b>	Nuts Cashews Raw No Salt 5 lb
<b>465463131</b>	Nuts Cashews Roasted/Salted 5 lb
<b>60200</b>	Nuts Hazelnut Filbert Raw Blanched 5 lb
<b>066500</b>	Nuts Macadamia Halves Raw 5 lb
<b>067100</b>	Nuts Peanuts Rstd Salted Jumbo 5 lb
<b>843257</b>	Nuts Pecan Halves Raw 5 lb
<b>081800</b>	Nuts Pistachios Raw No Shell 5 lb
<b>MWF-1487</b>	Potato & Cheese Vienna 4 x 4 lb
<b>01-3258</b>	Red Quinoa 2 x 5 lb
<b>MWF-1563</b>	Stuffed Pepper with Beef Vienna 4 x 4 lb
<b>MWF-1596</b>	Tomato Bisque Vienna 4 x 4 lb
<b>01-4220</b>	Tri-Color Quinoa 2 x 5 lb



# Ambrosia Grains

Availability on all items is subject to change without notice.

## Farro Grain

#01-4227 4x3lbs



AMBROSIA® Farro is an ancient grain from the wheat species that is typically grown in Italy. It is shaped like rice with a brown color and has a distinct nutty taste and chewy texture. This pearled grain is high in fiber, protein and potassium which makes it a convenient healthy choice over other grains.

## Red Quinoa

#01-3258 2x5 lbs



AMBROSIA® Red Quinoa is a tiny, roundish seed that is widely used and enjoyed in the same way as cereal grains like wheat, oat or rice. Imported from Peru where it is grown in the Andes Mountains, red quinoa has a stronger, crunchier and more earthy flavor. Considered a superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.

## Tri-Color Quinoa

#01-4220 2x5lbs



AMBROSIA® Tricolor Quinoa is a mixture of red, white, and black tiny, roundish seeds that are widely used and enjoyed in the same way as cereal grains like wheat, oat, or rice. Imported from Peru where it is grown in the Andes Mountains, tricolor quinoa is an interesting blend of earthy and nut-like taste. Considered a superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.

## Golden White Quinoa

#181054 2x5 lbs



AMBROSIA® White Quinoa is a tiny, roundish seed that is widely used and enjoyed in the same way as cereal grains like wheat, oat or rice. Imported from Peru where it is grown in the Andes Mountains, white quinoa is the most common variety in the US and has a milder, delicate taste. Considered a superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.







By Vienna® Beef  
Ltd. Chicago, IL



*All items subject to availability*

**4 x 4lbs. Case, Frozen**

**3 Business Day Notice on All Items**

### ***Classic comfort food straight from the kettle.***

You don't even need to taste our Bistro Soups and Chili® to know how delicious they are. The look and aroma alone tells you that we slow-simmer them one kettle at a time with fresh ingredients, with no MSG added. Our hearty, home-style recipes are real crowd-pleasers. Just heat & serve.

#### **CHICKEN SOUPS**

##### **Chipotle Chicken & Tortilla**


**#MWF-1493** Southwestern style chicken soup with pulled chicken, jalapeños, smoky chipotle peppers, onions, tomatoes, black beans, roasted red peppers, traditionally thickened with authentic corn tortillas.

##### **Mama's Chicken Noodle**

**#MWF-1492** Slow simmered chicken broth with fresh noodle dumplings, white and dark meat chicken, carrots, celery, onions and parsley make this classic a must-have offering.


#### **BEEF SOUPS**

##### **Cuban Black Bean with Sausage**

 **GLUTEN FREE** | **#MWF-1497**

Smoky beef bacon and Vienna® beef sausage simmered with black beans, onions, bell peppers, cumin, oregano, sherry and finished with olive oil.

##### **Stuffed Pepper with Beef**

 **GLUTEN FREE** | **#MWF-1563**

Slow simmered ground beef with tomatoes, onions, rice, and green peppers for the ultimate stuffed pepper experience. A proven regional favorite.

##### **Italian Wedding with Meatballs**

**#MWF-1496** Miniature Italian meatballs with Romano cheese simmered in garlic scented chicken broth with onions, celery, carrots, red bell peppers, fresh spinach, tomatoes, herbs, and pastina.

#### **VEGETABLE SOUPS**

##### **Farmer's Market Vegetable**

 **VEGAN** | **#MWF-1494**

A wholesome combination of garden vegetables including zucchini, carrots, onions, tomatoes, celery, cabbage, corn, potatoes, green beans, nutrient dense chickpeas, kidney beans, and barley with spices in a savory vegetable broth.

##### **Minestrone**

**#MWF-1495** Packed with a garden's worth of fresh vegetables, roasted garlic, garbanzo beans, fresh spinach, real Parmesan cheese, ditalini pasta, and olive oil, this soup is as authentic as it gets.

#### **DAIRY**

##### **Broccoli & Cheese**

 **GLUTEN FREE**  **VEGETARIAN** | **#MWF-1481**

A creamy blend of American, cheddar, and blue cheeses combined with fresh broccoli, celery, onions, and herbs.

##### **New England Clam Chowder**

 **GLUTEN FREE** | **#MWF-1486**

Thick and creamy New England clam chowder full of fresh clams, potatoes, onions, celery, garlic, thyme, and fresh cream.

##### **Potato & Cheese**

 **GLUTEN FREE** | **#MWF-1487**

A hearty blend of three cheeses, real cream, potatoes, carrots, celery, onions, bacon, and finished with parsley. This is what a potato soup should be.

##### **Tomato Bisque**

**#MWF-1596** Miniature Italian meatballs with Romano cheese simmered in garlic scented chicken broth with onions, celery, carrots, red bell peppers, fresh spinach, tomatoes, herbs, and pastina.



# Fall Specials

The majority of our Fall Specials are grown or produced locally. Availability is subject to change without notice. Please contact your Business Development Associate for details.

## Pumpkins & Decor



### Carving Pumpkins

**Large** 1 Each | #01-1477  
**Medium** 1 Each | #01-1668  
 LOCAL MI



### Decorative Corn

12-3 ct | #01-1311  
**Mini**  
 16-3ct | #01-1312  
 LOCAL MI/WI



### Fall Gourds Assorted

1/2 Bu | #01-1310  
 LOCAL MI/WI



### Mini Pumpkins

Variety Mix 1/2 Bushel  
 | #MWF-10806  
 LOCAL



### Mini Pumpkins Orange

1/2 Bushel | #01-1309  
 (30-40 ct avg)  
 LOCAL MI/WI



### Mini Pumpkins White

1/2 Bushel | #235643  
 (30-40 ct avg)  
 LOCAL MI/WI



### Pumpkin Bins

**Large** 35 ct | #01-1774  
**Medium** 45-60 ct  
 | #01-1775  
 LOCAL MI/WI



### Pumpkin Cinderella

70 - 100 lb | #01-1698  
 LOCAL  
*Arrives Early October*



### Pie Pumpkin

30 lbs | #172600P  
 (12 ct avg)  
 LOCAL MI/WI



### Pie Pumpkin White

10-12 ct | #01-11825  
 LOCAL  
*Arrives Early October*



## Taffy Apples

Recommended lead is 10 days for all Affy Tapple orders delivering between 9/29 and 11/1.

Outside of this date range, we require a 10-case combined minimum and 10-day lead time on taffy apples.



### Taffy Apple (w/ nuts)

24ct | #01-1302  
*10-day notice*



### Taffy Apple (w/o nuts)

24ct | #210184  
*10-day notice*



### Taffy Apple Halloween Sprinkles

24ct | 01-1443  
*10-day notice*

## Apple Cider

LaPorte, IN



### Garwood Cider LOCAL

4/1 gal | #365582DG  
 1 gal | #01-5042  
 25-1 pt | #MWF-7977

### Garwood Cherry Cider LOCAL

25-1 pt | #MWF-7978  
 9-1/2 gal | #01-11777\*  
*\*Special Order*



# Local Squash



**Acorn**

32-36lbs | #171300P  
LOCAL - MI



**Butternut**

32-36lbs | #172100P  
LOCAL - MI



**Blue Hubbard**

30lbs | #MWF-7542  
LOCAL - MI  
*Arrives Mid-September*



**Carnival**

40 lbs | #01-11741  
LOCAL - MI



**Delicata**

30lbs | #6-2382  
LOCAL - MI



**Honeynut**

30lbs | #MWF-3173  
LOCAL  
*Arrives Mid-September*



**Kabocha**

32-36 lbs | #73852  
LOCAL



**Red Kuri**

32-36 lbs | #3465753764  
LOCAL - MI



**Spaghetti**

32-36 lbs | #172900P  
LOCAL - MI



**Sweet Dumpling**

40 lbs | #01-11753  
LOCAL

*Arrives Mid-September*



**Turban**

40 lbs | #01-1856  
LOCAL - MI

## Squash Guide

Squash should be firm with hard, unblemished skin and a deep, rich color. A heavy feel for its size indicates dense, flavorful flesh. Avoid squash with soft spots or cracks.

Squash is one of the most versatile fall ingredients—use it to balance hearty proteins, add natural sweetness, or showcase bold spices.

Keep whole squash in a cool, dry place—ideally 50–55°F—for up to a month (some hardier varieties can last longer). Once cut, wrap tightly and refrigerate. Cooked squash also holds well refrigerated or frozen for extended use.

Fall squash is at peak availability from September through December, bringing warmth, color, and comfort to seasonal menus.

## Flavors & Uses

**Sweet & Nutty** Varieties like butternut, delicata, and honeynut work beautifully in purées, soups, and roasted sides.

**Savory & Hearty** Blue hubbard, kabocha, and turban bring depth to gratins, curries, and braises.

**Versatile & Mild** Acorn, carnival, and sweet dumpling shine when stuffed or roasted whole.

**Unique Texture** Spaghetti squash offers a natural pasta substitute—light, mild, and endlessly adaptable.



# Charcuterie

## Local



Brie 60%  
Local Alouette Savencia, IL  
**2x1KG | #126200D**  
*Arrives Mid-September*



Goat Cheese  
Local La Clare, WI  
**6/10 .5 OZ | #5287463**



Gruyere Grand Cru  
Local Emmi Roth- WI  
**1/6 5 LB | #MWF-11279**

## Imported



Manchego  
Aged 6 months  
Imported Spanish  
**Each 1/7 25 LB | #MWF-10986**



Blue Cheese  
Imported Danish  
**1/6 Wheel 5 LB | #MWF-2832**



Parmigiano Reggiano  
Imported Italian  
**1/6 Wheel Wedge Avg 11 LB | #MWF-3957**





# Inspiration



Availability on all items is subject to change without notice.



## Nuts



Almonds, Raw, Skin On  
5 lb. Box | #025800



Almonds, Silvered  
5 lb.Box # 384215



Cashews, Roasted & Salted  
5 lb. Box #465463131



Macadamia Halves  
5lb.Box # 066500



Peanuts, Honey Roasted  
25 lb. Case # 376185  
7 Business Day Notice

## Fruit



Pear Bartlett  
90ct | #020300



Pear Bosc  
80-90 ct | #465651P



Pomegranate  
32 -36 ct | #MWF-1067

## Dried Fruit



Dried Apricots 5#  
Case | #051000



Dried Cranberries  
5# Case | #051400



Dried Figs Black Mission  
5# Case | #052000



Dried Date Medjool  
11# Case | #2605555



Quince Log  
1/2.7lb #MWF-11518





# Dressed Up



## Spiced Orchard Zero-Proof Punch

2 cups apple and spice shrub syrup  
 6 cups apple cider, chilled - we recommend Garwood Local Apple Cider (see page 11!) **#01-5042**  
 3 cups ginger ale or club soda, chilled  
 1 apple, thinly sliced (see page 20 for local options)  
 Star anise for garnish **#091200**  
 Cinnamon sticks for garnish **#092400**

Combine ingredients. In a large punch bowl or pitcher, stir together the apple and spice shrub syrup and chilled apple cider. Garnish and serve. Add ice to the punch bowl. Just before serving, add the chilled ginger ale or club soda. Stir gently to avoid releasing the carbonation. Float the apple slices and star anise on top and add cinnamon sticks for garnish.

## Pear 75

1 oz gin (a floral style works beautifully)  
 ½ oz pear purée or pear liqueur  
 ½ oz lemon juice  
 ½ oz simple syrup (or honey syrup for a warmer note)

Top with prosecco or Champagne

Garnish: edible flower or microgreen sprig

Edible Micro Marigolds **#01-4434**

Edible Nasturtiums **#161701**

Shake gin, pear, lemon, and syrup with ice until chilled. Strain into a flute and top with sparkling wine.





# Fall Cocktails



## Creative Garnish Ideas

### Fresh Origins Crystals



- 01-10708** Basil 6x6 oz 72 HR Notice
- 01-12022** Basil 6 oz
- 01-11332** Ginger 6x6 oz 72 HR Notice
- 01-12025** Ginger 6 oz
- 01-11343** Habanero 6x6 oz 72 HR Notice
- 01-12028** Habanero 6 oz
- 01-11333** Hibiscus 6x6 oz 72 HR Notice
- 01-12026** Hibiscus 6 oz
- 01-12024** Mint 6 oz
- 01-12027** Rose 6 oz

### Edible Micro Flowers



- 01-2769** Basil Blossoms 50 ct 72 HR Notice
- 01-12174** Broccoli Flower 100 ct 72 HR Notice
- 01-11330** Fennel Blossom 50 ct 72 HR Notice
- 01-2767** Herb Mix 50 ct 72 HR Notice
- 01-12029** Jasmine 100 ct 72 HR Notice
- 01-4319** Lavender 50 ct 72 HR Notice
- 01-4437** Marigold 200 ct 72 HR Notice

### Herbs

- 130600P** Basil 1 lb
- 01-2788** Basil 8 oz
- 130800** Basil Thai 1 lb
- 132600** Lavender 1 lb
- 133600P** Mint 1 lb
- 01-4549** Mint 8 oz
- 133900P** Rosemary 1 lb
- 01-4611** Rosemary 8 oz
- 131900P** Sage 1 lb
- 01-4613** Sage 8 oz
- 134600P** Thyme 1 lb
- 01-4630** Thyme 8 oz



### Essential Mixologist Dried Fruit & Vegetables



- MWF-9998** Shaved Cucumber 75 ct 72 HR Notice
- MWF-9992** Sliced Apple 180 ct 72 HR Notice
- MWF-9994** Sliced Banana 75 ct 72 HR Notice
- MWF-11984** Sliced Blood Orange 200 ct 72 HR Notice
- MWF-9993** Sliced Dragon Fruit 1 lb 72 HR Notice
- MWF-9996** Sliced Jalapeno 120 ct 72 HR Notice
- MWF-9985** Sliced Lime 300 ct 72 HR Notice
- MWF-9989** Sliced Mandarin 126 ct 72 HR Notice
- MWF-9988** Sliced Orange 126 ct 72 HR Notice
- MWF-9995** Sliced Papaya 110 ct 72 HR Notice
- MWF-9991** Sliced Pear 180 ct 72 HR Notice
- MWF-9990** Sliced Pineapple 120 ct 72 HR Notice
- MWF-9987** Sliced Pink Grapefruit 84 ct 72 HR Notice
- MWF-9997** Sliced Red Pepper Sticks 300 ct 72 HR Notice
- MWF-9986** Sliced Yellow Lemon 170 ct 72 HR Notice



# Farm Fresh Focus

## Featured Farm



## Wetherby

Warrens, WI

Multigenerational Farm

Wetherby Cranberry Company has been growing and packing fresh cranberries in the heart of Wisconsin since 1903. With over a century of experience, the team at Wetherby has built a reputation for producing some of the highest-quality cranberries available.



**24 x 12 OZ | MWF-1491**

What makes their fruit stand out is the care that goes into every step of the process. Each cranberry is hand-sorted to ensure that only the biggest, firmest, and most vibrant berries make it to your table. This extra attention means fewer bruised berries, better shelf life, and a fuller, more flavorful cranberry that shines in both sweet and savory dishes.

*Fresh cranberries are available from late September through Thanksgiving.*

Wetherby is also passionate about sharing the story of this native fruit. As part of Wisconsin's cranberry belt, where more than half of the world's cranberries are grown, the farm regularly welcomes visitors to see how cranberries are cultivated and harvested. Their annual Harvest Day, held the first Saturday in October, invites guests to step into a flooded cranberry bed and experience the harvest up close.

Wetherby Cranberry Company combines time-honored practices with an unmatched commitment to quality. It's this dedication that has kept them a trusted name in fresh cranberries for over 100 years.



# Farm Fresh Focus

## Featured Farm



## Garwood

*La Porte, IN*

180+ Years in Business



The Garwood family has been farming the same land for over 180 years, with six generations focused on farming, family, and community. “Not many businesses can claim that kind of longevity,” says Garwood. They currently farm over 350 acres, including apples, peaches, pumpkins, berries, sweet corn, and vegetables. Garwood is Primus GFS certified—the highest in food safety—and follows sustainable Integrated Pest Management (IPM) practices that reduce chemical use and support plant health naturally.

## Why Local?

“Our philosophy has always been that; we know we’re not the biggest grower in the world, but the quality of local product speaks for itself,” says Garwood, “And it does feel nice to see a pallet of our product show up around the area at different restaurants or being shipped out!”







# Garwood Tour



Each fall, our team and clients gather for a special tradition: a day at Garwood Orchards. It's a chance to step away from the day-to-day, connect with one another, and celebrate the partnerships that strengthen our local food system.

We're looking forward to continuing this tradition in October and hope you'll join us. Invitations will be sent to current clients—please watch your email for details.





# Fall Apples



**Availability is subject to change without notice**

*Local apples will begin to arrive in mid-September and will continue through December.*



**EverCrisp®** *Local from Garwood Orchards - Late October*

EverCrisp apples, grown locally at Garwood Orchards, are a Honeycrisp × Fuji cross known for their firm crunch, balanced sweetness, and long storage life. They hold their flavor and texture for months after harvest. **Code to be announced.**



**Fuji** *Local from Garwood Orchards - Late October*

Fuji apples, grown locally at Garwood Orchards, are crisp, dense, and very sweet with low acidity. They store well and are a versatile choice for snacking, baking, or salads. **#772344**



**Gala** *Local from Garwood Orchards - Mid-September*

Gala apples from Garwood Orchards are known for their mild sweetness, thin skin, and crisp bite. They're especially popular as a fresh-eating apple and make a great everyday snack.. **#01-1138**



**Golden Delicious** *Local from Garwood Orchards - Mid-October*

Golden Delicious apples from Garwood Orchards are sweet, mellow, and have a tender skin with a softer bite. They're excellent for eating fresh and hold up well in baking or sauces. **#879500**



**Granny Smith** *Washington - Early October*

Granny Smith apples from Washington are tart, crisp, and refreshing with a bright green skin. Their firm texture makes them a favorite for baking, salads, and snacking. **#01-1247**



# Fall Apples

**Availability is subject to change without notice**

*Local apples will begin to arrive in mid-September and will continue through December.*



**Honeycrisp** *Local from Garwood Orchards - Late September*

Honeycrisp apples from Garwood Orchards are known for their explosive crunch, balanced sweet-tart flavor, and juiciness. They're a customer favorite for fresh eating and hold up well in salads. **#01-11390**



**LudaCrisp®** *Local from Garwood Orchards - Mid-October*

Garwood's LudaCrisp apples are large, extra-crisp, and bursting with a bold sweet flavor. They're great for snacking and add a standout crunch to any dish.

**Code to be announced.**



**SugarBee®** *Washington - Mid-October*

SugarBee apples, available from Washington, are crisp and juicy with a rich, honey-like sweetness. They're excellent for fresh eating and versatile enough for baking or salads. **#MWF-3179**



**Lucy™ Glo** *Washington - Early October*

Lucy Glo apples from Washington are crisp and tangy-sweet with a striking pink-red flesh. Their vibrant color and balanced flavor make them great for snacking, baking, or adding visual appeal to salads. **#MWF-3177**



**Lucy™ Rose** *Washington - Early October*

Lucy Rose apples from Washington feature a rosy-red skin with naturally pink flesh. They have a balanced sweet-tart flavor and are ideal for fresh eating or adding color to salads and desserts. **MWF-3178**



# Fall Labor Savers

## Grab N Go



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

### Sandwiches & Wraps



- #MWK-120** The Bavarian Ham & Swiss on Pretzel Bun 8 ct
- #MWK-137** Ham & Cheese Panini 8 ct
- #MWK-146** Turkey & Cheese Panini 8 ct
- #MWK-612** Buffalo Chicken Wrap 8 ct
- #MWK-628** Italian Wrap 8 ct
- #MWK-911** Chicken Bacon Wrap 8 ct



### Fruit

- #MWK-209** Fresh Mixed Fruit Cup 9 ct
- #MWK-218** Mixed Berries Cup 9 ct
- #MWK-224** Whole Grapes Cup 9 ct



### Salads

- #MWK-413** Spinach & Blue Cheese Salad 4 ct
- #MWK-415** Chef Salad 4 ct
- #MWK-418** Southwest Chicken Salad 4 ct



### Parfaits & Dessert

- #MWK-315** Apple & Caramel Parfait 9 ct
- #MWK-312** Greek Berry Parfait 9 ct
- #MWK-710** Oreo Delight 9 ct

- #MWK-807** Breakfast Tacos - Bacon/Sausage 8 ct
- #MWK-804** Breakfast Sausage Burrito 8 ct
- #MWK-813** Breakfast Croissant 8 ct



### Snacks

- #MWK-511** Peanut Butter Snack Pack 9 ct
- #MWK-547** Brie & Apples Box 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)



# Fall Labor Savers Pre-Cut Produce

Availability is subject to change without notice

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



## Beans Green

10 lbs. #136658



## Brussels Sprouts

Halves 4 x5 lbs. # EC-1007



## Cabbage Napa Shred

3/8" 4 - 5 lbs. #014901



## Carrot Diced

1/2" 2x5 lbs. # 136900



## Cauliflower Florets

4 x3 lbs. # 01-10873



## Celery Diced

2x5 lbs. # 138300



## Kale Chopped

2x5 lbs. # 8596333



## Onion Diced

1/2" 2x5 lbs. #181918



## Potato Sweet Peeled & Diced

3/4" 2x5 lbs. #8903633



## Squash Butternut Peeled & Halved

2x5 lbs. # 65464

1 DAY NOTICE



## Squash Butternut Diced

1" 2x5 lbs. # 01-11909

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



# Looking Ahead: Winter Specialty Items



Available to order beginning 11/18/25

Availability is subject to change without notice

3 Business-Day Notice required on all products unless otherwise noted.

## Wreaths, Boughs & Garland



**Boxwood Double  
Faced**

24" Each | #MWF-8552



**Noble Fir with Cones**

24" Each #MWF-8554



**Noble Fir**

25 LB #MWF-1523

**Juniper Berried**

20 LB #MWF-1522



**Cedar Garland**

75 FT #119500



### Candy Canes

7 Business Day Notice

**TRADITIONAL 6"** 12/12 CT #01-10724

**MINI 3"** 500 CT #01-10723

## More Decor

3 Business Day Notice

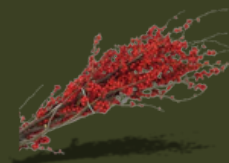


**Holly Green**

5 LB #107400

**Holly Variegated**

5 LB #63252



**Winter Berries**

10 LB #115100

## Poinsettias *Special Order*



**White Poinsettias**

**Special Order Only**

6.5" 5CT #MWF-8531

8" 3CT #MWF-8536



**Pink Poinsettias**

**Special Order Only**

6.5" 5CT #MWF-8532

8" 3CT #MWF-8537



**Marble Poinsettias**

**Special Order Only**

6.5" 5CT #MWF-8533

8" 3CT #MWF-8538



**Red Poinsettias**

**Special Order Only**

6.5" 5CT #MWF-8530

8" 3CT #MWF-8535

# 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)

