



**MIDWEST
FOODS**

Weekly Updates

August 5th, 2022

All items are subject to availability.

FEATURED NEW & RETAIL READY

Description		Item Number
Beans Green 25#	FEATURED LOCAL	155400P
Corn Bi Color 48ct	FEATURED LOCAL	01-12074
Pepper Jalapeno 5#	FEATURED LOCAL	01-4579
Plum Green/Yellow Flesh October Sun	FEATURED ITEM	01-11721
Plum Prune Italian 28#	FEATURED ITEM	01-11640
Squash Yellow 1/2 bushel 20-22#	FEATURED LOCAL	153400P
Squash Zucchini 1/2 bushel 20-22#	FEATURED LOCAL	179400P
Tomatillos 5#	FEATURED LOCAL	01-4631
Watermelon Red Seedless 4/5ct	FEATURED ITEM	7798433P
Watermelon Yellow 4/5ct	FEATURED ITEM	133700

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 As Washington is nearing the end of the current crop on several varieties, galas and golds are done and Fuji's and pinks are in short supply. California galas are the only crop currently until the new gala crop that will start in 10 days to 2 weeks.

Asparagus Demand is good and light supplies on both coasts. Expect supplies to be limited for the next 4-5 weeks until Mexico transitions to Sonora and Southern Baja with the largest area being Constitution.

Avocados The market has reached the bottom. Flora crop is in full production with supplies peaking. Overall, good quality and the market is steady.

Bell Peppers While Michigan and Ohio are now in full swing with several southern areas still going with overall good quality, Oxnard bells have started in a light way with another grower starting next week out of Arroyo Grande. Western supply has improved with newer regions starting out of Gilroy and Hollister. Prices are slightly lower this week as more supply is available on both coasts. Expect the market to decrease as supply increases.

Berries (Blackberries) The demand for blackberries continues to exceed supply for most shippers.

Berries (Blueberries) It is expected that production will increase in the Pacific Northwest over the next few weeks, putting downward pressure on prices. Michigan and New Jersey are also producing moderate numbers.

Berries (Raspberries) Availability is still reasonably light on raspberries. We expect production to increase in the last week of August.

Berries (Strawberries) All growing areas are in a downward cycle based off of greater plant age. We are currently in a demand exceeds supply market that is expected to last August through September. New Oxnard crop will not arrive on the market until the beginning of October. Central Mexico and Florida crops should begin in mid to late October.

Broccoli Salinas and Santa Maria supplies are plentiful. Expect the market to be steady.

Brussels Sprouts Supplies continue to improve. Expect better quality and market to be steady going into the weekend.

Carrots Supplies are plentiful with Bakersfield's growing region underway. The demand for carrot snack packs is increasing as schools start back up.

Cauliflower Salinas and Santa Maria supplies are good. However, Mexico continues to experience pest pressures due to the heat and humidity causing lower yields. Expect market to stay steady going into the weekend.

Celery Warm temperatures has created some seeders internally within the plants. Otherwise, the overall quality is good and demand is light to moderate. Expect steady availability in both Salinas and Southern California for the week.

Citrus (Lemons) Central Valley is finished and Oxnard/Ventura County is now the main growing region. A gap is expected between growing regions. Harvesting will end early-June and new crop production will start early November. Expect good quality and supplies steady.

Citrus (Limes) Prices have increased. Quality is adequate; shippers continue to grade for quality.

Citrus (Oranges) Supplies of all sizes are extremely tight throughout the season. Expect good quality and pricing to be steady.

Cucumbers Strong supplies on both coasts, overall quality is good.

Eggplant Eggplant supply is adequate on both coasts. Eggplant will further

MARKET REPORT

transition north out east. Expect better volume next week out of North Carolina, Michigan, and New Jersey. Supplies are steady out of Fresno; the heat has reduced overall yields.

Garlic The garlic supply remains tight and China's imports will help offset it in a minor way. In the next few weeks, the new California crop for 2022 will begin. Overall, the quality is good and the price is higher.

Grapes (Green) Excellent quality and good volume on green grapes. The market is steady.

Grapes (Red) Excellent quality and good volume on red grapes. The market is steady.

Green Onions Green Onion supplies are starting to get slightly limited with the incremental weather in Mexico. Look for this market to be up slightly going into next week.

Kale Steady supplies are keeping this market level. Look for this market to continue to stay steady going into the weekend.

Lettuce (Iceberg) Although common defects are being reported, the market is steady. Expect moderate production throughout the week.

Lettuce Leaf Warm temperatures has affected romaine. However, romaine hearts have moderate to good availability as demand is off. Expect steady supplies for the rest of the week.

Lettuce Tender Leaf Supply is good with fair quality with size and texture. Expect the market to continue to stay steady on all items except for cilantro going into the weekend.

Melons (Cantaloupe) The market is steady on limited supplies. The quality has been good.

Melons (Honeydew) The market is steady on light supplies. Quality has been mixed.

Melons (Watermelon) Watermelon demand exceeds supply.

Mushrooms Pricing and availability remain steady.

Onions As California and New Mexico are in their final weeks of shipping, the Northwest season will be starting in two weeks. The market is low.

Pears Good supplies and excellent quality on California bartletts. Washington will start harvest in 2-3 weeks.

Pineapples Due to the storm season in the tropics, there is a light volume of pineapples.

Potatoes Demand exceeds available supply. Washington started harvesting in light way. Idaho will gap between storage and new crops.

Squash Supplies are plentiful on both coasts. Over the next few weeks, expect the same.

Stone Fruit Good quality and availability on California stone fruit.

Tomatoes Weather-related issues have affected supply along the east coast, but overall supply remains steady. Mexican supplies are also steady. Due to drought and water allocations, California tomatoes have moved farther north and supply will improve, but overall acreage is down this year. There is a steady supply of Oceanside tomatoes available. In the coming weeks, we can expect fairly steady markets.

The Source August 3 2022

WEATHER FORECAST

California Through the weekend, high pressure and a shallow marine layer will cause near to above average temperatures. Low temperatures near the coast will range from the 50s to the mid-60s, daytime highs in the Santa Clara Valley to the upper 80s, and temperatures south of Soledad will be in the 80s to 104.

Mexico Isolated showers are possible through the weekend. Expect possible thunderstorms. Max temps in the mid 70s to 80s.

Florida Expect rain over Belle Granden, Jennings, and central peninsula through Thursday.

Arizona Monsoon moisture and chances for thunderstorms increase mid-late week due to an inverted system. Possible isolated to scattered thunderstorms and damaging winds this evening to Thursday morning in North- Central portions of Phoenix. Also, rainfall amounts of 0.25" - 0.50" with heavier amounts are possible.

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