



**MIDWEST
FOODS**



Weekly Updates

OCTOBER 24TH, 2025

Fresh off the Farm



Cranberries
24-12 OZ | 181902

Local

Wetherby - Wisconsin



Decorative Fall Corn
12-3 CT | 01-1311

Featured



Persimmon Fuyu
10 CT | 01-12031

Featured



Pomegranates
32 - 36 CT | MWF-1067

Featured



Pie Pumpkin
30 LB | 172600P

Local

Michigan/Wisconsin



Pie Pumpkin White
10-12 CT | 01-11825

Local

Michigan/Wisconsin



Squash Honeynut
1 1/2 BU | MWF-3173

Local

Wisconsin

FEATURED ITEMS

This week we're featuring three delicious local apple varieties from Garwood Orchards in LaPorte, Indiana. The Garwood family has been farming the same land for more than 180 years, growing high-quality fruits and vegetables with the same care and dedication that's been passed down through six generations.

Crimson Crisp® Bright red, firm, and perfectly balanced with a sweet-tart flavor. Great for snacking or adding crunch to a fresh salad. **88 CT | MWF-13094**

EverCrisp® Known for its long-lasting crunch and honeyed sweetness, this apple holds up beautifully in both hot and cold applications. **88 CT | 01-11845**

Ludacrisp® A newer variety with juicy tropical notes and a refreshing sweetness that stands out in any dish or display. **88 CT | MWF-13095**

From field to table, Garwood apples deliver unbeatable local flavor and consistent quality that chefs and operators can count on all season long.

MARKET ALERT

Ongoing weather issues and recent heavy rainfall in California continue to limit yields for vegetables and berries industry-wide. Cauliflower, lettuces, baby kale, arugula, spinach, spring mix, and strawberries are most affected. Green leaf and romaine remain extremely short as growers face added challenges with the Salinas season ending and production transitioning to Arizona.

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Market Report

FRUIT

VEGETABLES

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

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

ProAct the Source October 22nd, 2025

WEATHER REPORT

Arizona Dry low moves inland Wednesday; no rain. Gusts 2025 mph SE CA/Yuma, 10–15 mph central AZ. Highs 80s–low 90s; lows drop midweek, warm slightly by Saturday.

California Weak low brings light showers and cool temps Wednesday; highs 60s–70s, lows 40s–50s. Warmer late week before weekend showers (0.10–0.50”).

Florida Mostly dry through Sunday with a chance of showers late. Highs upper 70s–80s. North FL lows dip to 40s–50s, warming by weekend; central/south stay mid-60s–70s. Gusts 20–30 mph thru Friday.

Mexico Temps seasonal to slightly above normal through Oct 26. Isolated showers possible. Highs mid70s to mid-80s; lows low 50s to low 60s.

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