



**MIDWEST
FOODS**



Weekly Updates

JULY 11TH, 2025

Fresh off the Farm



Beet Red Bunch
12 CT | 6-2268

Local

Windy City Harvest, IL



Beet Golden Bunch
12-1 PT | 6-2161

Local

Windy City Harvest, IL



**Local
Beets**



Blueberries
12-1 PT | 01-11468

Local

Berry Delicious, MI



Greens Collard
24 CT | 6-2178

Local

Windy City Harvest, IL



Kale Green Curly
12 CT | MWF-10590

Local

Windy City Harvest, IL



Peach White Donut
25 CT | MWF-12009

Featured



Peach Yellow
Tray Pack | 01-11347

Featured



Plum Cherry Red VF
28 LB | 01-11484

Featured

FEATURED ITEM

We're excited to feature a true farm-to-table standout this week: freshly harvested red and golden beets, grown right here in Chicago by Windy City Harvest. This local urban farm program trains future growers in sustainable agriculture practices while providing high-quality produce to the city's culinary community. Their beets are earthy, vibrant, and packed with nutrients—delivered in beautiful bunches that are as versatile as they are eye-catching.

The deep red variety brings a rich, bold flavor and natural sweetness that intensifies when roasted, while golden beets offer a slightly milder taste and striking color that holds up well in both raw and cooked applications. Shave them thin into summer salads, roast and toss with citrus, or feature them pickled alongside grilled meats or on charcuterie boards. Their natural sugars also make them ideal for purées, beet hummus, or even infused syrups and vinaigrettes.

Red Beets | 6-2268
Golden Beets | 6-2161

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Market Report

FRUIT

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

VEGETABLES

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

ProAct the Source July 9th, 2025

WEATHER REPORT

Arizona A strong high brings nearrecord highs Wed–Thurs: 112–117°F in AZ, 115–121°F in southeast CA. Morning lows rise from low 80s to upper 80s. Slight cooling into the weekend, but temps stay above normal.

California Temps will rise this week with above-average warmth. Coastal highs will be in the low 60s to 70s, while inland areas reach the 80s to low 100s, especially south of Soledad. Temps peak Thursday, then cool slightly—by up to 5 degrees—into the weekend.

Florida Warm, humid conditions continue across Florida through the weekend, with scattered showers and storms. Rainfall will range from 0.05”–0.30”, locally higher. Highs stay in the upper 80s to mid-90s, with gusts under 20 mph through Friday.

Mexico Scattered showers and storms are expected through July 13th, with 0.10”–0.35” of rain, possibly more in storms. Conditions stay humid with near to slightly below normal temps. Highs will be in the low 70s to low 80s, and lows in the mid 50s to mid 60s.

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