



**MIDWEST
FOODS**



Midwest Foods Weekly Updates January 17th, 2025



Fresh Off the Farm



Melons Raptor
6 CT | 01-12000
FEATURED ITEM



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



Raptor Melons

FEATURED ITEM

Raptor Melons are a standout ingredient this winter, offering a perfect balance of sweetness and floral notes. Their vibrant flesh and firm, crisp texture make them ideal for creating fresh, seasonal dishes. Unlike many other melons, they maintain their texture and flavor longer, ensuring a longer shelf life and less waste in your kitchen.

In season now, Raptor Melons shine in winter fruit salads, as a topping for yogurt parfaits, or in refreshing appetizers. Their bright color and unique flavor profile also make them a great addition to savory dishes, like a melon and prosciutto appetizer or paired with fresh cheeses.

Add this premium melon to your menu to bring a touch of sweetness and color to your winter offerings. Raptor Melons are perfect for creating memorable dishes that balance freshness and seasonality.

Raptor Melons
20 LB | 01-12000



Oranges Blood Moro
20 LB | 16100
FEATURED ITEM



Oranges Cara Cara
20 LB | 16001
FEATURED ITEM



Oranges Clementines
5 LB | 16300
FEATURED ITEM



Oranges Kumquat
10 LB | 01-11026
FEATURED ITEM



Oranges Mandarin Sumo
25 CT 15 LB | MWF-6210
FEATURED ITEM

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

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Fruit

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

ProAct the Source January 17, 2024

Vegetables

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

Weather

Arizona High temperatures in low deserts will rise through Friday, reaching upper 60s to mid-70s.

Moderate to severe lettuce icing in Yuma and daily lows in Central Arizona.

California Santa Ana winds will end this morning with gusts of 25 mph, with light offshore winds persisting through the weekend. Lows range from the low 30s to upper 40s, with highs reaching mid 60s to 70s. Temperatures will rise to upper 30s to 40s.

Florida Northern Florida may experience cool mornings with light frost, but temperatures will warm over the weekend. Moderate to heavy rainfall is expected, with lighter amounts in southern Florida.

Mexico The region is expected to experience near-normal temperatures and dry weather through January 19th, with highs in the low 70s to 80s and lows in the low to upper 40s.

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