



**MIDWEST  
FOODS**

# Weekly Updates

March 15, 2024

*All items are subject to availability.*

## FEATURED NEW & RETAIL READY

Description	Item Number
Asparagus White 11#	210155
Broccoli Baby Purple ORGANIC 18ct	MWF-1349
Garlic Green ORGANIC 5#	01-11404
Greens Collard 12ct LOCAL Chicago Urban Farm Solutions	MWF-7887
Kale Lacinato 24ct LOCAL Chicago Urban Farm Solutions	MWF-8039
Kale Red ORGANIC 24ct	01-11274
Radish Purple Daikon ORGANIC 10#	MWF-2619
Turnip Scarlet ORGANIC 10#	MWF-8102

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# HOW TO REACH US

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## MARKET REPORT

**Apples** There is a good supply of most apple varieties. Gala's being the one exception. In the fall, shippers heavily promoted and sold this year's crop, which was near record levels. Due to that effort, spring supplies have been lighter than normal, and the supply between now and new crop will be slim.

**Asparagus** Due to ideal growing conditions, Caborca asparagus volume continues to be good this week. Providing adverse weather conditions do not occur, supplies should remain adequate.

**Avocados** As higher elevation growers have the majority of fruit right now, they are holding off harvesting and crossings to increase pricing. Due to the high dry matter content, ripening times are short. Contracts for Quarter 2 are available in CMS.

**Bell Peppers** Mexico's supplies have rebounded, while Florida's volume is steady/light; green bell peppers have occasional bruising and scarring concerns, with slightly lower prices expected. There is a tight supply of red and yellow bell peppers, especially gold and orange varieties, with a slight increase in markets expected.

**Berries (Blackberries)** As the weather warms up in March, better production numbers are expected.

**Berries (Blueberries)** Production on the Central Coast has begun in a very limited way. In mid-to late April, better yields are expected. As soon as the weather begins to improve. The main offerings in this area are Chilean imports and some very light Peruvians. Production in central Mexico is slowly increasing, peaking in mid-April.

**Berries (Raspberries)** The number of fruits transferred from Baja and Central Mexico is expected to increase over the next few weeks. CMEX numbers are beginning to gain traction. By the end of March and into April, there will be more fruit available for transfer out of McAllen, TX.

**Berries (Strawberries)** In McAllen, TX, the Mexican season is winding down or over. Over the next few weeks, late season fruit will still be available in a lighter way. As we move into spring, the new crop is looking good and yields are beginning to increase in Santa Maria and Oxnard. Last week, Florida's production exceeded expectations, flooding the market with higher than anticipated numbers. Temperatures in Dover, FL will begin to rise into the 90s in the next 2 to 3 weeks, signaling the end of the season.

**Broccoli** This week's broccoli supplies remain steady. The market should remain steady this week. There is also a good supply in Santa Maria. The market is expected to remain steady next week.

**Brussels Sprouts** The Brussels sprouts this week are of good quality. We can expect this market to remain steady as we head into the weekend.

**Carrots** Market on whole carrots are steady. The Imperial Valley is now the main region for growth. Size looks good. No issues for the foreseeable future.

**Cauliflower** Cauliflower supplies have remained consistent this week. This market should remain steady as we approach the weekend.

**Celery** This commodity continues to be in steady supply. Among all pack sizes, large will remain the most widely available. Oxnard/Santa Maria continues to have good supplies and sharp pricing. Apart from some slight seeders reported by some shippers, the quality remains above average.

**Citrus (Lemon)** There is an overall peak sizing of 140ct and larger. The main growing region is District 1. Sizes smaller than 165ct are extremely tight.

**Citrus (Limes)** Prices are rising due to lower supplies due to seasonal lows in Mexico. Cold weather and persistent rains reduce bloom drop and available supplies.

There are mainly 110- and 150-count limes, which are of good quality with minimal scarring and decay. Over the next one to two weeks, markets are expected to rise. Stocks are being shipped by boat into New Jersey and Florida domestic ports. Good quality; light styler and oil spotting from past rains affecting grading. Markets comparable to Mexico; prices slightly lower than Mexico FOB.

**Citrus (Oranges)** Fruit is currently peaking at 72ct and larger; 88/113/138ct are extremely scarce and will remain this way through the navel season. Fruit size will continue to increase as the season progresses due to low fruit set and rain events. As we navigate through this shorter Navel season, please be flexible with size and grade. Lead time is very important; please send orders 5-7 days in advance. Brix ranges from 12-14; quality is good. At this time, there is no gassing.

**Cucumber** There is a shortage of supplies in Mexico and a limited amount of Honduran imports into Florida, resulting in high prices. Florida's domestic season has started in a limited manner, with sufficient volume expected by early March.

**Eggplant** South Florida's supply remains light, with fair quality, while Mexico's is moderate and slowly increasing.

**Garlic** Overall, garlic supplies are tight. In recent months, South America has seen a good harvest of Argentinian garlic. However, this will not fill the overall supply gap. In the coming months, the garlic market will become tighter and more volatile.

**Grapes (Green)** Imported grapes remain very tight. Inconsistent vessel arrivals are preventing a smooth flow of incoming product and keeping the market active. While there will be brief periods adequate supplies, the empty pipeline and pre committed program volume will keep

## MARKET REPORT

the market price high. Expectations are this will continue until the Mexican grape deal starts in mid-May.

**Grapes (Red)** Imported grapes remain very tight. Inconsistent vessel arrivals are preventing a smooth flow of incoming product and keeping the market active. While there will be brief periods adequate supplies, the empty pipeline and pre committed program volume will keep the market price high. Expectations are this will continue until the Mexican grape deal starts in mid-May.

**Green Onions** The weather in Mexico has improved, resulting in an increase in supplies. As the weekend approaches, expect the market to remain steady.

**Kale** Kale supplies and quality are good heading into the weekend.

**Lettuce Iceberg** Demand exceeds supplies. All value-added items are moving to the second tier of pricing. Generally, the quality is fair, with weights ranging from thirty-four to thirty-eight pounds. There have been reports of discoloration, brown butts, and decay upon arrival. A value-added product has a shorter shelf life than a standard product. In the last week of March, Huron production will begin.

**Lettuce Leaf** All suppliers will continue to supply light supplies of romaine, green, and red leaf throughout the week. Romaine hearts are also extremely limited in supply. The number of blisters and peels produced has decreased. These issues are being dealt with by all suppliers. Yields have decreased by 15-20 percent. In the next two weeks, light weights will continue as shippers clean up products at harvest time. The quality of all items is fair. All value-added items will be escalated on Wednesday.

**Lettuce Tender Leaf** This week, arugula and spinach supplies have improved. The weather is improving as we head into the weekend. Quality should improve with this ideal growing weather.

**Melon (Cantaloupe)** The market is heating up and demand is increasing. Vessel delays, Holidays, combined with additional retail promotions, is moving around the loading schedule caused commodities to be tight. Week of 3/25 surge. Quality 12-14%, fruit quality remains solid and minimal scarring. The plants are in the ground in Yuma, and growers are waiting for them to bloom. There is a peak on 9s and 12s.

**Melon (Honeydew)** Honeydew is in a tight market. With vessel delays and lower yields on Mexican fields, demand has increased. Peaking on 6s.

**Melon (Watermelon)** Mainly offshore product from the east coast. 3 weeks of product, roughly 5 weeks until the Domestic season begins. The domestic season is likely to begin in the middle of April. Cartons and bins are heavily affected. There is an extremely tight market, demand exceeds supply, and the domestic season is not expected to begin until the end of March. The majority of products are crossing in cartons, and bin supplies are limited. Lighter color and lower sugar than in peak season.

**Mushroom** Volumes are promotable and there is a great supply.

**Onions** The summer contracts are being finalized, with Northwest storages diminishing and contracts being escalated. Mexican-grown onions have already started crossing, while Texas-grown onions began crossing on March 18th, and California and New Mexico expect new crops in mid-April and June.

**Pears** Storage Bartletts are done for the season. The Anjou market has risen quickly and will remain tight until new crop Bartletts start in California around mid-July. There will be a shortage of 110s and smaller. Small Bosc remain readily available.

**Pineapples** The supply meets demand, and the growers are fulfilling their contracts. Due to the holiday pull, the supply of 6ct crowned pineapples and 7/8ct crownless pineapples has been affected. There is a high demand for pink pineapples. After the holiday, additional supplies will be available.

**Potatoes** Norkotahs and Burbanks are available, with Burbanks commanding a premium. Colored potato supplies are tightening, especially Canadian-grown, while Idaho-grown storages will continue through June.

**Squash** Supply is tight due to cold weather cycles affecting yields; quality is good overall.

**Stone Fruit** Growers are fulfilling their contractual obligations and supply meets demand. As a result of the Holiday pull, the supply of 6ct crowned pineapples and 7/8ct crownless pineapples has been impacted. There is a high demand for pink pineapples. After the holiday, additional supplies will be available.

**Tomatoes** In the next few weeks, Florida's round tomato supply is tightening, shifting demand to Mexico. Limited production in Mexico will also lead to higher prices.

ProAct The Source March 15th, 2024

## WEATHER FORECAST

**California** High pressure on Wednesday will cause temperatures to cool briefly, with breezy winds and gusts up to 30 mph. Morning lows will be in the 40s to 50s.

**Mexico** Central Mexico is expected to experience warm temperatures through Sunday, mostly dry through Saturday, with isolated showers possible. High temperatures in the low 80s to 90s.

**Florida** Warm temperatures throughout the week, with increased shower chances in Northern Florida and Central Florida, and winds gusting near or less than 20 mph in southeast Florida and Tampa Bay.

**Arizona** Low pressure enters Arizona, causing strong winds and scattered showers. Temperatures drop, with highs in the 70s-80s dropping to the 60s and low 80s by Sunday.

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