



**MIDWEST
FOODS**



Weekly Updates

MAY 30TH, 2025

Fresh off the Farm



Asparagus Standard

11 LB | 154600

Local

Superior, MI



Carrot Orange Nantes
Bunch w/ Tops

12 CT | MWF-7945

Local | BIPOC

Chicago Urban Farm Solutions, IL



Nantes Carrots

FEATURED ITEM

Sweet, tender, and bursting with true carrot flavor, locally grown Nantes carrots are in peak form right now—and they're turning heads on seasonal menus. Grown right here in Chicago by our farm partner Chicago Urban Farm Solutions, these vibrant orange beauties are prized for their consistent size, smooth texture, and unbeatable flavor profile: think crisp, juicy, and delicately sweet with none of the bitterness found in some commercial varieties.

Their petite, uniform shape makes them ideal for refined presentations—roasted whole, glazed, pickled, or sliced raw in composed salads. They're also a great canvas for housemade ferments or carrot-top pesto, minimizing waste while maximizing flavor. Chefs love Nantes for their versatility: they shine in both savory and sweet applications.

Support a Chicago-grown product and add a true farm-to-table highlight to your spring and early summer menus with these exceptional carrots.

Nantes Carrots w/Tops

12 CT | MWF-7945



Greens Collard

12 CT | MWF-7887

Local | BIPOC

Chicago Urban Farm Solutions, IL



Lettuce Mix

12-1/2 LB | MWF-12078

Local

Windy City Harvest, IL



Melons Mixed

4/6 CT | 014903

Featured



Radishes French
Breakfast

24 CT | MWF6-2373

Local

*Windy City Harvest, IL
Special Order*



Radish Bunch w/Tops

24 CT | 01-11405

Local

*Windy City Harvest, IL
Special Order*



Spinach

12-1/2 LB | 01-11320

Local

Windy City Harvest, IL

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

| | 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 | \$ \$ | ● | Steady |
| Potatoes | \$ \$ \$ | ● | Steady |
| Squash | \$ \$ | ● | Steady |
| Tomatoes | \$ \$ | ● | Steady |

ProAct the Source May 28th, 2025

WEATHER REPORT

Arizona Warming continues through Friday, with temps peaking ~10° above normal. A stalled low draws in tropical moisture, increasing humidity and bringing a slight chance of scattered showers in Yuma Co. and central AZ Saturday night-Sunday. Highs drop to the 90s in AZ and 100-105 in SE California by Sunday.

California A heat wave builds through the weekend with tapering winds. Temps will rise from 60s-90s midweek to 70s-108° by Friday.

Florida Scattered storms continue through Thursday, with a stalling cold front bringing increased rain Friday-Sunday. Highs dip from 90s to 80s; lows stay in the 60s-70s. Gusty winds (15-25 mph) expected in SE Florida and Tampa Bay through May 30.

Mexico Cooler temps with scattered showers and storms expected through Saturday; heavier rain possible. Highs range from 70s-80s, with lows in the mid 50s to mid 60s.

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