



**MIDWEST  
FOODS**



# Weekly Updates

MAY 23RD, 2025

## Fresh off the Farm



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

*Windy City Harvest  
Special Order*



Lettuce Mix  
**12-1/2 Bag | MWF-12078**  
**Local**

*Windy City Harvest*



Melon Mixed  
**4/6 CT | 014903**  
**Featured**



Mushroom Lion's Mane  
**5 LB | MWF-8242**  
**Local | BIPOC**

*Sunny Oaks  
Special Order*



Mushrooms Morel  
**5 LB | 165001**  
**Featured**



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



Peaches Yellow VF  
**25 LB | 210125**  
**Organic**



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

*Windy City Harvest*



## Lion's Mane Mushrooms

### FEATURED ITEM

With its eye-catching appearance and meaty texture, Lion's Mane mushroom is a culinary standout that's gaining momentum on seasonal menus. Grown locally at Sunny Oaks Farm, one of our trusted partners, this unique mushroom is harvested fresh and bursting with delicate, seafood-like flavor—often compared to crab or lobster.

Available now in peak condition, Lion's Mane is perfect for searing, shredding for vegan crab cakes, or incorporating into rich pastas and risottos. Its versatility and impressive nutritional profile make it a smart, flavorful addition to any chef's repertoire. Support local and elevate your dishes with this standout specialty item.

**Lion's Mane Mushrooms**  
5 LB | MWF-8242

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# Market Report

## FRUIT

	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	\$ \$	●	Steady
Pears	\$ \$ \$	●	Light
Pineapple	\$ \$	●	Light
Raspberries	\$ \$	●	Steady
Stone Fruit	\$ \$	●	Steady
Strawberries	\$ \$	●	Steady
Watermelon	\$ \$	●	Steady

## VEGETABLES

	Price	Quality	Supply
Asparagus	\$ \$	●	Good
Avocados	\$ \$ \$	●	Steady
Bell Peppers	\$ \$	●	Light
Broccoli	\$ \$	●	Steady
Brussels Sprouts	\$	●	Good
Carrots	\$ \$	●	Steady
Cauliflower	\$ \$	●	Steady
Celery	\$ \$ \$	●	Steady
Cucumbers	\$ \$	●	Steady
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 21st, 2025

## WEATHER REPORT

**Arizona** Highs reach 100–110° in AZ and SE California Wednesday/Thursday. Slight cooling starts Friday, but temps stay above normal. Lows mostly in the 60s, with some low 70s.

**California** The heat wave peaks Wednesday with gusts up to 40 mph. Coastal highs range from mid 60s to low 70s, inland up to 100. A low on Friday cools coastal valleys to the 70s; fields south of King City stay in the mid 80s. Temps warm again by the weekend.

**Florida** Warm temps persist in Florida through May 25, with highs in the upper 80s to mid 90s and lows in the mid 60s to mid 70s. Isolated showers midweek, mainly in southern areas. Gusty winds continue through Friday.

**Mexico** Scattered showers and storms continue through Thursday, then become more isolated into the weekend. Highs drop from mid 80s/90s on Wednesday to upper 70s–80s after. Lows range from low 60s to mid 60s over Central Mexico.

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