



**MIDWEST
FOODS**



Weekly Updates

AUGUST 15TH, 2025

Fresh off the Farm



Corn Bi Color
48 CT | 01-12074
Local

Wisconsin/ Michigan



Eggplant
24 CT | 149700P
Local

Indiana/ Michigan



Lettuce Aquaponic
4 LB | MWF-8233
Local

Windy City Harvest, IL



Peaches Yellow
25 LB | MWF-10326
Local

Michigan



Peppers Jalapeno
5 LB | 01-4579
Local

Wisconsin/ Indiana



Peppers Carmen
20 LB | 01-11671
Local

Windy City Harvest, IL



Peppers Serrano
5 LB | 01-4583
Local

Garwood- IN



Tomato Heirloom Large
10 LB | 174600
Featured



Hyperlocal Aquaponic Lettuce

FEATURED ITEM

Fresh from right here in Chicago, Windy City Harvest's aquaponic lettuce is grown using a sustainable, closed-loop system that combines aquaculture and hydroponics. The result is tender, flavorful greens produced year-round with less water and no synthetic pesticides, offering both consistent quality and a lighter environmental footprint. By choosing Windy City Harvest, you are supporting a program that not only grows exceptional produce but also trains and empowers local residents in urban agriculture. This crisp, vibrant lettuce is a versatile ingredient, ideal for salads, sandwiches, wraps, or as a fresh garnish that elevates any plate. We are excited to feature Windy City Harvest's Legends Farm on our upcoming farm tour, so be sure to check your inbox for your invitation.

Aquaponic Lettuce | MWF-8233

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Market Report

FRUIT

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

ProAct the Source August 6th, 2025

VEGETABLES

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

WEATHER REPORT

Arizona Low desert temps will run well above normal this week under strong high pressure. Highs Wednesday: 112–115°F in Arizona valleys, 115–120°F in SE California. Phoenix may break its 114°F record. Lows rise from mid-70s to mid-80s by Thursday. Southerly winds increase to 20–25 mph gusts by Friday and Saturday mornings.

California High pressure builds Wednesday, weakening the marine layer and warming inland temps. Lows in the mid-40s to upper 50s; highs range from mid-60s coastside to 102°F south of Soledad.

Florida Weak flow Wednesday/Thursday will allow sea breezes to trigger showers and storms. A slowmoving front, fueled by offshore moisture, lingers through the weekend. Some tropical development is possible later in the week.

Mexico Isolated showers Wednesday, with scattered showers and storms possible Thursday and Friday. Brief break Saturday, then more showers Sunday. Rainfall mostly 0.05"–0.30", locally higher in storms. Warm through Thursday (highs upper 70s–80s), cooling slightly Friday–Sunday. Lows in the mid-50s to low 60s.

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