



**MIDWEST
FOODS**



Midwest Foods Weekly Updates October 25th, 2024



Fresh Off the Farm



Apples Honeycrisp
88 CT | 01-11390

LOCAL
GARWOOD, IN



Cranberries
24-12 OZ | MWF-1491

LOCAL
WETHERBY, WI



Oranges Blood Moro
20 LB | 16100

NEW ARRIVAL



Pear Forelle
65 CT 20 LB | 01-11742

NEW ARRIVAL



Apples SugarBee
88 CT | MWF-3179

LOCAL



Cider Apple Fresh
4-1 GAL | 365582DG

LOCAL
GARWOOD, IN



Pear Comice
30 CT | 01-11896

NEW ARRIVAL



Pomegranate
6-10 CT | MWF-1059

NEW ARRIVAL



Squash Honeynut
1/2 BU | MWF-3173

LOCAL

Lucy Rose and Lucy Glo Apples

FEATURED ITEM

This week, we're highlighting two standout apple varieties from Washington: Lucy Glo and Lucy Rose. These eye-catching apples are known for their vibrant red flesh and distinctive flavor profiles. Lucy Glo, with its yellow-tinted skin and sweet-tart taste, is perfect for adding a pop of color to salads or creating stunning desserts. Lucy Rose, with its deep red skin and berry-like sweetness, brings a unique twist to both fresh and cooked dishes. Whether you're slicing them for charcuterie or incorporating them into sauces and baked goods, these apples offer a striking visual and flavor element for your fall menu.



Lucy Rose

70 CT | MWF-3178

Lucy Glo

70 CT | MWF-3177



Market Alert

Hurricane Milton has caused significant disruptions in key growing regions, particularly impacting Florida's citrus and leafy greens production. Expect reduced availability and potential price increases in the coming weeks. We are closely monitoring the situation and working with our suppliers to mitigate supply chain delays and shortages.

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Fruit

	Price	Quality	Supply
 Apples	\$\$	●	Steady
 Blackberries	\$\$\$	●	Light
 Blueberries	\$\$	●	Steady
 Cantaloupe	\$\$	●	Steady
 Grapefruit	\$\$\$	●	Good
 Grapes Green	\$\$\$	●	Steady
 Grapes Red	\$	●	Good
 Honeydew	\$\$	●	Steady
 Lemons	\$\$\$	●	Steady
 Limes	\$\$	●	Steady
 Oranges	\$\$\$	●	Light
 Pears	\$\$	●	Light
 Pineapple	\$\$	●	Light
 Raspberries	\$\$	●	Light
 Stone Fruit	\$\$	●	Good
 Strawberries	\$\$\$	●	Light
 Watermelon	\$\$	●	Light

ProAct the Source October 23rd

Weather






















Arizona Low-desert valleys will experience warmer-than-average temperatures through the weekend due to high-pressure ridging, light northerly winds, and low humidity levels.

California High pressure and light offshore winds will dominate temperatures today, with morning lows ranging from the upper 30s to the upper 40s. A low-pressure system will move in tomorrow, causing cooling and deepening marine layer conditions. Maximum temperatures will drop to the upper 50s to low 80s.

Florida High pressure will dominate the region through the weekend, with seasonal temperatures expected. A dry period is expected, with northern Florida experiencing low 80s highs and central and southern Florida reaching mid-80s highs. Winds will be 15-22 mph.

Mexico Central Mexico is forecasted to experience mostly dry weather through the weekend, with seasonably warm temperatures ranging from the low 70s to 80s and lows in the 40s to mid-50s.

Vegetables

	Price	Quality	Supply
 Asparagus	\$\$	●	Good
 Avocados	\$\$\$	●	Steady
 Bell Peppers	\$\$\$	●	Light
 Broccoli	\$\$\$	●	Steady
 Brussels Sprouts	\$	●	Steady
 Carrots	\$\$	●	Steady
 Cauliflower	\$\$\$\$	●	Steady
 Celery	\$\$	●	Steady
 Cucumbers	\$\$	●	Steady
 Eggplant	\$\$	●	Steady
 Garlic	\$\$	●	Steady
 Green Onions	\$	●	Good
 Kale	\$\$	●	Steady
 Lettuce Iceberg	\$\$\$	●	Light
 Lettuce Leaf	\$\$	●	Steady
 Lettuce Tender Leaf	\$\$\$	●	Steady
 Mushroom	\$\$	●	Light
 Onions	\$\$\$	●	Good
 Potatoes	\$\$\$	●	Good
 Squash	\$\$	●	Steady
 Tomatoes	\$\$\$	●	Good