



**MIDWEST
FOODS**



Midwest Foods Weekly Specials

July 30th,
2024



Featured Items



Blueberries
12-1 PT | 01-11468

BERRY DELICIOUS, MI



Corn Bi Color
48 CT | 01-12074

GARWOOD, IN



Pepper Poblano
5 LB | 01-4580

GARWOOD, IN



Tomatillos
5 LB | 01-4631

GARWOOD, IN

Item Number	Description	Region
167501P	Pepper Anaheim Green 10# BREAK LOCAL Garwood IN	Garwood Orchards
151400P	Pepper Green Large 1&1/9th Bu Case LOCAL Garwood IN	Garwood Orchards
01-4579	Pepper Jalapeno 5# BREAK LOCAL Garwood IN	Garwood Orchards
38530	Pepper Shishito 5# BREAK LOCAL Garwood IN	Garwood Orchards
6-2408	Tomato Cherry Sungold 12-1pt LOCAL Windy City Harvest Chicago	Windy City Harvest

Organic Items

Item Number	Description	Region
MWF-1040	Apples Fuji 100ct Case ORGANIC	Washington
MWF-1856	Apples Gala 88ct Case ORGANIC	Washington
45323133	Arugula Baby ORGANIC 2#	California
125858	Banana ORGANIC 40#	Various
01-3812	Berries Black ORGANIC 12/6oz Case	California
01-1436	Berries Blue ORGANIC 12/6oz Case	California
01-2877	Berries Rasp ORGANIC 12/6oz	California
01-1012	Berries Straw ORGANIC 8/1# Case	California
335435	Broccoli ORGANIC 14ct	California
01-12130	Carrot Baby Peeled Rainbow 12-12oz ORGANIC	California
4634153	Carrot Rainbow Large ORGANIC 25#	California
MWF-7556	Chard Rainbow ORGANIC 24ct Case	California
01-12249	Kale Baby ORGANIC 2# Clamshell	California
01-11460	Lettuce Mesclun (Spring Mix) 2# ORGANIC Clamshell	California
MWF-7561	Lettuce Romaine Hearts 48ct ORGANIC Case	California
01-11735	Spinach Baby ORGANIC 2# Foodservice	California

Follow Us on Social Media!



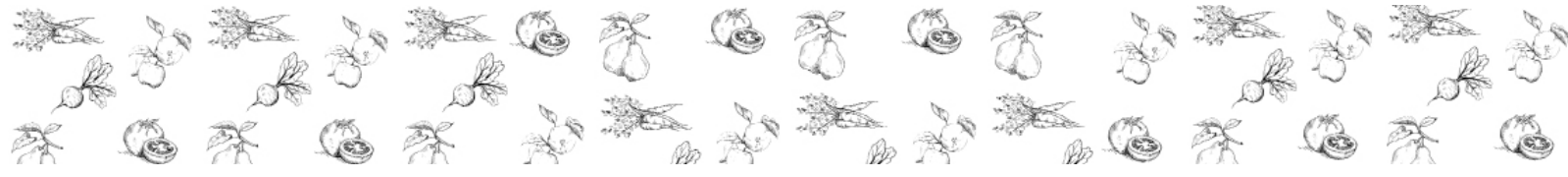


**MIDWEST
FOODS**



Midwest Foods Weekly Specials

July 30th,
2024



Local Items

Item Number	Description	Farm	Region
01-11709	Apples Gala 138ct	Superior Sales	Michigan
6-2268	Beet Red Bunch 12ct	Windy City Harvest	Illinois
6-2161	Beets Golden Bunch 12ct	Windy City Harvest	Illinois
157700P	Cabbage Green 45-50# AVG. Case	Superior Sales	Michigan
157900P	Cabbage Red 45# Case	Superior Sales	Michigan
MWF-7945	Carrot Orange Nantes Bunch w/Tops 12ct	Chicago Urban Farm Solutions	Illinois
6-2169	Carrot Orange Bunch 12ct	Windy City Harvest	Illinois
159600P	Celery 30ct	Superior Sales	Michigan
MWF-7876	Chard Rainbow 12ct BIPOC	Windy City Harvest	Illinois
6-2263	Chard Rainbow 24ct	Windy City Harvest	Illinois
149700	Eggplant 24ct Case	Garwood Orchards	Indiana
MWF-7887	Greens Collard 12ct BIPOC	Chicago Urban Farm Solutions	Illinois
MWF-8040	Kale Green 24ct BIPOC	Chicago Urban Farm Solutions	Illinois
01-11643	Kale Green Curly 24ct Case	Windy City Harvest	Illinois
MWF-8039	Kale Lacinato 24ct BIPOC	Chicago Urban Farm Solutions	Illinois
MWF-8233	Lettuce Aquaponic 4-1# Bag	Windy City Harvest	Illinois
MWF-8004	Lettuce Mesclun Mix 12-1/2# Bag BIPOC	Chicago Urban Farm Solutions	Illinois
MWF-8242	Mushroom Lion's Mane 5# Case BIPOC	Sunny Oaks	Illinois
165400	Mushroom Oyster 5# BIPOC	Sunny Oaks	Illinois
165800	Mushroom Shiitake "A" MED 5# BIPOC	Sunny Oaks	Illinois
180000P	Parsnip Loose 20#	Rice Lake	Michigan
MWF-7822	Spinach 12-1/2# Bag BIPOC	Chicago Urban Farm Solutions	Illinois
153400P	Squash Yellow Med. 1/2 bu. Case 20-22#	Michigan	Michigan
179400P	Squash Zucchini Med. 1/2bu Case 20-22#	Michigan	Michigan

Follow Us on Social Media!

