



**MIDWEST
FOODS**

Weekly Updates

September 24th, 2021

All items are subject to availability.

FEATURED NEW & RETAIL READY

Description		Item Number
Cranberries 12oz EACH LOCAL Wetherby Cranberry Co.	FEATURED LOCAL	01-2802
Cranberries 24-12oz Case LOCAL Wetherby Cranberry	FEATURED LOCAL	181902
Cider Apple Fresh Sq 4/1gallon Garwood, IN	FEATURED LOCAL	365582DG
Kiwi Gold Single Layer 30ct	FEATURED ITEM	MWF-1010
Kiwi Red 33ct Case Single Layer	FEATURED ITEM	MWF-3174
Lettuce Aquaponic Red/Green Mix 6-8oz LOCAL Windy	FEATURED LOCAL	6-2985
Lettuce Mesclun Mix 4# Windy City Harvest, IL	FEATURED LOCAL	MWF-12078
Onion Nabechan (Green Onion) 24ct Case LOCAL	FEATURED LOCAL	6-2328
Pear Asian Single 16ct	FEATURED ITEM	021000P
Pepper Carmen 10# LOCAL Windy City Harvest, IL	FEATURED LOCAL	6-2268
Plum Green "Emerald Beauty" 35ct	FEATURED ITEM	MWF-1730
Pomegranate 30ct 2 Layer	FEATURED ITEM	MWF-1067

GRAB-N-GO



**MIDWEST
Kitchens**

We have individually wrapped, pre-packaged grab-and-go items available!

Contact Customer Service at 773.927.8870 or email orders@midwestfoods.com to order.

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HOW TO REACH US

Contact your Business Development Associate or In-House Sales Assistant directly or
Contact Customer Service



773.927.8870



orders@midwestfoods.com

MARKET REPORT

Apples New crop red delicious starting this week. Small fujis and galas remain tight.
Asparagus Asparagus supplies continue to be extremely tight. Wet weather and transition is causing Mexican grass to be limited. Peruvian grass is logistically a struggle to get to Florida. Look for the market to stay strong going into next week.
Avocados Markets on large sized fruit remain on the strong side with good demand. Markets on smaller sized fruit are steady with light demand. Supplies on large fruit remain light as well as all #2 grade fruit. California & Peru is winding down for the season. Mexican growers are slowly transitioning into new crop.
Bell Peppers Markets are steady to slightly higher. Crops continue to wind down in the east and should be wrapping up the first week of October. Quality is fair but seeing better quality out of the newer areas in GA and the S Carolina. Expect fairly steady prices as production increases out of these new regions. Western bell peppers supplies are a bit lighter than the last few weeks, but expect fairly steady prices.
Berries (Blackberries) The market remains steady as we see more product begin to show out of Mexico.
Berries (Blueberries) Product remains tight as we see delays in offshore arrivals from Peru and Mexico starts to begin their season in only a light way. Open market fruit will be scarce over the next week.
Berries (Raspberries) Mexico begins to ramp up over the next few weeks Markets should remain steady.
Berries (Strawberries) Quality concerns are producing a 2 tiered market. Much of the inferior fruit is being sent to freezers or juicing companies. This may result in a strengthening of the market.
Broccoli Demand exceeds supplies on all Broccoli and Floret packs. The recent warm weather has brought fields forward and fields have been lost due to quality issues. Look for this market to stay strong through next week.
Brussels Sprouts Supplies and quality are starting to get better. Look for the market to continue to correct downward as more supplies come through the pipeline.
Carrots Quality is good on all bulk and value-added product. Demand continues to be very strong for school/DOD business. Value-added packs are on weekly allocations. We strongly advise putting orders in early. Markets remain steady. We do have options out of Texas as well on jumbos.
Cauliflower Cauliflower supplies continue to be slightly limited due to the recent heat. Expect this market to follow Broccoli going into next week.
Celery This market is steady with multiple shippers. Demand is moderate at best. Some shippers continue to flex on volume type orders, especially in the southern California region. Small sizing, thirty six counts in particular are the least sizing available but all orders are being covered. The quality continues to be good with slight seeder being reported. Promote this commodity as much as possible.
Citrus (Lemons) Domestic supplies continue to be very light with markets holding firm on both Fancy and Choice grade fruit. We're seeing steady import supplies out of the east & west coast, all depending release times at the port. Supplies out of Mexico are starting up as well and have options to load out of Texas. Desert crop to start around the last week of September.
Citrus (Limes) Supplies are steady and quality is looking good. We have availability out of Texas, and also have cross dock options out west and east coast.
Citrus (Oranges) Small sizes on 113's & 138's remain very limited on both grades. Moving forward we can expect small sizes to remain very tight until we transition to Navels early November. Sizes are peaking on 72's and larger. Quality of the fruit is looking tired, the heat, lack of water, and gas times are taking a toll on the fruit. Keep inventories tighter for better shelf life.
Cucumbers Markets remain elevated. Supplies limited on both coasts but should see relief over the next few weeks as new growing regions increase production.
Eggplant Markets are fairly steady with decent supplies. Eastern supplies will increase over the next several weeks as newer regions ramp up. Western supplies

MARKET REPORT

out of the desert will begin at the end of the month bringing more to the pipeline. Expect steady prices for the balance of the week.
Garlic California supplies remain tight. Imports from China will help offset in a minor way. Pricing is higher and quality is good.
Grapes (Green) Lots of nice grapes out there. The market seems to have found its level. Expect more of the same for the next few weeks.
Grapes (Red) Lots of nice grapes out there. The market seems to have found its level. Expect more of the same for the next few weeks.
Green Onions Green Onion supplies continue to improve. Look for this market to continue to adjust lower as we move into next week.
Kale Steady supplies are keeping this market level. Watch this market closely with the upcoming heatwave.
Lettuce (Iceberg) Overall, supplies continue to be moderate to light in the industry. This will likely continue throughout the week. Some common defects being reported include discoloration and misshapen heads. Demand has been steady for the most part. Escalated pricing on value added lettuce items as some have inquired is still not a factor in the marketplace.
Lettuce Leaf Romaine is moderate to light in availability, pending the shipper, while green and red leaf are plentiful. Butter has firmed up. Starting the week, overall demand is off for all leaf items. Romaine hearts are active as many suppliers have less acreage to harvest compared to past weeks. Fringe and tip burn has been reported upon arrivals on all leaf items.
Lettuce Tender Leaf Plenty of tender leaf items is keeping this market steady. Look for this market to stay steady going into next week.
Melons (Cantaloupe) Markets are steady out of the valley with steady supplies. Quality is good. Pricing should remain steady for the balance of the week.
Melons (Honeydew) Demand exceeds; supplies are extremely limited. The market will remain elevated until the desert season begins in early October. Quality is ok but seeing smaller sizes as the San Joaquin season winds down. Flexibility in sizing is required to cover orders.
Melons (Watermelon) Markets are steady with good supplies. Expect a good transition to Mexico; season will begin in early October.
Onions Super, colossal and jumbo sized red and yellow onions remain elevated. Several weeks are left until harvest is complete and what the crop profile will be.
Pears New crop D'anjou starting this week.
Pineapples Supplies are steady and markets are stable. Quality is good on whole and crownless fruit.
Potatoes Market is declining on 40 - 70 CT. New crop norkotahs are trending larger marking small 80 - 120 CT less available. No #2s are becoming more available.
Squash Markets are steady. Crops continue their fall transition in the east to southern growing regions out of NC, GA, and FL. West coast supplies continue out of Baja and Santa Maria. Supplies out of Nogales have started in a light way with zucchini; yellow squash will be starting in about a week.
Stone Fruit Markets remain steady. Nectarines look to finish up in the next week. Peach volume is decreasing as we get into October. Plenty of plums through November.
Tomatoes Round supplies continue to be light out of the east coast. Expect to see increased production over the next several weeks. Out west supplies remain steady for the week with good quality; sizing is trending on the smaller side. Roma supplies remain light this week and should be the case for the balance of the season at steady supplies. Expect better supplies mid-October.

The Source September 22, 2021

WEATHER FORECAST

California High pressure keeps winds offshore and temps well above average. An upper low moves southward across the area late today turning winds back onshore, deepening the marine layer and cooling coastal and coastal valley temps back near to slightly above normal.
Mexico While this week is likely to remain dry, a few isolated showers and thunderstorms can not be ruled out. Where showers do occur, precipitation totals are expected to be near or less than 0.10". However, higher totals are possible within some thunderstorms.
Florida Strong high pressure center over the Atlantic extends southward over the Gulf of Mexico with westerly flow to the north and southeasterly flow to the south, with continued rain showers and late afternoon thunderstorms.
Arizona Brief warming today with afternoon high climbing up to 5 degrees above normal. Temps today reach upper 90s to 106 degrees. Cooler temps Thursday through Saturday along with a chance of thunderstorms due to an upper level system tapping into tropical moisture off the Baja Peninsula.

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