



**MIDWEST
FOODS**



Midwest Foods Weekly Updates *May 3rd, 2024*



Fresh Off the Farm



Collard Greens
12 CT | MWF-7887

LOCAL | BIPOC



Kale Red
24 CT | 01-11274

LOCAL | ORGANIC

Don't Forget!

Our Local Season Kickoff Event is Monday, May 13th from 11AM-2PM

We'll have product samples, a tasting menu, and special guest farmers in attendance, as well as lots of local info to kick off the local season!

RSVP at surveymonkey.com/r/localseason2024

More Fresh Featured Items!



Fiddlehead Ferns
3 lb | MWF-2011

NEW ARRIVAL



Mangoes
7-10 ct | 13300

FEATURED



Mangoes (Ataulfo)
10 lb | 01-2531

FEATURED



Pea Sugar Snap
Purple
10 lb | MWF-8226

ORGANIC



Radish Purple
Daikon
10 lb | MWF-2619

ORGANIC



Turnip Scarlet
10 lb | MWF-8102

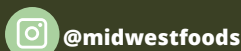
ORGANIC

Market Alert

Romaine and Green Leaf Lettuce will continue to be in limited availability for the remainder of the month, due to anthracnose which can lower yields and cause quality issues such as spotting and discoloration. The market will remain escalated.

Cauliflower will be in short supply due to cooler weather. The market will be high on Cauliflower for the next week.

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



Market Report

Apples The apple market overall is mostly steady with a few varieties increasing in price. Fujis and Pinks are no longer in an oversupply situation, as Galas and Golds continue to advance.

Asparagus Due to seasonality, asparagus production from Caborca and San Luis Mexico continues to decline. This week should be the end of their season. Mexico and Oregon continue to have low production levels. Peru's production continues to increase. The markets remain slow, except for XLs and Jumbos.

Avocados Triggers are in effect for 48ct, 60ct and 70ct sizes. The markets are steady at high levels. Peru is just around the corner, with fruit expected in volume late-May/early-June. It is expected that the size of the Peruvian fruit coming into the US will peak at 60/70ct, which is not normal. Because Mexican fruit has a high dry matter content, ripening times are short. California fruit is coming online in a light way with ripening time being longer due to lower dry matter.

Bell Peppers The overall market is steady. Nogales has a few more weeks left in its deal, and quality is starting to deteriorate. Green bell peppers have been planted at Coachella in a light way, and red bell peppers will be planted toward the end of May. Coachella offers better quality. Florida has steady supplies of good quality. Prices are low due to strong supplies of colored bell peppers with Canada now in full production.

Berries (Blackberries) Supplies remain light but steady. As the weather warms up, we should see an increase in production leading up to Mother's Day. Georgia production is steady. Mixed berry consolidation supplies are still being sent to the West Coast in limited quantities.

Berries (Blueberries) More Baja fruit is being imported to support West Coast supplies, while some Peruvian fruit is still available. Florida and Georgia crops are peaking and volume pricing is available upon request. Strong numbers are crossing out of this area and being distributed West for consolidation.

Berries (Raspberries) Product is being transferred from Baja and CMEX into California in very light numbers. The light numbers are leaving this area and being distributed west to be consolidated.

Berries (Strawberries) California production is ramping up in all districts just in time for Mother's Day. Due to ideal growing conditions, all areas are producing good solid quality. There are excellent promotional opportunities on long stem berries and conventional pack styles for the next few weeks.

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

Brussels Sprouts This week, Brussels sprouts are in good supply. Going into next week, this market is expected to remain steady.

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

Cauliflower With the recent cooler weather, cauliflower remains on the tighter side. Going into the weekend, I do not expect this market to go higher.

Celery Overall, this market is firm. Oxnard/Santa Maria continues to have ample supplies to meet demand. The Mother's Day pull should be fairly strong starting next week. All sizes are available, but large sizes continue to be the most readily available. It is expected that the quality will remain good.

Only slight seeder is being reported. Value-added items are currently being priced higher.

Citrus (Lemon) The overall peak size is 115ct and larger. The districts 1 and 2 are in play. Sizes smaller than 140ct are extremely tight.

Citrus (Limes) One last push for Cinco de Mayo weekend led to slightly higher prices this week. The fruit peaks at 230/250ct, with larger sizes 110/150ct more limited. It is forecast that volume will increase post Mother's Day with lower prices.

Citrus (Oranges) In Valencia, fruit on 72ct and larger continues to peak; 88/113/138ct are extremely scarce and will remain so throughout the season. As navel supplies dwindle, Valencia will be the main variety within the next few weeks. Valencia's crop will mirror Navel's. As we navigate through this Valencia season, please be flexible with size and grade. The lead time is very important; please send orders 5-7 days in advance. The quality is good.

Cucumber The prices are slightly lower, but the quality is good. Nogales, McAllen, and Florida are available. Baja will start later this month and Georgia is right around the corner.

Eggplant Nogales has moderate supplies, while Florida has light supplies. Prices remain stable due to light demand. We'll see new crop eggplant later this month from the CA Desert and Georgia.

Garlic Garlic supplies domestically remain tight. There has been a good harvest of Argentinian garlic in South America in recent months. This will not, however, fill the overall supply gap. Over the next few months, the garlic market is expected to become more volatile and tight.

Grapes (Green) Grape imports will remain tight through the end of the Chilean deal in early May. Currently, the west coast has an easier market than the east. Shippers are projecting a mid-May start for Mexico. There is cautious optimism that there won't be a gap.

Grapes (Red) Grape imports will remain tight through the end of the Chilean deal in early May. Currently, the west coast has an easier market than the east. Shippers are projecting a mid-May start for Mexico. There is cautious optimism that there won't be a gap.

Green Onions The quality of green onions is improving this week. We can expect good supplies going into next week.

Kale Kale supplies are expected to be plentiful and of good quality this week. Now is an opportunity to promote kale.

Lettuce Iceberg Production continues to be based in Salinas and Santa Maria. As a result of recent weather conditions, yields have been impacted, but supplies are expected to improve this week due to better weather conditions. For the remainder of the week, all value-added items will be on escalators. There have been reports of discoloration, misshapen heads, and erratic weights upon arrival. Please be aware that there is a gap in pricing, industry-wide. Expect this market to ease up after Mother's Day, industry-wide.

Lettuce Leaf It is predicted that there will be light supplies of romaine as well as green and red leaf for the entire week. Escalated pricing is in effect for valueadded products. There has been a continued issue with anthracnose that has lowered yields in the field.

Quality remains fair at best. There will be very limited availability of Romaine hearts throughout the week as well. All leaf items have been reported with black and brown spotting as well as pink discoloration. After Mother's Day, new fields will begin to be harvested, improving quality.

Lettuce Tender Leaf Arugula and spinach are in good supply this week. Due to low yields and fair quality, Italian parsley is still limited.

Melon (Cantaloupe) Retail promotions are keeping demand strong, and offshore has excellent quality. Brix levels offshore remain higher with minimal scarring. Growers are monitoring the quality levels of Mexican cantaloupes this week. Starting on 5/13, specialty varieties will be available.

Melon (Honeydew) Supply of honeydews has increased and the market is beginning to normalize. Melons from offshore are still peaking on larger sizes while Mexican honeydews are hitting the market.

Melon (Watermelon) With additional suppliers available from Nogales, the watermelon market has normalized. Only a limited amount of watermelons are available from Florida, and there are restrictions on where they can be shipped. Florida's production has been delayed due to lower yields caused by harvesting issues.

Onions Onion supplies are ramping up for the new crop. Yellow and white onions are in better supply and prices are easing. Red onion supply is limited and pricing is extreme. Be aware of appearance differences with new crop onions. New crop onions have a rougher appearance with flakey skins and higher pulp temperatures.

Pears There are only anjous left, along with a few pockets of red pears and bosc. The anjou market is steady at higher prices and will remain so until California Bartletts starts in mid-July.

Pineapples Despite limited spot market opportunities, suppliers are focusing on their contracts. Tropical weather has caused fruit to mature faster than normal, resulting in lower yields. It is expected to last through Mother's Day. 6ct crowned and 7ct crownless pineapples have been impacted.

Potatoes The number of 40 CT remains limited and the price is high. Storage is peaking at 90 CT. Stocks of storage remain excellent.

Squash As squash is available in multiple regions, squash markets are steady at lower levels. Since yellow squash is more susceptible to weather than zucchini, it is a more limited variety. Nogales, California, Florida, and Georgia all have availability.

Stone Fruit The California stone fruit season has started slowly, with just a few ranches picking apricots, cherries, and peaches. Over the next 2-3 weeks, volume will increase rapidly. In 2 weeks, nectarines will begin to produce volume, followed by plums in June.

Tomatoes The markets are steady at elevated levels. Particularly on round and Roma varieties. The Florida spring crop will start in the next few weeks, hoping to relieve eastcoast demand. Sinaloa is mostly done, and Sonora, Baja and Central Mexico will have more volume in the coming weeks. Cherry and grapes are still readily available.

ProAct The Source May 1st, 2024

Weather

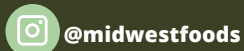
California Temperatures will gradually warm over the rest of the week due to strengthening high pressure. Onshore winds will remain breezy, with lows in the upper 30s to low 40s. Light to moderate rain is expected, with cooler temperatures on Saturday. High pressure will prevent much warming on Sunday.

Mexico Warm temperatures in most areas will increase by 2-5 degrees over the weekend, with isolated showers and T-storms possible in South-Central Mexico, with highs in the upper 80s to mid 90s.

Florida Warm temperatures in Florida are expected over the next five days, with isolated showers and T-storms possible. Winds will gust between 15-20 mpg over Tampa and 20-25 mph over southeast Florida.

Arizona Moderate southerly winds will gust 15-20 mph through Friday, with temperatures above normal. Fields will have highs in the 90s, lows in the 50s and 60s, and a cold front on Sunday.

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