



**MIDWEST  
FOODS**



# Weekly Updates

MAY 16TH, 2025

## Ripe for Mother's Day



Arugula  
**12 1/2 LB | 6-3300**

**Local**

*Windy City Harvest*



Mushrooms Morel  
**5 LB | 165001**

**Featured**



Peaches White VF  
**50 | 01-11636**

**Featured**



Radishes French  
Breakfast  
**24 CT | MWF6-2373**

**Local**

*Windy City Harvest*



Apricots  
**72 CT | 01-11509**

**Featured**



Nectarines Yellow VF  
**56/64 CT | 01-11547**

**Featured**



Peaches Yellow VF  
**25 LB | 210125**

**Organic**



Spinach  
**12-1/2 LB | 01-11320**

**Local**

*Windy City Harvest*



## White Peaches

### FEATURED ITEM

Delicate, fragrant, and irresistibly juicy, white peaches bring a touch of summer sweetness to your seasonal menus.

Perfect for grilling, poaching, or crafting elegant desserts, these sun-ripened beauties elevate any dish with their tender texture and aromatic flavor. Savor the essence of summer with every bite while supporting our trusted growers.

These chef-ready peaches are ideal for peach cobbler, fresh fruit tarts, or adding a luscious burst of flavor to salads and salsas. Highlight the season's finest by incorporating these perfectly ripe gems into your offerings — because peak-season produce makes all the difference in every dish.

**White Peaches**  
50 CT | 01-11636

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# Market Report

## FRUIT

## VEGETABLES

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

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

ProAct the Source May 14th, 2025

## WEATHER REPORT

**Arizona** Low desert temps return to normal by Friday with highs in the 80s-90s. Cooler weather arrives Sunday, with highs dropping to the 70s-80s.

**California** High pressure brings warmer temperatures today with winds gusting up to 30 mph. Morning lows will range from the 30s to 50s, and daytime highs will reach 58-85°F. A low-pressure system this weekend will cool temps, with coastal highs in the 50s-60s and inland highs in the 60s-70s.

**Florida** Warm, dry weather continues through the weekend with highs in the 80s-90s and lows in the 60s-70s. Winds gusting near 20 mph in SE Florida and Tampa Bay.

**Mexico** Expect warm temperatures through the weekend, with highs in the 80s-90s and lows in the 50s-60s. Dry weather through Saturday, with isolated showers and storms possible Sunday.

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