



**MIDWEST
FOODS**

Weekly Specials

May 23rd, 2023



FEATURED ITEMS

Item Number	Description	Region
01-10269	Basil Green Aquaponic 4#	Illinois
01-2791	Beans Fava 5#	US
MWF-8224	Blackberries Sweetest Batch 12-6 oz Case	US
MWF-2121	Blueberries Sweetest Batch 8-11oz Case	US
MWF-2126	Garlic Green 5#	US
MWF-2459	Lettuce Aquaponic 1/8#	Illinois
167300P	Pea Sugar Snap 10#	US
01-4574	Peas English 5#	US
01-11439	Raspberries Sweetest Batch 12-6oz Case	US



LOCAL ITEMS

Item Number	Description	Farm	Region
01-11709	Apples Gala 138ct	Superior	Michigan
176100P	Beet Jumbo Striped Sack 25#	Superior	Michigan
156500P	Beets Red 25#	Superior	Michigan
MWF-8105	Carrots Nantes 25#	Prairierth	Illinois
MWF-8004	Lettuce Mesclun Mix 6#	Chicago Urban Farm Solutions	Illinois
01-1274	Micro Greens Arugula 8oz	Garfield Produce	Illinois
01-12146	Micro Greens Cilantro 8oz	Garfield Produce	Illinois
154501	Micro Greens Rainbow Mix 8oz	Garfield Produce	Illinois
180000P	Parsnip Loose 20#	Superior	Michigan
MWF-7822	Spinach 6#	Chicago Urban Farm Solutions	Illinois
7807184	Sprouts Bean 5#	Phoenix Bean	Illinois
149100	Wheatgrass Tray (9# Avg. Wt.)	Chicago Indoor Garden	Illinois



ORGANIC ITEMS

Item Number	Description	Farm	Region
MWF-1040	Apples Fuji 100ct	Stemilt	Washington
MWF-1856	Apples Gala 88ct	Stemilt	Washington
01-1494	Apples Granny Smith 88ct	Stemilt	Washington
45323133	Arugula Baby 2# Foodservice	Salad Farm	California
01-3812	Blackberries 12/6oz	Driscoll	Mexico
01-1436	Blueberries 12/6oz	Driscoll	Mexico
01-2877	Raspberries 12/6oz	Driscoll	Mexico
01-1012	Strawberries 8/1#	Driscoll	California
01-1435	Celery 30ct	Various	California
01-12249	Kale Baby 2# Foodservice	Salad Farm	California
01-11460	Lettuce Mesclun (Spring Mix) 2#	Salad Farm	California
163800	Lettuce Romaine Hearts 12/3ct	Andy Boy	California
MWF-1713	Lettuce Spring Mix 8-5oz LILY'S ORGANIC	Salad Farm	California
01-11735	Spinach Baby 2# Foodservice	Salad Farm	California
01-3886	Spinach Baby 8-5oz LILY'S ORGANIC	Salad Farm	California
01-11834	Tomato Red Grape 12-1pt	Lakeside	Mexico