



**MIDWEST
FOODS**



Weekly Specials

MAY 13TH, 2025

Featured Items



Apricots
72 CT | 01-11509



Asparagus Standard
11 LB | 154600
Local - MI



Nectarines Yellow
56/64 CT VF |
01-11547



Peaches Yellow
25 LB VF | 210125



Peaches White
50 LB VF | 01-11636



Ramps Wild Leek
3 LB | 1005

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
01-2877	Berries Rasp ORGANIC 12/6oz	California
01-1012	Berries Straw ORGANIC 8/1# Case	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
163800	Lettuce Romaine Hearts 12/3ct ORGANIC	California
01-11735	Spinach Baby ORGANIC 2# Clamshell	California

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Local Items

6-3300	Arugula 12-1/2# Bag LOCAL **SPECIAL ORDER**	<i>Windy City Harvest</i>	Illinois
154500	Asparagus Large 11# Case LOCAL	<i>Superior</i>	Michigan
154400	Asparagus Jumbo 11# Case LOCAL	<i>Superior</i>	Michigan
MWF-7887	Greens Collard 12ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-8040	Kale Green 24ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-8039	Kale Lacinato 24ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-11792	Lettuce Green Butter Whole 8# (2-4#) Case LOCAL	<i>Pure Farms</i>	Wisconsin
MWF-11791	Lettuce Romaine Green Cut 8# (2-4#) Case LOCAL	<i>Pure Farms</i>	Wisconsin
MWF-11788	Lettuce Romaine Green Whole 8# (2-4#) Case	<i>Pure Farms</i>	Wisconsin
MWF-11793	Lettuce Pure Farms Mix Cut 8# (2-4#) Case LOCAL	<i>Pure Farms</i>	Wisconsin
01-1274	Micro Greens Arugula 8oz LOCAL	<i>Garfield Produce</i>	Illinois
MWF-7810	Micro Greens Bulls Blood 8oz LOCAL	<i>Garfield Produce</i>	Illinois
154501	Micro Greens Rainbow Mix 8oz LOCAL	<i>Garfield Produce</i>	Illinois
MWF-8242	Mushroom Lion's Mane 5# Case BIPOC LOCAL **SPECIAL ORDER**	<i>Sunny Oaks</i>	Illinois
165400	Mushroom Oyster 5# BIPOC LOCAL	<i>Sunny Oaks</i>	Illinois
165800	Mushroom Shiitake "A" MED 5# BIPOC LOCAL	<i>Sunny Oaks</i>	Illinois
180000P	Parsnip Loose 20# LOCAL	<i>Rice Lake</i>	Michigan
MWF6-2373	Radishes French Breakfast 24ct LOCAL **SPECIAL ORDER**	<i>Windy City Harvest</i>	Illinois
MWF-7822	Spinach 12-1/2# Bag BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
01-11320	Spinach 12-1/2# Bag LOCAL	<i>Windy City Harvest</i>	Illinois
149100	Wheatgrass Tray (9# Avg. Wt.) LOCAL	<i>Chicago's Indoor Garden</i>	Illinois

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