



**MIDWEST
FOODS**



Weekly Updates

OCTOBER 31ST, 2025

Fresh off the Farm



Apples Crimson Crisp

88 CT | MWF-13094

Local

Garwood, IN



Apples Evercrisp

88 CT | 01-11845

Local

Garwood, IN



*Garwood
Orchards*



Apples Ludacrisp

88 CT | MWF-13095

Local

Garwood, IN



Apples Sugar Bee

88 CT | MWF-3179

Local

Garwood, IN



Apples Lucy Glo

Yellow outside/ red flesh

60 CT EURO | MWF-3177

Featured



Apples Lucy Rose

Red outside/ red flesh

60 CT EURO | MWF-3178

Featured



Apples Green Dragon

28 CT | MWF-1586

Featured



Apples Hidden Rose

28 CT | MWF-8059

Featured

FARM FEATURE

This week we're featuring four great local apple varieties from Garwood Orchards in LaPorte, Indiana. The Garwood family has been growing high-quality produce on the same land for six generations, bringing care and attention to every apple they grow.

From the orchard to your kitchen, these apples deliver fresh, consistent flavor that chefs and operators can rely on all season long. Choosing local farms like Garwood means offering the best produce while supporting the community.

MARKET ALERT

Ongoing weather challenges in California continue to impact vegetable supplies as the Salinas season wraps up earlier than usual. With Arizona production still a few weeks out, markets remain tight. Iceberg is showing some relief and broccoli quality has improved, but green leaf, red leaf, and romaine are still extremely short. Baby kale, arugula, spinach, and spring mix remain limited, with better availability expected by mid-November.

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Market Report

FRUIT

VEGETABLES

	Price	Quality	Supply
Apples	\$ \$	●	Steady
Blackberries	\$ \$	●	Steady
Blueberries	\$ \$ \$	●	Light
Cantaloupe	\$ \$ \$	●	Good
Grapefruit	\$ \$	●	Light
Grapes Green	\$ \$ \$	●	Good
Grapes Red	\$ \$ \$	●	Good
Honeydew	\$ \$	●	Steady
Lemons	\$ \$	●	Steady
Limes	\$	●	Good
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	\$ \$	●	Steady
Brussels Sprouts	\$ \$ \$	●	Light
Carrots	\$	●	Steady
Cauliflower	\$ \$	●	Steady
Celery	\$ \$	●	Steady
Cucumbers	\$ \$	●	Light
Eggplant	\$ \$	●	Light
Garlic	\$ \$	●	Steady
Green Onions	\$	●	Steady
Kale	\$ \$	●	Steady
Lettuce Iceberg	\$ \$ \$	●	Light
Lettuce Leaf	\$ \$ \$	●	Steady
Lettuce Tender Leaf	\$ \$ \$	●	Light
Mushroom	\$ \$	●	Light
Onions	\$ \$	●	Good
Potatoes	\$ \$ \$	●	Steady
Squash	\$ \$ \$	●	Steady
Tomatoes	\$ \$	●	Steady

ProAct the Source October 29th, 2025

WEATHER REPORT

Arizona Low desert stays 5–10°F above normal through the weekend, with highs 80s–90s, lows 50s–60s, and winds easing after Wednesday.

California High pressure keeps temps near to above average through the weekend, with lows in the 40s–50s and highs 70s–80s. Offshore winds ease Thursday, allowing coastal cooling as the marine layer returns.

Florida A few evening sprinkles are possible Wednesday in Northern Florida, followed by cooler, drier mornings and warmer days late in the week.

Mexico Warm, mostly dry weather continues through the weekend, with highs 70s–80s and lows 40s–50s.

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