



**MIDWEST
FOODS**



Weekly Updates

OCTOBER 3RD, 2025

Fresh off the Farm



Apples Gala
88 CT | 01-11739

Local

Indiana/Michigan



Apples Honeycrisp
88 CT | 01-11390

Local

Indiana/Michigan



**Black Futsu
Pumpkin**

Local - Wisconsin



Fall Decorative Corn
12-3 CT | 01-1311
Mini 16-3 CT | 01-1312

Local

Michigan/Wisconsin



Pie Pumpkin White
10-12 CT | 01-11825

Local

Michigan/Wisconsin



Pumpkin Mini Orange
1/2 BU | 01-1309

Local

Michigan/Wisconsin



Pumpkin Mini Variety
1/2 BU | MWF-10806

Local

Michigan/Wisconsin



Pumpkin Mini White
1/2 BU | 235643

Local

Michigan/Wisconsin



Squash Honeynut
1/2 BU | MWF-3173

Local

Wisconsin

FEATURED ITEM

Black Futsu Pumpkin Squash is in peak season and an eye-catching way to bring fall flavor and variety to your menus. This Japanese heirloom squash is known for its unique, deeply ribbed skin that matures from dark green to a rich chestnut-brown, giving it strong visual appeal for both displays and plated dishes. Its dense, golden flesh is sweet, nutty, and smooth, similar to kabocha, and works beautifully in a wide range of applications. Chefs are using it roasted for sides, pureed into velvety soups, folded into risottos, or even showcased in seasonal tarts and pies. The thin, edible skin caramelizes beautifully when roasted, creating layers of flavor and texture. With strong shelf stability, distinctive appearance, and a flavor profile that bridges sweet and savory, Black Futsu is a versatile specialty squash to feature this fall and a memorable addition to your menu.

Squash Black Futsu Pumpkin
1 1/9 BU | MWF-12131

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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	\$	●	Good
Pears	\$\$\$	●	Light
Pineapple	\$\$\$	●	Light
Raspberries	\$	●	Good
Stone Fruit	\$\$\$	●	Steady
Strawberries	\$\$\$\$	●	Light
Watermelon	\$\$\$	●	Steady

	Price	Quality	Supply
Asparagus	\$\$\$\$	●	Light
Avocados	\$\$\$\$	●	Light
Bell Peppers	\$\$\$	●	Steady
Broccoli	\$\$\$\$	●	Light
Brussels Sprouts	\$\$\$\$	●	Light
Carrots	\$\$\$	●	Steady
Cauliflower	\$\$\$\$	●	Light
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

ProAct the Source October 1st, 2025

WEATHER REPORT

Arizona Temps near normal through weekend with highs in 90s; upper 90s in parts of AZ and SE CA Thu-Fri. Lows mid-60s to low 80s, cooling by Sunday. Winds shift from light southerly to gusty NW Friday, then lighter northerly.

California Light rain chances remain as the low exits Wednesday with cool temps. High pressure builds Thursday, warming to near or above normal by Saturday.

Florida Humberto and Imelda in the Atlantic are moving east, away from the US coast, with no major Florida impacts expected. Showers will increase this weekend with seasonal temps—highs mid-80s to low 90s, lows mid-60s to mid-70s. Winds gust 15-25 mph midweek.

Mexico Isolated showers possible this weekend; most areas stay dry. Temps seasonably warm, highs in 70s-80s, lows mid-50s-60s.

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