



**MIDWEST  
FOODS**

# Weekly Specials

June 28th, 2022

## FEATURED ITEMS

Item Number	Description	Region
5678910	Figs Black Mission 1/2 Tray 18-24ct Case	California
MWF-1025	Grapes Cotton Candy 18#	Mexico
014903	Melon Mixed 8ct	California
133700	Melon Water Yellow 4-5ct	Florida
01-4321	Nectarine Yellow 60-64ct Tray Pack	California
01-11347	Peach Yellow 60ct	California
MWF-1284	Plum Red 40/45 Series 25# VF	California

## ORGANIC PRODUCE

Item Number	Description	Farm	Region
45323133	Arugula Baby 2# Foodservice	Salad Farm	California
MWF-1700	Arugula Baby 8-5oz Case	Salad Farm	California
335435	Broccoli 14ct	Ocean Mist	California
4634153	Carrot Rainbow 25#	Grimmway	California
MWF-1278	Cauliflower Cello 9-12ct	Ocean Mist	California
01-1435	Celery 30ct	Various	California
01-11184	Cilantro 30ct	Ocean Mist	California
01-11312	Cucumber Seedless 12ct	Lakeside	Mexico
01-12249	Kale Baby 2# Foodservice	Salad Farm	California
01-2882	Kale Green 24ct	Family Farm Fresh	Indiana
01-11460	Lettuce Mesclun (Spring Mix) 2#	Salad Farm	California
163800	Lettuce Romaine Hearts 12/3ct	Ocean Mist	California
MWF-1713	Lettuce Spring Mix 8-5oz Clamshell	Salad Farm	California
01-11735	Spinach Baby 2# Foodservice	Salad Farm	California
01-3886	Spinach Baby 8-5oz Clamshell	Salad Farm	California
01-11834	Tomato Red Grape 12-1pt Case	Lakeside	Mexico



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## LOCAL FRESH OFF THE FARM

Item Number	Description	Farm	Region
154500	Asparagus Large 11#	Superior	Michigan
154600	Asparagus Standard 11#	Superior	Michigan
154400	Asparagus Jumbo 11#	Superior	Michigan
176100P	Beet Jumbo Striped Sack 25#	Superior	Michigan
156500P	Beets Red 25#	Superior	Michigan
159700P	Celery Root 25#	Superior	Michigan
365582DG	Cider Apple Fresh Sq 4/1gallon	Superior	Michigan
MWF-2459	Lettuce Aquaponic Assorted 1/8#	Superior	Michigan
01-1274	Micro Greens Arugula 8oz	Superior	Michigan
MWF-7737	Micro Greens Basil 8oz	River Ridge	Michigan
01-12146	Micro Greens Cilantro 8oz	Windy City Harvest	Illinois
154501	Micro Greens Rainbow Mix 8oz	Garfield Produce	Illinois
180000P	Parsnips 20#	Garfield Produce	Illinois
01-2216	Radish Cello 14-1#	Garfield Produce	Illinois
01-11885	Rutabaga 25# Case	Garfield Produce	Illinois
7807184	Sprouts Bean 5#	Superior	Michigan
MWF-1311	Tomato Cherry 9# Bulk Case On the	Superior	Michigan
MWF-1306	Tomato On the Vine 11#	Mighty Vine	Illinois
179800P	Turnips 25#	Superior	Michigan
149100	Wheatgrass Tray (9# Avg. Wt.)	Indoor Garden	Illinois