



**MIDWEST  
FOODS**



# Midwest Foods Weekly Updates November 29th, 2024



## Fresh Off the Farm



Apples Lucy Glo  
70 CT | MWF-3177  
**FEATURED ITEM**



Apples Lucy Rose  
70 CT | MWF-3178  
**FEATURED ITEM**



Apples Sugar Bee  
88 CT | MWF-3179  
**FEATURED ITEM**



Pears Asian Single  
16-18 CT | 021000P  
**FEATURED ITEM**



Pears Bosc  
80-90 CT | 465651P  
**FEATURED ITEM**



Pears Comice  
30 CT | 01-11896  
**FEATURED ITEM**



Pears Forelle  
65 CT 20 LB | 01-11742  
**FEATURED ITEM**



Pears Red  
45-55 CT | 01-11465  
**FEATURED ITEM**



## Bosc Pears

### FEATURED ITEM

Bosc pears are a fall classic, beloved for their dense texture and sweet-spiced flavor. Their firm structure makes them ideal for baking, poaching, or roasting, as they hold their shape beautifully during cooking. Use them to elevate your desserts—think caramelized pear tarts, spiced pear cakes, or poached pears in red wine for an elegant touch. They're equally at home in savory dishes; try them roasted with rosemary and served alongside pork or tossed into a fall salad with arugula, blue cheese, and toasted walnuts.

Bosc pears are also a visual standout with their elongated necks and russeted skin, adding a touch of rustic charm to presentations. Their natural sweetness and versatility make them a must-have for chefs looking to bring warmth and sophistication to seasonal menus. Stock up this week and let Bosc pears inspire your autumn creations!

Include an image of roasted Bosc pears or a poached pear dessert for a visually appealing touch.

**Bosc Pears**  
80-90 CT | 465651P

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

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3100 W. 36th Street Chicago, IL, 60632 | 773.927.8870 | [midwestfoods.com](http://midwestfoods.com)

## Fruit

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

ProAct the Source November 20th

## Vegetables

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

## Weather

**Arizona** Warmer temperatures are expected this week, with gusty northerly winds of 17-22 mph on Wednesday and Thursday. Morning lows range from the mid 40s to low 50s, warming to the 70s during the day, then cooling again by Friday. Winds will calm by the weekend.

**California** Light to moderate rain will continue through Wednesday night, with ¼" to ½" total expected. Morning temps range from mid 30s to low 50s and highs from mid 50s to mid 60s. A second system arrives late Thursday, bringing possible light rain through Saturday with totals up to ¾".

**Florida** Milder mornings are expected through Thursday, followed by a cold front bringing cooler temperatures for the latter half of the week. After some sprinkles in northern Florida, mostly dry weather is predicted until November 30th.

**Mexico** Central Mexico will experience cool mornings with potential frost in sheltered areas until Thursday. Lows will range from the mid 30s to mid 40s, while highs reach the mid 70s to upper 80s. No rain is expected in the next five days.

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