



**MIDWEST  
FOODS**



# Weekly Updates

JULY 3RD, 2025

## Fresh off the Farm



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*



Kale Green Curly  
12 CT | MWF-10590

**Local**

*Windy City Harvest, IL*



Kohlrabi Bunch  
12 CT | MWF-12014

**Local**

*Windy City Harvest, IL*



Lettuce Mix  
12 1/2 LB | MWF-12078

**Local**

*Windy City Harvest, IL*



Melon Mixed  
4/6 CT | 014903

**Featured**



Peach Yellow  
Tray Pack | 01-11347

**Featured**

## HAPPY 4TH OF JULY

In observance of the 4th of July holiday,  
**we will be closed tomorrow.**

Regular business hours will resume on  
Saturday, July 6th.



## Summer Menu Inspo

Creole Sweet Corn Nuggets are here to spice up your summer menus! This crispy, craveable recipe—featuring golden rounds of sweet corn in a bold, Creole-style sauce—is just one of several seasonal dishes in our Summer Recipe Collection. Perfect for appetizers, small plates, or sides with a Southern twist.

[Explore the full collection](#) for more warm-weather inspiration!

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

ProAct the Source July 2nd, 2025

## WEATHER REPORT

**Arizona** Temps near record highs Tuesday, hitting 112-115 in lower desert valleys. Gradual cooling expected Wed-Fri with possible showers, especially in Phoenix Wednesday evening.

**California** A weak upper low will keep moderate marine layer conditions and temps near average. Expect morning lows in the 40s-50s and daytime highs upper 50s-90s.

**Florida** Scattered showers and tstorms will persist over the next five days, with 0.15" to 0.35" of rain expected. Winds may gust near 20 mph. Highs in the 80s to low 90s.

**Mexico** Isolated to scattered showers and t-storms through Thursday, with 0.10"-0.35" rainfall expected. Drier Friday to Sunday, with highs in the 60s to 80s and lows in the 50s to 60s.

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