



**MIDWEST
FOODS**



Weekly Updates

MAY 2ND, 2025

Fresh Off The Farm



Fiddlehead Ferns
3 LB | MWF-2011
Featured



Garlic Green
5 LB | 01-11404
Organic



Stinging Nettles
1 LB | 119701
Featured



Onion Spring Red
12 CT | 01-12100
Organic



Peas Sugar Snap
10 LB | 167300P
Featured



Peas Sugar Snap Purple
10 LB | MWF-8226
Organic



Ramps Wild Leek
3 LB | 1005
Featured



Strawberries Green
12-1 PT | MWF-9758
Organic



Green Strawberries

FEATURED ITEM

Looking for a unique, seasonal ingredient to brighten your spring menu? Try green strawberries—an organic, early-season twist on the classic berry that chefs are using in bold, unexpected ways. Picked before ripening, these berries offer a firm texture and tart, citrusy bite, making them ideal for both sweet and savory dishes.

Their tangy profile brings brightness to spring salads, ceviches, and crudos, pairing especially well with seafood, herbs, and creamy cheeses. Green strawberries also shine in pickled preparations, where their acidity adds zip to charcuterie boards or sandwiches. For pastry chefs, they lend contrast in tarts, compotes, and shrubs—think green strawberry syrup in a seasonal spritz or kombucha.

Incorporating green strawberries adds a layer of complexity to your spring menu while tapping into the appeal of organic, hyper-seasonal produce. Available now! They offer a fresh way to showcase the artistry of the season.

Green Strawberries
12-1 PT | MWF-9758

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Market Report

FRUIT

VEGETABLES

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

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

ProAct the Source April 30th, 2025

WEATHER REPORT

Arizona Temperatures will stay near seasonal norms through Saturday, with highs in the upper 80s to mid 90s and lows in the mid 50s to low 60s. A cold front will arrive Saturday night, dropping Sunday's highs to the mid 60s to mid 70s. Winds will strengthen Saturday afternoon, gusting up to 25 mph, shifting to 3040 mph on Sunday. **California** High pressure continues to bring near or above-average temps, with lows in the upper 30s to low 50s and highs from the low 60s near the coast to mid 80s inland. A lowpressure system arrives Friday night, bringing weekend showers with most fields seeing under ¼ inch of rain.

Florida Warm, mostly dry weather is expected through Friday. A cold front over the weekend may bring showers and thunderstorms. Highs will range from the low 80s to low 90s, with lows in the low 60s to low 70s. Winds will gust up to 25 mph, especially in southeast Florida and the Tampa Bay area, through May 2nd.

Mexico Warm weather continues through the weekend with isolated showers, mostly under 0.10", though some storms may bring more. Highs range from mid 80s to mid 90s, except near Mexico City, where they'll be in the upper 70s to mid 80s. Lows will stay in the low 50s to low 60s.

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