



**MIDWEST
FOODS**



Midwest Foods Weekly Updates April 20th, 2024



Fresh Off the Farm

These items are all from Chicago Urban Farm Solutions, which is locally owned and one of our featured BIPOC growers.



Collard Greens
12 CT | MWF-7887

LOCAL | BIPOC



Lacinato Kale
24 CT | MWF-8039

LOCAL | BIPOC



Green Curly Kale
24 CT | MWF-8040

LOCAL | BIPOC

Windy City Harvest Tour

Thank you to everyone who was able to join us this past Tuesday for a tour of Windy City Harvest! We had a great time catching up on the latest at their Farm on Ogden.

If you missed this tour, don't worry! Here are the next two tours coming up this season. More details and registration will be sent by email prior to the event.

May 13 Local Vendor Fair (Midwest Foods Warehouse Chicago, IL)

June 3 Phoenix Bean (Chicago, IL)

For the full list of upcoming farm tours please [click here](#).

More Fresh Featured Items!



Mangoes
7-10 ct | 13300

NEW ARRIVAL



Broccoli Baby Purple
18 ct | MWF-1349

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Turnip Scarlet
10 lb | MWF-8102

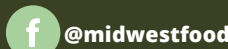
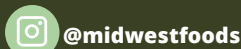
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Market Alert

Romaine and Romaine Hearts will be limited in availability for the next several weeks due to lower yields caused by poor weather in the Salinas Valley growing region, including heavy rains and excessive heat.

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Market Report

Apples In April and into May, you can expect good supplies of most apple varieties. Gala and Gold Delicious are notable exceptions. Golds have started their seasonal volume decline as shippers reach the end of their storage deal. There is still a lot of storage tonnage to go for Galas, and they are a very popular variety with consistent demand. We should have galas until the new crop but they will remain tight.

Asparagus Due to seasonality, asparagus production from Mexico continues to decline. Peru has started with light production. As we move through April, Peru's volume should increase.

Avocados Due to seasonality, asparagus production from Mexico continues to decline. Peru has started with light production. As we move through April, Peru's volume should increase.

Bell Peppers Supply is fairly steady and demand is moderate. FL is transitioning to Plant City, so the newer fields have better quality and size. In Nogales, there's still old crop Sinaloa product coming across so sizing and quality is still a challenge. Sonora's new crop fruit has good sizing and thick walls. The market is expected to hold steady over the next week as Coachella season begins on Monday. The colored bell pepper market remains depressed. Canada is now in full production contributing to overall supply availability.

Berries (Blackberries) Over the next few weeks, Central Mexico and California should have better availability on this item. There is some Georgia product becoming available. Most all quantities are being transferred for consolidation purposes

Berries (Blueberries) A few light numbers are coming out of California locally, as well as some offshore and CMEX transfer product. Local Georgia and Florida crops are ramping up. Peak production should begin next week. Most all quantities are being transferred for consolidation purposes.

Berries (Raspberries) Over the next few weeks, Central Mexico and California should have better availability on this item. Most all quantities are being transferred for consolidation purposes.

Berries (Strawberries) In Santa Maria, Oxnard, Salinas, Watsonville and any of the growing areas, we do not expect any rain over the next few weeks. In all areas, we expect volume to pick up next week.

Broccoli Salinas and Santa Maria continue to have good broccoli supplies and quality this week. Going into the weekend, expect the market to remain steady.

Brussels Sprouts The supply of Brussels sprouts continues to be good this week. Look for promotable volume through late April.

Carrots The whole carrot market is steady. The Imperial Valley is now the main region for growth. Size is looking good. No issues for the foreseeable future.

Cauliflower Cauliflower supplies and quality remain consistent in Salinas and Santa Maria this week. Look for this market to remain steady as we approach the weekend.

Celery As we transition out of Yuma, this market remains steady. The majority of loading will take place in the Santa Maria/Oxnard area. Most shippers continue to provide above average quality. If orders are loaded in Salinas, a transfer fee will be added. This will continue through April.

Citrus (Lemon) 115ct and larger is the overall peak sizing. The main growing region is District 1. Sizes smaller than 140ct are extremely tight.

Citrus (Limes) The market is losing momentum. Currently, FOBs out of Texas are in the low \$30s, while smaller fruit is in the \$20s. The availability of offshore fruit has kept the market from escalating. Overall, the quality is good. As May approaches, expect the market to continue to soften.

Citrus (Oranges) Fruit is currently peaking on 72ct and larger; 88/113/138ct are extremely scarce and will remain so throughout the navel season. Fruit will continue to size up as the season progresses due to low fruit sets and rain events. As we navigate 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 are in the 12-14 range; quality is good. At this time, there is no gassing

Cucumber There is a steady supply on both coasts. For the summer/fall season, Nogales will operate through May, and Baja will operate through June. For the next few weeks, east coast availability will be good due to multiple regions with production. The quality is good.

Eggplant Markets are steady on both coasts. We will start seeing production in Plant City FL and the CA desert in about 2-3 weeks.

Garlic In general, garlic supplies domestically remain tight. Recent months have seen a good harvest of Argentinian garlic in South America. However, this will not fill the overall supply gap. It is expected that the garlic market will become more volatile and tight over the next few months.

Grapes (Green) Imported grapes remain very tight through the end of the Chilean deal in early May. Mexico is expected to start in mid-May, according to shippers. Despite cautious optimism, there will not be a gap like last year.

Grapes (Red) Imported grapes remain very tight through the end of the Chilean deal in early May. Mexico is expected to start in mid-May, according to shippers. Despite cautious optimism, there will not be a gap like last year.

Green Onions Green onions this week continue to be on the tighter side. As a result of previous weather, most shippers are experiencing mildew issues and lower yields. It is expected that this market will remain strong into next week.

Kale Heading into the weekend, kale supplies and quality are good.

Lettuce Iceberg The main growing regions for this commodity are Salinas and Santa Maria. Multiple shippers have had problems harvesting quality product due to rains and cool weather in the Salinas valley. Anthracnose has arisen, causing quality issues. Currently, it is unclear the extent of the damage, but multiple shippers are experiencing yield problems. During the next few weeks, we will be able to determine the extent of damage this pathogen will cause to Salinas Valley products. Santa Maria is not having these issues but less product is grown in this region. At the end of the week, value-added items will be escalated.

Lettuce Leaf Yuma has finished production. There will be moderate supply in Huron, Salinas, and Santa Maria throughout the week. There is a lack of demand on the market, and this is reflected in the price. There are multiple suppliers offering soft romaine, green and red leaf, and hearts of romaine. Multiple suppliers have provided quality that is above average. It is expected that Romaine will come off of an escalation on value-added products later this week.

Lettuce Tender Leaf With arugula and spinach, most suppliers are playing catch-up. Because of the rain last weekend in Salinas, tender leaf items tend not to stand tall for harvest. The warmer weather this week should help move things along. There will be some yellowing that will limit production, resulting in lower yields.

Melon (Cantaloupe) Retail promotions are stabilizing and demand remains steady. Loading schedules are shifting towards the end of the week due to vessel delays (primarily on the West). The availability of Mexican cantaloupes is expected to ease the situation at the end of the month. A brix level of 12- 15% is present, and the quality of the fruit remains solid with minimal scarring.

Melon (Honeydew) Due to lower yields from offshore growing regions, offshore honeydews are expected to remain tight for a few weeks. By Mother's Day, growers hope to see improvements. Currently, Mexican honeydews are starting to enter the market, bringing relief.

Melon (Watermelon) With additional suppliers available from Nogales, the watermelon market has started to normalize. Florida only offers a limited amount of watermelons, and they have restrictions on where they can be shipped. Florida's production was delayed by weather delays and lower yields.

Onions California Desert will begin shipping new crop onions. Supplies of Texas and Mexican onions are increasing. The price remains high, but it is trending downward.

Pears The majority of shippers are nearing completion of their Bosc pack outs by the end of the month. Anjou's market is firm and slowly rising. Since there are no other varieties to pack and storage supplies are dwindling, this market will slowly advance and remain tight. California Bartletts are in bloom now, and the new crop will start in mid-July

Pineapples Spot market availability is limited, so suppliers are focusing on their contracts. Weather in the tropics has caused fruit to mature faster than normal causing lower yields. This is expected to last throughout mothers day. 6ct crowned and 7ct crownless pineapples have been impacted. Pineapples of special varieties are in high demand.

Potatoes Burbanks are receiving a premium over Norkotahs. The CT of 40 - 70 potatoes is higher than that of 80 - 120 potatoes.

Squash The availability of yellow and zucchini is lower this week as newer regions start and older crops wind down. The quality is good. Georgia will begin towards the end of the month. In Nogales, most of the volume now is coming from Sonora. The quality has held up well.

Stone Fruit We are only a few weeks away from domestic tree fruit. Cherries and apricots will be available around the last week of April. Then come peaches in the first half of May, nectarines in mid-May, and plums in late May. In June, a greater variety and volume will be available.

Tomatoes Demand exceeds on rounds and romas. Prices are steady at elevated levels. The price of bigger fruit is higher. Mexico's quality is hit or miss. There is a plentiful supply of snacking tomatoes. It is expected that supply will remain at these levels until newer areas get going. Baja and CA are scheduled to begin in May, while eastern MX will not start until the end of April.

ProAct The Source April 17th, 2024

Weather

California A strong high pressure system is causing temperatures to gradually warm, with lows ranging from mid-30s to low-40s south of King City, and low 60s to 70s near the coast. Temperatures will be cool on Friday.

Mexico Central Mexico is expected to experience warm temperatures and few light showers over the next five days, with maximum temperatures in the upper 80s to mid 90s and mild mornings.

Florida Warm and dry through Saturday, with isolated showers in northern Florida by Sunday. Winds between 18-24 mph in southeast Florida and Tampa Bay area through Friday.

Arizona High-pressure ridging aloft is expected to cause warmer temperatures through the weekend, with morning lows in the 50s and low 60s, afternoon highs in the mid-upper 90s, and gusty winds from the south.

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