



Weekly Updates

Fresh off the Farm



Corn Bi Color 48 CT | 01-12074 Local

Wisconsin/ Michigan



Lettuce Aquaponic 4 LB | MWF-8233 Local

Windy City Harvest, IL



Peppers Jalapeno 5 LB | 01-4579 Local

Wisconsin/ Indiana



Peppers Serrano 5 LB | 01-4583 Local

Garwood- IN



Eggplant 24 CT | 149700P Local

Indiana/ Michigan



Peaches Yellow 25 LB | MWF-10326 Local

Michigan

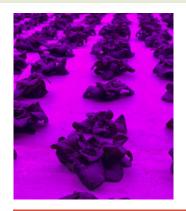


Peppers Carmen 20 LB | 01-11671 Local

Windy City Harvest, IL



Tomato Heirloom Large 10 LB | 174600 Featured



Hyperlocal Aquaponic Lettuce

FEATURED

Fresh from right here in Chicago, Windy City Harvest's aquaponic lettuce is grown using a sustainable, closed-loop system that combines aguaculture 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				VEGETABLES				
	Price	Quality	Supply			Price	Quality	Supply
Apples	\$\$		Steady		Asparagus	\$ \$ \$		Good
Blackberries	\$ \$ \$		Light		Avocados	\$\$		Light
Blueberries	\$ \$		Steady	66 B	ell Peppers	\$\$		Steady
Cantaloupe	\$ \$		Steady		Broccoli	\$\$		Steady
Grapefruit	\$ \$ \$		Light		Brussels Sprouts	\$ \$ \$		Light
Grapes Green	\$		Good		Carrots	\$\$		Steady
Grapes Red	\$		Good		Cauliflower	\$\$		Steady
9	•				Celery	\$\$\$		Steady
Honeydew	\$ \$		Steady	80	Cucumbers	\$\$		Steady
<u> </u>	\$\$		Good		Eggplant	\$\$		Steady
Limes	\$\$		Steady		Garlic	\$\$		Steady
Oranges	\$\$		Light		Green Onions	\$\$		Steady
Pears	\$ \$ \$		Light		Kale	\$\$		Steady
Pineapple	\$\$		Light		Lettuce Iceberg	\$ \$ \$		Light
Raspberries	\$ \$ \$		Steady		ettuce Leaf	\$ \$		Steady
stone Fruit	\$\$		Steady	_	Lettuce	\$ \$		Steady
Strawberries	\$ \$ \$		Light	T	ender Leaf			,
Watermelon	\$ \$		Steady		Mushroom	\$		Good
	Ψ Ψ		,		Onions	\$\$		Good
ProAct the Source August 6th, 2025				Potatoes	\$ \$ \$		Steady	
					Squash	\$\$		Steady
WEATH	ER R	E P O R	т		Tomatoes	\$		Steady

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 WednesdayThursday 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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