



MIDWEST
FOODS

Weekly Specials

September 26th, 2023



FEATURED ITEMS

Item Number	Description	Farm
01-11709	Apples Gala 138ct LOCAL	Garwood Orchards
01-5042	Cider Apple Fresh Sq 1gal EACH LOCAL	Garwood Orchards
MWF-8004	Lettuce Mesclun Mix 6# LOCAL	Chicago Urban Farm Solutions
01-1309	Pumpkin Mini Orange 1/2 Bushel Case LOCAL	Superior
235643	Pumpkin Mini White 1/2 Bu Case LOCAL	Superior
MWF-7822	Spinach 6# LOCAL	Chicago Urban Farm Solutions
01-11741	Squash Carnival 40# LOCAL	Superior
01-11753	Squash Sweet Dumpling 40# LOCAL	Superior
6-3336	Turnip Hakurei 24ct LOCAL	Windy City Harvest



ORGANIC ITEMS

Item Number	Description	Farm	Region
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
01-1435	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	Salad Farm	California
01-2877	Raspberries 12/6oz	Andy Boy	Mexico
01-11735	Spinach Baby 2# Foodservice	Salad Farm	California
01-1012	Strawberries 8/1#	Driscoll	California
01-11834	Tomato Red Grape 12-1pt	Lakeside	Mexico



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LOCAL ITEMS

Item Number	Description	Farm	Region
176100P	Beet Jumbo Striped Sack 25#	Superior	Michigan
156500P	Beets Red 25#	Superior	Michigan
156400P	Beet Jumbo Gold Sack 25#	Superior	Michigan
157700P	Cabbage Green 45-50# AVG.	Superior	Michigan
01-11352	Cabbage Red 45#	Superior	Michigan
MWF-7945	Carrot Nante Bunch w/Tops 12ct	Chicago Urban Farm Solutions	Illinois
158800P	Carrot Cello 48-1#	Superior	Michigan
158900P	Carrot Jumbo Loose 50#	Superior	Michigan
6-2263	Chard Rainbow 12ct	Windy City Harvest	Illinois
01-12074	Corn Bi Color 48ct	Garwood Orchards	Indiana
01-12241	Cucumber Basket 24ct Case	Garwood Orchards	Indiana
160600P	Cucumber Select 1 & 1/9th Bu	Garwood Orchards	Indiana
149700P	Eggplant 24ct LOCAL	Garwood Orchards	Indiana
01-1310	Gourds Assorted 1/2 Bushel	Superior	Michigan
MWF-7887	Greens Collard 12ct	Chicago Urban Farm Solutions	Illinois
01-11643	Kale Green Curly 12ct	Windy City Harvest	Illinois
MWF-8039	Kale Lacinato 24ct	Chicago Urban Farm Solutions	Illinois
MWF-8004	Lettuce Mesclun Mix 6#	Chicago Urban Farm Solutions	Illinois
165400	Mushroom Oyster 5#	Sunny Oaks	Illinois
165800	Mushroom Shitake "A" MED 5#	Sunny Oaks	Illinois
180000P	Parsnip Loose 20#	Superior	Michigan
167500	Pepper Banana 10#	Garwood Orchards	Indiana
01-11671	Pepper Carmen 20#	Windy City Harvest	Illinois
151400P	Pepper Green Large 1&1/9th Bu 23-25#	Garwood Orchards	Indiana
PA2205	Pepper Jalapeno 10# BREAK	Garwood Orchards	Indiana
01-4580	Pepper Poblano 5# BREAK	Garwood Orchards	Indiana
01-4583	Pepper Serrano 5# BREAK	Garwood Orchards	Indiana
01-11130	Pepper Shishito 10# BREAK	Garwood Orchards	Indiana
01-1477	Pumpkin Large Carving EACH	Parrfection	Wisconsin
01-1668	Pumpkin Medium Carving EACH	Parrfection	Wisconsin
01-1309	Pumpkin Mini Orange 1/2 Bushel Case	Superior	Michigan
235643	Pumpkin Mini White 1/2 Bu Case	Superior	Michigan
172600P	Pumpkin Pie Case Fresh (10-12ct approx-	Superior	Michigan
MWF-7822	Spinach 6#	Chicago Urban Farm Solutions	Illinois
7807184	Sprouts Bean 5#	Phoenix Bean	Illinois
171300P	Squash Acorn Green Bushel (32-36# avg)	Superior	Michigan
172100p	Squash Butternut Case 32-36# avg	Superior	Michigan
01-11741	Squash Carnival 40#	Superior	Michigan
6-2382	Squash Delicata 30#	Superior	Michigan
73852	Squash Kabocha 32-36# avg	Superior	Michigan
3465753764	Squash Red Kuri (N-BRK) 40#	Superior	Michigan
172900P	Squash Spaghetti Bushel 32-36# avg	Superior	Michigan
01-11753	Squash Sweet Dumpling 40#	Superior	Michigan
153400P	Squash Yellow Med. 1/2 bu. Case 20-22#	Superior	Michigan
179400P	Squash Zucchini Med. 1/2bu Case 20-22#	Superior	Michigan
01-4631	Tomatillos 5# BREAK	Garwood Orchards	Indiana
174600	Tomato Heirloom Large Asst 10# Case	Scheeringa	Indiana
6-2408	Tomato Cherry Sungold 12-1pt	Windy City Harvest	Illinois
6-3336	Turnip Hakurei 24ct	Windy City Harvest	Illinois