



**MIDWEST
FOODS**



Weekly Specials

SEPTEMBER 2ND, 2025

Featured Items



Lettuce Aquaponic
4 LB | MWF-8233

Local - Windy City Harvest, IL



Pepper Carmen
20 LB | 01-11671

Local - Windy City Harvest, IL



Pepper Anaheim
20 LB | 01-11663

Local - Garwood, IN



Pepper Banana
10 LB | 167500

Local MI/IN



Pepper jalapeno
5 LB | 01-4579

Local WI/IN



Pepper Serrano
5 LB | 01-4583

Local - Garwood, IN



Pie Pumpkin
30 LB | 172600P

Local



Spaghetti Squash
40 LB | 172900P

Local - Superior, MI

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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01-11140	Bean Sprouts 10# BIPOC LOCAL	<i>Canyon Foods</i>	Illinois
157700P	Cabbage Green 45-50# AVG. Case LOCAL	<i>Various</i>	WI/IN/MI
157900P	Cabbage Red 45# Case LOCAL	<i>Various</i>	Indiana/ Michigan
MWF-7945	Carrot Orange Nantes Bunch w/Tops 12ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-7876	Chard Rainbow 12ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
159700P	Celery Root 25# LOCAL	<i>Rice Lake</i>	Michigan
159600P	Celery 30ct LOCAL	<i>Superior</i>	Michigan
01-12241	Cucumber Basket 24ct Case LOCAL	<i>Various</i>	Indiana/ Michigan
01-11407	Cucumber Pickling 20# LOCAL	<i>Windy City Harvest</i>	Illinois
149700P	Eggplant 24ct Case LOCAL	<i>Various</i>	Indiana/ Michigan
MWF-7887	Greens Collard 12ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-8040	Kale Green 24ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-8039	Kale Lacinato 24ct BIPOC LOCAL	<i>Chicago Urban Farm Solutions</i>	Illinois
MWF-11792	Lettuce Green Butter Whole 8# (2-4#) Case LOCAL	<i>Pure Farms</i>	Wisconsin
MWF-11790	Lettuce Mix Whole 8# (2-4#) Case LOCAL	<i>Pure Farms</i>	Wisconsin
MWF-11788	Lettuce Romaine Green Whole 8# (2-4#) Case LOCAL	<i>Pure Farms</i>	Wisconsin
01-1274	Micro Greens Arugula 8oz LOCAL	<i>Garfield Produce</i>	Illinois
01-12146	Micro Greens Cilantro 8oz LOCAL	<i>Garfield Produce</i>	Illinois
154501	Micro Greens Rainbow Mix 8oz LOCAL	<i>Garfield Produce</i>	Illinois
MWF-8242	Mushroom Lion's Mane 5# Case BIPOC LOCAL	<i>Sunny Oaks</i>	Illinois
165400	Mushroom Oyster 5# BIPOC LOCAL	<i>Sunny Oaks</i>	Illinois
165800	Mushroom Shiitake "A" MED 5# BIPOC LOCAL	<i>Sunny Oaks</i>	Illinois
180000P	Parsnip Loose 20# LOCAL	<i>Rice Lake</i>	Michigan
01-2216	Radish Cello 14-1# LOCAL	<i>Superior Sales</i>	Michigan
179400P	Squash Zucchini Med. 1/2bu Case LOCAL	<i>Various</i>	Michigan
149100	Wheatgrass Tray (9# Avg. Wt.) LOCAL	<i>Chicago's Indoor Garden</i>	Illinois

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