



**MIDWEST
FOODS**



Weekly Specials

JULY 8TH, 2025

Featured Items



Beet Red Bunch
12 CT | 6-2268

Local | Windy City Harvest, IL



Blueberries
12-1 PT | 01-11468

Local | Berry Delicious, MI



Garlic Scapes Bunch
24 CT | MWF-12016

Local | Windy City Harvest, IL



Kohlrabi Bunch
12 CT | MWF-12014

Local | Windy City Harvest, IL



Peaches Yellow
48/50 Tray | 01-11347



Plums Black VF
25 LB | MWF-1795



Plums Red VF
25 LB | 01-11599



Plum Cherry Red VF
25 LB | 01-11484

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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Local Items

15400P	Beans Green 25lb Case LOCAL	Various	Indiana/ Michigan
6-2268	Beet Red Bunch 12ct LOCAL	Windy City Harvest	Illinois
MWF-10260	Bok Choy 24ct LOCAL	Windy City Harvest	Illinois
MWF-7945	Carrot Orange Nantes Bunch w/Tops 12ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-7876	Chard Rainbow 12ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-7887	Greens Collard 12ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
159700P	Celery Root 25# LOCAL	Rice Lake	Michigan
MWF-8040	Kale Green 24ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-8039	Kale Lacinato 24ct BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-12078	Lettuce Mix 12-1/2# Bag LOCAL	Windy City Harvest	Illinois
MWF-8004	Lettuce Mesclun Mix 12-1/2 LB Bag BIPOC LOCAL	Chicago Urban Farm Solutions	Illinois
MWF-11790	Lettuce Mix Whole 8# (2-4#) Case LOCAL	Pure Farms	Wisconsin
6-2184	Lettuce Romaine 12ct LOCAL	Windy City Harvest	Illinois
01-1274	Micro Greens Arugula 8oz LOCAL	Garfield Produce	Illinois
01-12146	Micro Greens Cilantro 8oz LOCAL	Garfield Produce	Illinois
154501	Micro Greens Rainbow Mix 8oz LOCAL	Garfield Produce	Illinois
MWF-8242	Mushroom Lion's Mane 5# Case BIPOC LOCAL	Sunny Oaks	Illinois
165400	Mushroom Oyster 5# BIPOC LOCAL	Sunny Oaks	Illinois
165800	Mushroom Shiitake "A" MED 5# BIPOC LOCAL	Sunny Oaks	Illinois
180000P	Parsnip Loose 20# LOCAL	Rice Lake	Michigan
01-2216	Radish Cello 14-1# LOCAL	Superior Sales	Michigan
149100	Wheatgrass Tray (9# Avg. Wt.) LOCAL	Chicago's Indoor Garden	Illinois

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