



**MIDWEST
FOODS**

Weekly Updates

March 29th, 2024

All items are subject to availability.

FEATURED NEW & RETAIL READY

Description	Item Number
Artichoke Baby 20#	154300
Fiddlehead Ferns 3#	MWF-2011
Onion Spring RED ORGANIC 12ct	01-12100
Radish Purple Daikon ORGANIC 10#	MWF-2619
Ramps Wild Leek 3#	1005
Turnip Scarlet ORGANIC 10#	MWF-8102

GRAB-N-GO



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Kitchens**

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HOW TO REACH US

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Contact Customer Service



773.927.8870



orders@midwestfoods.com

MARKET REPORT

Apples There is a good supply of most apple varieties. Gala's being the one exception. This year's crop was at near record levels and shippers pushed promotions and sales heavily in the fall. Due to that effort, spring supplies were lighter than normal, and supplies between now and the new crop will be skinny.

Asparagus Due to the Easter pull, asparagus supplies are in demand exceeds supply situation. Look for this market to stay tight going into next week. The quality is good.

Avocados Markets are increasing as higher elevation growers have the majority of the fruit right now, meaning they are holding off harvest and crossings to increase pricing. As a result of the higher dry matter, ripening times are short. We should see the market stabilize in the next couple of weeks.

Bell Peppers Nogales has a moderate supply. With a new crop coming on, FL supply is steady. The quality is okay. Coachella will begin in a light way in April. Labor in Mexico will slow as we approach Easter. Colored bell pepper market is adjusting downward as Canada has started.

Berries (Blackberries) There is still a limited amount of product coming out of Central Mexico. The observance of Holy Week is expected to limit harvesting crews and impede border crossings. Central California production is expected to begin in early May.

Berries (Blueberries) There is still a limited amount of product coming out of Central Mexico. Observance of Holy Week is expected to limit harvesting crews and impede border crossings. As we move into early April, production should improve. A small number of Chilean imports are still available out of Dover, FL.

Berries (Raspberries) There is still a limited amount of product coming out of Central Mexico. The observance of Holy Week is expected to limit harvesting crews and impede border crossings. It is expected that Central California production will begin in late April if the weather cooperates.

Berries (Strawberries) Rains have caused growers to strip fruit from ranches, reducing yields. Over the next few days, harvests should improve. Rain is slated for this weekend which will slow down crews on Monday and Tuesday of next week and we may see some shortages and pushes to orders.

Broccoli Despite lower yields and rains affecting the Salinas Valley harvest, broccoli supplies are tight. Going into the weekend, expect this market to rise.

Brussels Sprouts During Holy Week in Mexico, Brussels sprout supplies have tightened. Expect this market to rise as we approach the weekend.

Carrots The whole carrot market is steady. Imperial Valley is now the main growing region. The sizing looks good. No issues for the foreseeable future.

Cauliflower Cauliflower supplies continue to be consistent this week. As we approach the weekend, look for this market to stay steady.

Celery There are stronger markets in northern and southern California. This will continue throughout the week. All sizes will be less available. Yuma's production is over. Please be aware that shippers are charging transfer fees if you load in Yuma or Salinas. There is a better price if you load in Oxnard/Santa Maria. The overall quality remains good, apart from the light seeder.

Citrus (Lemon) The overall peak size is 14Oct and larger. The main growing region is District 1. Sizes 165ct and smaller are extremely tight.

Citrus (Limes) As Easter approaches, markets remain steady. Due to the holiday, most shippers will stop picking on Wednesday. Please send orders with enough leadtime to ensure coverage. On smaller fruit 230/250ct, prices are lower and quality is good. Offshore fruit is available and has kept the market from escalating.

Citrus (Oranges) As of now, 72ct and larger fruit are most plentiful; 88/113/138ct are extremely scarce and will remain so throughout the navel season. The fruit will continue to grow in size as the season progresses due to low fruit sets and rain events. As we navigate this shorter Navel season, please be flexible with sizes and grades. Lead time is very important; please send orders 5-7 days in advance. Brix levels are in the 12-14 range; quality is good. Zero gassing at this time.

Cucumber The volume has improved on both coasts as Florida's volume has increased. There has also been a rise in English cucumber production in Canada, which has taken some of the demand off of Nogales. Good quality overall.

Eggplant Quality is good, markets are steady at current levels.

Garlic Overall, garlic supplies are tight. Recent months have seen a good harvest of Argentinian garlic in South America. The overall supply gap, however, will not be filled by this. Over the next few months, the garlic market will become tighter and more volatile.

Grapes (Green) The demand for imported grapes remains higher than the supply. Inconsistent vessel arrivals prevent a smooth flow of incoming products and keep 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. This is expected to continue until the Mexican grape deal starts in mid-May.

MARKET REPORT

Grapes (Red) The demand for imported grapes remains higher than the supply. Inconsistent vessel arrivals prevent a smooth flow of incoming products and keep 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. This is expected to continue until the Mexican grape deal starts in mid-May.

Green Onions It's Holy Week in Mexico, so the weather has improved, which is good. Supplies have tightened with less work force. The market is expected to tighten as the weekend approaches.

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

Lettuce Iceberg Yuma and Huron are currently experiencing light to moderate production. In Salinas and Santa Maria, production is light, but better availability is expected next week. With all processors, escalating prices on value added items are on the second tier. Lightweights, discoloration, and misshapen heads are reported out of Yuma. Huron's weights are better and the overall quality is better. Weights range from 35 to 42 pounds.

Lettuce Leaf As we transition out of Yuma, demand continues to exceed supply in this industry. Processors continue to impose escalating prices on value-added romaine and green and red leaf items. As for the quality, it is fair, with lightweights, fringe burns, and discolorations reported. Lightsupplies of romaine hearts will continue for the week. The production in Salinas and Santa Maria is expected to be better next week.

Lettuce Tender Leaf The supply of arugula and spinach has remained steady this week. Due to quality issues and tightening supplies, cilantro yields are lower this week. Look for cilantro to continue to be tight next week.

Melon (Cantaloupe) The market is strong and demand is increasing. Loading schedules are being moved toward the end of the week due to vessel delays, Easter, and spring retail promotions. Quality 12-15%, with minimal scarring and solid quality on the fruit. Plants are in the ground in Yuma and the growers are waiting for the plants to bloom. 9s and 12s are peaking.

Melon (Honeydew) There is a tight market for honeydews. Because of vessel delays and low yields on Mexican fields, product is tight early in the week, causing loading to be moved to the end.

Melon (Watermelon) Due to growing issues in Honduras and Mexico, the watermelon market is at a ten-year high. Currently, demand exceeds supply. Approximately 1-2 weeks of offshore supply and the domestic season is likely to begin in the middle of April. There is a heavy impact on both bins and cartons. **Mushroom** Supply and availability are excellent.

Onions The Northwest's storage supply is diminishing. Markets remain elevated due to insufficient imports from South Texas and Mexico.

Pears Anjou prices have risen rapidly and will remain tight until mid-July when new crop Bartletts arrive in California. There will be a shortage of 110s and smaller. Small Bosc remain readily available.

Pineapples Growers are fulfilling their contracted business. Supplies of 6ct crowned and 7ct crownless pineapples have been impacted by the holiday pull. Supply has been impacted by vessel delays and USDA delays, causing a shift in loading schedules. There is a high demand for specialty pineapples. After the holiday, additional supplies will be available.

Potatoes Carton sizes between 40 and 70 CT are higher. There are abundant stocks of norkotahs and burbanks in the 80-120 CT range.

Squash Both coasts have plenty of supplies. As spring crops start coming on, there are some great deals to be found, especially on zucchini. The lack of labor in MX this week will lighten supplies until next week. **Stone Fruit** Domestic Kiwi is still shipping. As the volume of shippable domestic fruit declines, the market is starting to react. The majority of shippers repackage domestic fruit to order. The domestic Kiwi crop is supplemented by imports from Greece and Italy. Peaches, plums, and nectarines are arriving on both coasts in small quantities. Peach supplies are very light.

Tomatoes Round and Roma tomatoes are escalating again. As both regions transition north, Florida rain and a lack of labor are putting pressure on markets. The quality is fair. There are more snacking tomatoes available, such as grapes and cherries.

ProAct The Source March 30th, 2024

WEATHER FORECAST

California High pressure through Wednesday, lows in the mid-30s to low 40s, daytime highs in upper 50s to low 70s. Light showers possible, with rain totals less than 1/4".

Mexico Central Mexico is expected to experience slightly warmer temperatures over the next five days, with afternoon temperatures reaching low-upper 80s, mid-80s to near 90 degrees, and low 50s to near 60 degrees.

Florida Today's weather forecast predicts warm, dry conditions with potential rainfall in northern Florida, cool temperatures on Wednesday and Thursday, and gradually warmer temperatures on Friday and Saturday.

Arizona Phoenix expects rain today due to moisture and instability, while dry conditions with slow warming persist. Morning lows will rise, afternoon highs will rise, and southwesterly winds will decrease.

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