



**MIDWEST
FOODS**



Weekly Specials

JUNE 10TH, 2025

Featured Items



Apricots
72 CT|01-11509



Asparagus Standard
11 LB|154600
Local - MI



Carrot Orange Nantes
Bunch w/Tops
12 CT|MWF-7945
Local - IL



Melon Mixed
4/6 CT|014903



Peaches Yellow
25 LB|210125

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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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
159700P	Celery Root 25# LOCAL Rice Lake, MI	<i>Rice Lake</i>	Michigan
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-8004	Lettuce Mesclun Mix 12-1/2 LB Bag BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-11790	Lettuce Mix Whole 8# (2-4#) Case LOCAL	<i>Pure Farms</i>	Wisconsin
01-1274	Micro Greens Arugula 8oz LOCAL	<i>Garfield Produce</i>	Illinois
01-12146	Micro Greens Cilantro 8oz LOCAL	<i>Garfield Produce</i>	Illinois
154501	Micro Greens Rainbow Mix 8oz LOCAL	<i>Garfield Produce</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
01-2216	Radish Cello 14-1# LOCAL	<i>Superior Sales</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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