



**MIDWEST
FOODS**

Weekly Updates

November 18th, 2022

All items are subject to availability.

FEATURED NEW & RETAIL READY

Description		Item Number
Arugula 6# LOCAL Chicago Urban Farm Solutions, IL	FEATURED LOCAL	MWF-7774
Carrot Orange 12ct LOCAL Chicago Urban Farm Solutions, IL	FEATURED LOCAL	MWF-7945
Chard Rainbow 12ct LOCAL Windy City Harvest Chicago, IL	FEATURED LOCAL	6-2263
Greens Collard 12ct LOCAL Windy City Harvest Chicago, IL	FEATURED LOCAL	6-2178
Kale Lacinato 12ct LOCAL Windy City Harvest Chicago, IL	FEATURED LOCAL	01-11342
Lettuce Aquaponic 1/8# LOCAL Windy City Harvest Chicago, IL	FEATURED LOCAL	MWF-2459
Spinach 6# LOCAL Chicago Urban Farm Solutions, IL	FEATURED LOCAL	MWF-7822

MARKET ALERT

Vegetable row crops are still extremely short due to the heatwave and the rain causing the Salinas season to finish early. Supply has started in Southern California and Arizona. However, yields are low and not filling the gap created by poor weather and early season finish. **Cauliflower, broccoli, romaine, romaine hearts, iceberg, green leaf and baby lettuces** will be short supply and extremely limited and continue to be more limited with holiday demand. Prices for the items continues to be high with light weight and minor quality issues expected. Additionally, due to industry-wide lettuce shortage and a seasonal transition from California to Arizona there will be unavoidable gapping on **mesclun spring mix, baby arugula, and baby kale**.

GRAB-N-GO



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MARKET REPORT

Apples Small low-grade Grannys and Fujis will continue to be in tight supply for the balance of the season. Overall, both varieties are short tonnage and are peaking on larger sizes and higher grades.

Asparagus Supplies continue to remain tight on the West Coast. East coast has good supplies and better pricing. Both coasts are struggling with a limited supply of XL and JBO sizing.

Avocados There is a good supply on all sizes. Overall, good quality and pricing is steady. Suppliers dealing on volume.

Bell Peppers Markets are fairly steady. We are seeing some overlap between Coachella and Nogales as more shippers will come online in the next few weeks. The quality is good. Eastcoast supply is adequate due to moderate demand. Florida is on watch as growers are bracing for a late season Tropical Storm Nicole that is expected to make landfall this week. Red bells remain very limited out of Coachella.

Berries (Blackberries) Markets are steady out of Central Mexico, look for a slight increase in numbers in December.

Berries (Blueberries) Good availability out of several locations on imports from Central Mexico, Peru, and Chile. Overall, good quality and pricing is lower.

Berries (Raspberries) There is a fair availability out of Central Mexico and Baja on this item. Overall, the quality is fair and pricing is lower.

Berries (Strawberries) Demand exceeds supply situation exists for the 5th straight week due to rain and previous weather-related issues. Central Mexico volume is slowly becoming available out of Texas. Florida is still on track for December 1st start date.

Broccoli Supplies are continuing to become very limited as we approach the end of the season. Quality issues such as pin rot have been causing extremely lower yields. Look for this market to continue to go up as we approach the weekend.

Brussels Sprouts Supplies continue to get a little tighter. Expect good quality and the market to be steadily going up as we approach the weekend.

Carrots Carrot supplies are ample besides organic rainbows and conventional jumbos. Organic rainbow and conventional jumbo carrots will be in a better spot mid-November.

Cauliflower Cauliflower supplies continue to be extremely limited in Salinas and Santa Maria. Quality continues to be affected by the heat and rain. Look for supplies to remain tight going into next week.

Celery As the month of November is upon us, active markets for this commodity is occurring with all suppliers. Oxnard/Santa Maria continues to have the best availability and sharp pricing. Escalated pricing on value-added product will begin this Thursday. Production in Salinas is just about finished. Large sizing continues to have the best availability. Although rain and cold weather have not affected the quality of the product, it has slowed down growth.

Citrus (Lemons) California Desert/ Arizona Region and San Joaquin Region are the main growing regions. Overall, good quality and pricing is steady.

Citrus (Limes) The markets are steady with good availability. Overall, good quality and pricing is steady.

Citrus (Oranges) Domestic navels are now the main variety. 72ct and larger are tight to start off the season. Current gas times are 72 hrs; Brix is currently 11-12. Cooler nights are upon us which will help color up the fruit naturally.

Cucumbers Markets are steady to slightly lower as Nogales continues to build volume. Good quality out of Nogales. East coast supply remains adequate out of Georgia as Florida braces for a late season hurricane that may push back the start of their season.

Eggplant The markets are steady. Nogales eggplant has started in a light way. Georgia's supply is steady and Florida should start in about 3 weeks. Overall, quality is fair and pricing is steady.

Garlic The garlic supplies have improved. The new California crop for 2022 is helping supplies. Overall, the quality is good and the price is higher.

Grapes (Green) The green grape market is starting to improve as shippers sell out of smaller weaker grapes. Still good supplies on larger higher quality grapes.

MARKET REPORT

Grapes (Red) The red grape market is starting to improve as shippers sell out of smaller weaker grapes. Still good supplies on larger higher quality grapes.

Green Onions Green Onion supplies continue to be somewhat limited. The weather in Mexico does look good in the short term. Green Onion supplies will continue to be moderate going into the weekend.

Kale Steady supplies are keeping this market level. Look for this market to stay steady going into the weekend. Overall, good quality and pricing is steady.

Lettuce (Iceberg) Record pricing for this commodity remains high, yet demand is not decreasing. Production in Salinas is all but finished. Huron will continue for another week or two and Yuma will have moderate production for the week. Value-added items remain at an all-time high, and this will continue for the next few weeks, at a minimum. Production in Huron and Yuma has been above average in the opinions of customers. With this being said, lighter weights, ribbing, and misshapen heads are reported but orders continue to come in. Supplies cannot keep up with demand. Expect light supplies to continue through the month of November.

Lettuce Leaf Like lettuce, romaine as well as all leaf items and romaine hearts cannot keep up with demand. This will continue for the next three to four weeks. Increases in value-added items will continue throughout this month. Huron will have production as well as Santa Maria/Oxnard and Yuma. The demand cannot be met by production. This is the direct reason why high markets continues to exist. Common defects on romaine and leaf items will be small head sizing, lightweights, and discoloration on the outer leaves.

Lettuce Tender Leaf Supply has been good with most tender leaf items with fair quality in size and texture. All tender leaf supplies are good at this time.

Melons (Cantaloupe) Supply is diminishing in the US over the next few days as the season prematurely ends. At the end of this week, the offshore season will begin. Mexico still has fairly good supplies loading in Nogales.

Melons (Honeydew) Nogales/Mexico is going strong with plenty of fruit. Overall, good quality and pricing is steady.

Melons (Watermelon) Supplies continue to stay tight in California and Mexico. Overall, fair quality. Low sugar readings offshore imports will start mid-December.

Mushrooms Retail demand is ramping up for Thanksgiving demand, making supplies less available than in recent weeks.

Onions The market is steady to lower with deals on medium and jumbo onions in Washington. Super colossal-sized onions remain limited.

Pears Market mostly steady. Wide range in prices on mostly US#1 fruit.

Pineapples Steady open market volume. Overall, good quality and pricing is steady.

Potatoes Market is high and demand is extreme with Thanksgiving approaching. Expect limited supplies through the holiday.

Squash Good availability out of Nogales; quality is good. Georgia's supply is adequate. Florida has begun however the storm approaching Florida could affect supply.

Stone Fruit Peaches and Nectarines are done for the season. Plums will continue for about another three weeks with moderate supplies. Almost all of the remaining plums are red with very few green plums being offered. New crop California kiwi is in full swing. Pomegranates and persimmons are in full production in the Central Valley.

Tomatoes Demand exceeds supply. Markets are holding at elevated levels. Central Florida and Baja are producing very light supplies due to past hurricanes. Markets are expected to remain elevated through January. Growers in Florida are on watch as a late-season storm will make landfall off Florida's east coast this week which will bring heavy rain/winds to the region.

The Source November 9, 2022

WEATHER FORECAST

California Cold high pressure moves into the region this morning after a small chance of showers. Salinas Valley morning lows are predicted to be in the mid-20s to low-30s, climbing to the low 30s to upper 40s over the weekend. Over the weekend, daytime highs will remain below normal in the 50s to mid-60s.

Mexico Over the next five days, temperatures will remain steady and seasonal. Through the end of the week, high temperatures will be in the mid-70s to mid-80s with morning temperatures in the mid-40s to mid-50s. The fields of Central Mexico are not expected to receive any rain through November 11th. Through the middle of this week, there will be light winds.

Florida As Tropical Storm Nicole intensifies, it is expected to reach hurricane strength today before making landfall over east-central Florida late tonight. Through Friday, you can expect damaging winds, heavy rain, and thunderstorms.

Arizona Rain and thunderstorms are possible today due to a passing low-pressure system that will cool temperatures to the low 60s and low 70s. Wind gusts of 40-45 mph are expected today. Going into the weekend, temperatures are expected to warm up slightly.

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