



**MIDWEST
FOODS**

Weekly Updates

May 19th, 2023

All items are subject to availability.

FEATURED NEW & RETAIL READY

Description		Item Number
Basil Green Aquaponic 4# Case LOCAL Windy City Harvest	FEATURED LOCAL	01-10269
Beans Fava 25#	FEATURED ITEM	155200P
Beans Fava 5#	FEATURED ITEM	01-2791
Lettuce Aquaponic 1/8# LOCAL Windy City Harvest	FEATURED LOCAL	MWF-2459
Peas English 25#	FEATURED ITEM	MWF-1642
Peas English 5#	FEATURED ITEM	01-4574
Pea Sugar Snap Purple ORGANIC 10#	FEATURED ITEM	MWF-8226
Pea Sugar Snap 10#	FEATURED ITEM	167300P
Radish Easter Egg 24ct LOCAL Windy City Harvest Chicago	FEATURED LOCAL	MWF-1664
Radishes French Breakfast 24ct LOCAL Windy City Harvest	FEATURED LOCAL	MWF6-2373

MARKET ALERTS

Brussels Sprouts and Celery extremely limited as a result of limited ability to start plantings earlier this year from the ongoing rains. Supplies will not improve July when Salinas season will begin.

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.

FOLLOW US ON SOCIAL MEDIA!



@midwestfoods



@midwestfood



/midwest-foods



@Midwestfoodschi

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 The supply of Granny Smiths remains low. As storage season approaches an end, Washington shippers are stepping up Gala packing. There is a good supply of small reds, golds, and Fuji.

Asparagus West Coast product remains tight. There are fewer 28/1 being packed. The majority of suppliers have moved back to 11/1, which has helped volume. Caborca is slowly finishing up. The next region is just getting started. The Washington asparagus season has begun and is helping to fill the pipeline. Michigan asparagus starts in just over a week.

Avocados The market is low across the board for all sizes. The normal crop will end within the next month or two. Flocia Loca will be the next crop. There is no word yet on what the peak sizes will be for that crop.

Bell Peppers As both coasts transition to northern areas, supplies remain adequate. Georgia has begun. California's desert season has also begun with reds beginning the week of 5/20. Because of heavy rains this year, we will have a gap in the second week of June as we move to the Central Valley. There is still fruit being harvested in Nogales, but the quality is hit and miss, with most of the fruit being small. Red and yellow peppers are now available from Otag; a promotional volume is available.

Berries (Blackberries) In California, shippers are starting to scratch the surface of this item, which should result in better supplies this week.

Berries (Blueberries) This commodity should remain steady. The product is coming from Central Mexico, Florida, and Georgia.

Berries (Raspberries) The availability of this item remains tight as we wait for the West Coast production to increase in June.

Berries (Strawberries) Fruit availability will improve next week with a decline in Mother's Day demand and better yields in the growing regions of Santa Maria and Oxnard. Salinas and Watsonville are beginning in a very light way on strawberries only.

Broccoli The supply of broccoli, including florets, continues to improve. Santa Maria and Salinas have steady supplies. Overall, the quality is above average. Going into the weekend, expect this market to remain steady.

Brussels Sprouts There are very limited supplies of Brussels sprouts. Oxnard normally begins the first of May, but has been pushed back a few weeks. The market is expected to increase as the weekend approaches. Overall, seeders are being reported and it is causing lower yields and smaller sizing.

Carrots The whole carrot supply is in a better position. There is a slight decline in the markets. Imperial Valley's growing season will continue until the mid/end of May. The Bakersfield growing region is next, with no sizing issues predicted.

Cauliflower With the warmer weather, cauliflower supplies are improving in Salinas and Santa Maria. As we approach the weekend, expect this market to continue to adjust lower.

Celery It continues to be a very active market for this commodity. Salinas production won't begin until late June. This week and likely into next week, Oxnard/Santa Maria production will have moderate to light availability. Pith and seeder are among the defects reported upon arrival. This is reported by all shippers. With this commodity, value-added items are escalated.

Citrus (Lemons) District 1 is the main growing region for FCY fruit. District 2 will have more choice-grade fruit as it ramps up. Small fruit is tight due to the rain helping to increase fruit size. The market continues to rise.

Citrus (Limes) The price of lime continues to decline. The availability of large sizes 110s/150s is limited, with manifests peaking on 200s/230s. It is expected that the same trend will continue over the next several weeks as the market settles.

Citrus (Oranges) There is a peak in supplies for 72/88ct. The quality is good. The market for small fruit with significantly less volume is firming up. To help with the shortage of 113/138ct navels, Valencia's have begun very lightly.

Cucumbers There is a steady market. Next week, eastern supply will transition to Georgia. In the west, supplies are strong coming from several regions, with Baja starting full production by June. Both regions have good quality.

Eggplant It is a steady market. It is also transitioning north. The California desert has started in a light way; Georgia will follow in late May. The quality is good. Nogales will continue through May.

MARKET REPORT

Garlic Throughout the week, California's production is expected to remain steady. It has been reported that the quality is good.

Grapes (Green) There is a real supply gap between South America and Mexico. By the end of this week, grapes may be completely unavailable. Mexican grapes crossing in Nogales won't begin until 5/19, and volume will be minimal. A tight supply period is expected to continue through the first half of June and into May.

Grapes (Red) There is a real supply gap between South America and Mexico. By the end of this week, grapes may be completely unavailable. Mexican grapes crossing in Nogales won't begin until 5/19, and volume will be minimal. A tight supply period is expected to continue through the first half of June and into May.

Green Onions This week, Mexican-grown supplies continue to improve. In Mexico, the warmer weather has helped spur growth. The quality is good overall.

Kale The market continues to be steady. The availability is expected to be moderate to good throughout the week. In general, the quality of the product is good, and the market is stable.

Lettuce (Iceberg) In the Salinas Valley, demand is moderate and supplies are improving. Multiple shippers expect better inventories with Oxnard and Santa Maria this week as production has increased. Expect value-added product pricing to ease up starting tomorrow. Liner weights have ranged from thirty-eight to forty-five pounds. Discoloration of the outer leaves and misshapen heads have been reported. Huron is done.

Lettuce Leaf Romaine as well as green and red leaf are more readily available with multiple shippers. After the Mother's Day pull, demand has eased. Value-added items are currently on escalation, but they will likely be off by next week. Next week, supplies of romaine hearts are expected to be stronger. Customers have reported fringe and tip burn, and a slight blister on arrival.

Lettuce Tender Leaf There is still a tight supply of Italian parsley. Because of the heavy rains we had back when the growers were trying to plant the product, the product in Salinas is still behind schedule. Over the next week, we hope the weather in the Salinas Valley warms up and growth improves.

Melons (Cantaloupe) The offshore deal has at most one more week to go. There could have been a start to cantaloupe production from Nogales. It looks like the desert deal will start 10 days later than usual. There is a possibility that it will begin on May 18 or May 22. The market is up and supplies are tight.

Melons (Honeydew) There is still one week left for the offshore deal. It is a mostly steady market for honeydew. There is a light supply on 5/6's. Overall, the quality is good. Honeydews have started in Nogales. Demand is good.

Melons (Watermelon) The offshore fruit is done. There is a steady flow of supplies coming out of Mexico.

Mushrooms Excellent quality and promotable volumes.

Onions California is the primary growing region. Supplies are limited. It is recommended to increase lead times for orders.

Pears The market is slightly higher. From May to July, prices will gradually rise as storage supplies run out. The new California Bartlett crop is expected to start July 10th, but could be delayed due to weather.

Pineapples There is a light open market volume. The quality of the product is good, and the market is steady.

Potatoes The market remains extreme. Burbanks are the primary variety shipped. There are more 6-ounce #2s available than in recent weeks.

Squash As Georgia ramps up, the market is weakening. Mexico and Florida are in steady supply. Quality is fair as there is some wind scarring present in some lots coming out of Nogales.

Stone Fruit Peaches, nectarines, and apricots are in season in California. There has been a delay in cherry production due to the cooler weather.

Tomatoes Until July, eastern supply will be lighter out of Florida as we move to newer areas, while Quincy will fill that gap in early June. Currently, western supplies are good as newer areas get going out of Baja and eastern Mexico. Mostly big fruit with good quality. Nogales will continue until early June.

The Source May 10, 2023

WEATHER FORECAST

California Low-pressure system exits the area this morning, allowing skies to gradually clear. Daytime highs will be in the upper 50s to mid-70s with morning lows in the upper 30s to low 50s. Temperatures will gradually warm as high pressure moves in the remainder of the week. There will be temperatures in the mid-60s to upper 80s Friday, and heat wave levels over the weekend with upper 60s to low 80s near the coast and mid-80s to mid-90s inland.

Mexico Mostly dry weather during the week, with the chance for showers and T-storms increasing as we approach the weekend. Where showers occur, rainfall totals should range from 0.05" to 0.30", but higher totals may develop within t-storms.

Florida A wet summer pattern will continue on the peninsula through Friday, with scattered and widespread showers and thunderstorms each afternoon and evening. Rainfall totals should be highest in northern Florida today, shifting to central Florida tomorrow and Friday.

Arizona As a result of an upper-level low passing through Central California, strong gusty winds can reach speeds of 40-45 mph today, cooling temperatures below seasonal averages (upper 70s to low 80s). Over the weekend, a high-pressure ridge quickly re-builds, allowing temperatures to rise up to 10 degrees above normal in some locations by Saturday. Friday afternoon highs will be in the mid-90s to 100 degrees, warming up to 95-103 degrees on Saturday.

FOLLOW US ON SOCIAL MEDIA!



@midwestfoods



@midwestfood



/midwest-foods



@Midwestfoodschi

3100 W. 36th Street Chicago, IL 60632 | 773.927.8870 | midwestfoods.com