



MIDWEST FOODS

Locally Owned. Family Owned. Women Owned.

Fall Collection 2025 September 10 - December 7



Chicago, IL | 773.927.8870 | midwestfoods.com | Kenosha, WI



MIDWEST FOODS

Who We Are

locally owned

Proudly supporting local
farms and businesses

Fostering strong connections
in our community

family owned

Prioritizing relationships
over transactions

Decades of experience
dedicated to serving

women owned

Championing diversity and
empowerment

Driving foodservice progress
through inclusion



2025



Fall

September 10 - December 7

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On The Table

Harvest Traditions, Seasonal Inspirations

Fall always feels like a season of abundance. It's a time to gather, reflect, and enjoy the harvest. For us, it also brings to mind the traditions and relationships that guide our work every day, from the farms we partner with to the kitchens we serve.

This Fall Collection shines a light on the flavors that define the season: hearty squash, crisp specialty apples, and locally grown pumpkins that bring warmth and creativity to your menus. Seasonal produce isn't just about food. It helps set the stage for moments of connection, whether in campus dining halls, restaurants, or holiday banquets.

We're also looking back at one of our favorite traditions, our annual farm tour and apple picking event at Garwood Orchards. Last year's gathering was a joyful reminder of why we do what we do. Bringing people closer to the farms, their food, and each other has always been at the heart of our mission. This October, we're excited to continue that tradition and share it with many of you again.

Most of all, fall is a season of gratitude. I'm grateful for your partnership, your creativity, and the role you play in building a stronger food community. As you plan menus and prepare for the season ahead, I hope this catalog serves as both a helpful resource and a source of inspiration.



Erin Fitzgerald

Owner, Midwest Foods

Availability Guide



Many of the fall items featured in this catalog are already available and more will arrive as the season progresses.

Below is a guide to when you can expect some of our featured specialty items that are not already available to arrive. Please check your ordering portal or ask customer service for the most accurate reflection of what is currently available, as the below is not a guarantee of availability.

As always, keep an eye on our Weekly Specials emails or check the Weekly Specials page of our website for the latest fresh arrivals!

<i>Item</i>	<i>Expected Arrival</i>
Apples Local/Specialty	Early September - Late October (See page 20 for details)
Blue Hubbard Squash Local	Mid-September
Cranberries Local	End of September
Honeynut Squash Local	Mid-September
Persimmons	Early October
Pumpkins White Local	End of September
Sweet Dumpling Squash Local	Available to order Mid-September
Taffy Apples	Delivers End of September (Pre-Order Starts Early September)
Winter Decor	Available to Order Beginning Mid-November

Availability on all items in this Fall Collection are subject to change without notice.



Fall Produce

See page 11 for pumpkins & more!



Edible Marigolds **#01-4437** Thyme **#134600P** Sage **#131900**
Rosemary **#133900P** MicroGreens Bulls Blood **#181924**



Local Apple Cider **#01-5042**

Picks of the Season



See page 24 for a winter specialty sneak peek!



Charcuterie Inspo Page 13



Specialty Apples Page 20





Fall Produce

See page 12 for local squash!



Local Red Cabbage **#157900P**

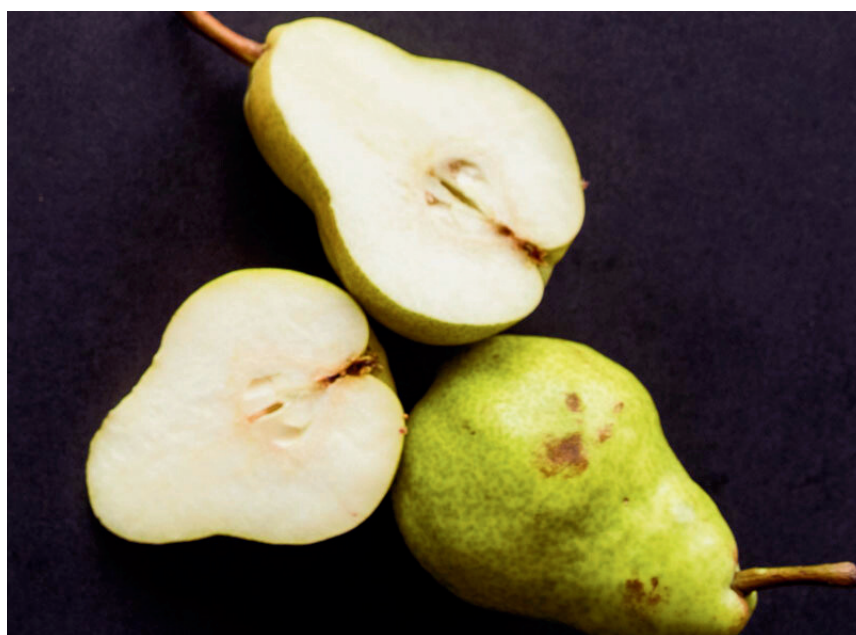


Pomegranate **#MWF-1067**

Picks of the Season



See page 15 for fall cocktail recipes!



D'anjou Pears #20700



Cranberries #MWF-1491 Arrive Late September!

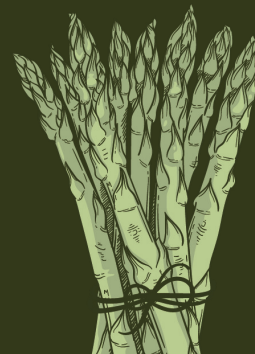


Fall Peak Produce

171300P	Acorn Squash Local 32-36 lbs	161701	Nasturtium 50 ct
135900	Arugula 1 lb Bag	159402P	Orange Cauliflower 9-12 ct
021000P	Asian Pears 16-18 ct	01-4569	Parsnips Local 20 lb
152500P	Baby Leeks 12 ct	01-11837	Petite Amaranth Red 8 oz
01-4642	Baby Turnips Each	MWF-1623	Petite Pumpkin Greens 8 oz
020300	Bartlett Pears 90 ct	172600P	Pie Pumpkin Local 30 lbs (12 ct avg)
MWF-7542	Blue Hubbard Squash 30 lbs	01-11825	Pie Pumpkin White Local 10-12 ct
465651P	Bosc Pears 80-90 ct	MWF-1059	Pomegranate 6-10 ct 1 layer
157600P	Brussels Sprouts Jumbo 25 lbs	01-1774	Pumpkin Bins Large Local 35 ct
01-10962	Brussels Sprouts Medium 25 lbs	01-1775	Pumpkin Bins Medium Local 45-60 ct
172100P	Butternut Squash Local 32-36 lbs	159403P	Purple Cauliflower 9-12 ct
01-11741	Carnival Squash 40 lb	MWF-8204	Purple Sweet Potatoes (Ube) 40 lb
01-1477	Carving Pumpkins Large Local 1 each	01-12176	Quince 24 ct
01-1668	Carving Pumpkins Medium Local 1 each	4634153	Rainbow Carrots 25 lb
159700P	Celery Root Local 25 lb	3465753764	Red Kuri Squash Local 32-36 lbs
01-1698	Cinderella Pumpkin Local 70-100 lb avg	151800P	Red Potatoes A 50 lb
MWF-1491	Cranberries 24x12 oz	178100P	Red Potatoes B 50 lb
20700	D'Anjou Pears 90 ct	111100	Romanesco 12 ct
6-2382	Delicata Squash Local 30 lbs	01-4611	Rosemary 1 lb
169300P	Fingerling Potatoes Purple 50 lb	01-11885	Rutabaga 25 lb
01-11129	Fingerling Potatoes Red 50 lb	131900P	Sage 1 lb Bag
MWF-8347	Fireside Fall Mix 50 ct	MWF-1853	Savoy Cabbage 5 lb
MWF-8429	Firestix 50 ct	172900P	Spaghetti Squash Local 32-36 lbs
MWF-8431	Firestix Mix 50 ct	01-12090	Sunchokes 10 lb
MWF-8658	Flowers Rosemary Blossom 50 ct	01-11753	Sweet Dumpling Squash 40 lb
365267	Garlic Black 1 lb Bag	169700P	Sweet Potato Jumbo 40 lb
01-10918	Garlic Black Peeled 1 lb Bag	169800	Sweet Potato Medium 40 lb
132100P	Garlic Elephant 10 lb	134600P	Thyme 1 lb Bag
156900	Green Cauliflower 12 ct	21512	Tiny Veggies Turnips 50 ct
MWF-3173	Honeynut Squash	164000	Treviso 10 ct
73852	Kabocha Squash Local 32-36 lbs	01-1856	Turban Squash 40 lb
MWF-8039	Lacinato Kale Local 24 ct	179800P	Turnips 25 lb
123453	Leeks White 10 lb	MWF-10806	Variety Mini Pumpkins Local 1/2 Bu
MWF-1395	Little Veggies Turnips 50 ct	210155	White Asparagus 11 lb
01-1296	Marigold 50 ct	169900	Yukon Gold Potatoes A 50 lb
1303603	Micro Amaranth Red 8 oz	178300P	Yukon Gold Potatoes B 50 lb
133500	Micro Arugula 8 oz		
MWF-1579	Mizuna Lettuce 2.2 lb		
01-1812	Mustard Greens 12 ct		
01-1805	Napa Cabbage Each		

Featured Dry Goods

Dry Goods, Frozen & More



MWF-1481	Broccoli & Cheese Vienna 4 x 4 lb
MWF-1493	Chipotle Chicken & Tortilla Vienna 4 x 4 lb
MWF-1497	Cuban Black Bean with Sausage Vienna 4 x 4 lb
051000	Dried Apricot Turkish 5 lb
051300	Dried Cherries Tart 5 lb
051400	Dried Cranberries 5 lb
051600	Dried Currant Zante 5 lb
2605555	Dried Date Medjool 5 lb
051700	Dried Date Pitted 5 lb
052000	Dried Figs Black Mission 5 lb
044000	Dried Papaya Chunks 5 lb
053700	Dried Raisins Dark 5 lb
053900	Dried Raisins Golden 5 lb
MWF-1494	Farmer's Market Vegetable Vienna 4 x 4 lb
01-4227	Farro Grain Ambrosia 4 x 3 lb
MWF-7978	Garwood Cider Cherry Local 1 Gal
01-5042	Garwood Cider Local 1 Gal
365582DG	Garwood Cider Local 4/1 Gal
181054	Golden White Quinoa 2 x 5 lb
MWF-1496	Italian Wedding with Meatballs Vienna 4 x 4 lb
MWF-1492	Mama's Chicken Noodle Vienna 4 x 4 lb
2605555	Medjool Dates Dried 11 lb
MWF-1495	Minestrone Vienna 4 x 4 lb
MWF-1486	New England Clam Chowder Vienna 4 x 4 lb
025800	Nuts Almonds Raw Skin On 5 lb
01-4346	Nuts Almonds Sliced Natural W/Skin 5 lb
036500	Nuts Cashews Raw No Salt 5 lb
465463131	Nuts Cashews Roasted/Salted 5 lb
60200	Nuts Hazelnut Filbert Raw Blanched 5 lb
066500	Nuts Macadamia Halves Raw 5 lb
067100	Nuts Peanuts Rstd Salted Jumbo 5 lb
843257	Nuts Pecan Halves Raw 5 lb
081800	Nuts Pistachios Raw No Shell 5 lb
MWF-1487	Potato & Cheese Vienna 4 x 4 lb
01-3258	Red Quinoa 2 x 5 lb
MWF-1563	Stuffed Pepper with Beef Vienna 4 x 4 lb
MWF-1596	Tomato Bisque Vienna 4 x 4 lb
01-4220	Tri-Color Quinoa 2 x 5 lb



Ambrosia Grains

Availability on all items is subject to change without notice.



Farro Grain

#01-4227 4x3lbs

AMBROSIA® Farro is an ancient grain from the wheat species that is typically grown in Italy. It is shaped like rice with a brown color and has a distinct nutty taste and chewy texture. This pearled grain is high in fiber, protein and potassium which makes it a convenient healthy choice over other grains.



Red Quinoa

#01-3258 2x5 lbs

AMBROSIA® Red Quinoa is a tiny, roundish seed that is widely used and enjoyed in the same way as cereal grains like wheat, oat or rice. Imported from Peru where it is grown in the Andes Mountains, red quinoa has a stronger, crunchier and more earthy flavor. Considered a superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.



Tri-Color Quinoa

#01-4220 2x5lbs

AMBROSIA® Tricolor Quinoa is a mixture of red, white, and black tiny, roundish seeds that are widely used and enjoyed in the same way as cereal grains like wheat, oat, or rice. Imported from Peru where it is grown in the Andes Mountains, tricolor quinoa is an interesting blend of earthy and nut-like taste. Considered a superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.



Golden White Quinoa

#181054 2x5 lbs

AMBROSIA® White Quinoa is a tiny, roundish seed that is widely used and enjoyed in the same way as cereal grains like wheat, oat or rice. Imported from Peru where it is grown in the Andes Mountains, white quinoa is the most common variety in the US and has a milder, delicate taste. Considered a superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.





By Vienna® Beef
Ltd. Chicago, IL



All items subject to availability

4 x 4lbs. Case, Frozen

3 Business Day Notice on All Items

Classic comfort food straight from the kettle.

You don't even need to taste our Bistro Soups and Chili® to know how delicious they are. The look and aroma alone tells you that we slow-simmer them one kettle at a time with fresh ingredients, with no MSG added. Our hearty, home-style recipes are real crowd-pleasers. Just heat & serve.

CHICKEN SOUPS

Chipotle Chicken & Tortilla

#MWF-1493 Southwestern style chicken soup with pulled chicken, jalapeños, smoky chipotle peppers, onions, tomatoes, black beans, roasted red peppers, traditionally thickened with authentic corn tortillas.

Mama's Chicken Noodle

#MWF-1492 Slow simmered chicken broth with fresh noodle dumplings, white and dark meat chicken, carrots, celery, onions and parsley make this classic a must-have offering.

BEEF SOUPS

Cuban Black Bean with Sausage

 **GLUTEN FREE** | **#MWF-1497**

Smoky beef bacon and Vienna® beef sausage simmered with black beans, onions, bell peppers, cumin, oregano, sherry and finished with olive oil.

Stuffed Pepper with Beef

 **GLUTEN FREE** | **#MWF-1563**


Slow simmered ground beef with tomatoes, onions, rice, and green peppers for the ultimate stuffed pepper experience. A proven regional favorite.

Italian Wedding with Meatballs

#MWF-1496 Miniature Italian meatballs with Romano cheese simmered in garlic scented chicken broth with onions, celery, carrots, red bell peppers, fresh spinach, tomatoes, herbs, and pastina.

VEGETABLE SOUPS

Farmer's Market Vegetable

 **VEGAN** | **#MWF-1494**

A wholesome combination of garden vegetables including zucchini, carrots, onions, tomatoes, celery, cabbage, corn, potatoes, green beans, nutrient dense chickpeas, kidney beans, and barley with spices in a savory vegetable broth.

Minestrone

#MWF-1495 Packed with a garden's worth of fresh vegetables, roasted garlic, garbanzo beans, fresh spinach, real Parmesan cheese, ditalini pasta, and olive oil, this soup is as authentic as it gets.

DAIRY

Broccoli & Cheese

 **GLUTEN FREE**  **VEGETARIAN** | **#MWF-1481**

A creamy blend of American, cheddar, and blue cheeses combined with fresh broccoli, celery, onions, and herbs.

New England Clam Chowder

 **GLUTEN FREE** | **#MWF-1486**

Thick and creamy New England clam chowder full of fresh clams, potatoes, onions, celery, garlic, thyme, and fresh cream.

Potato & Cheese

 **GLUTEN FREE** | **#MWF-1487**

A hearty blend of three cheeses, real cream, potatoes, carrots, celery, onions, bacon, and finished with parsley. This is what a potato soup should be.

Tomato Bisque

#MWF-1596 Miniature Italian meatballs with Romano cheese simmered in garlic scented chicken broth with onions, celery, carrots, red bell peppers, fresh spinach, tomatoes, herbs, and pastina.



2025 Fall Specials

The majority of our Fall Specials are grown or produced locally. Availability is subject to change without notice. Please contact your Business Development Associate for details.

Pumpkins & Decor



Carving Pumpkins
Large 1 Each | #01-1477
Medium 1 Each | #01-1668
 LOCAL MI



Decorative Corn
 12-3 ct | #01-1311
Mini
 16-3ct | #01-1312
 LOCAL MI/WI



Fall Gourds Assorted
 1/2 Bu | #01-1310
 LOCAL MI/WI



Mini Pumpkins
 Variety Mix 1/2 Bushel
 | #MWF-10806
 LOCAL



Mini Pumpkins Orange
 1/2 Bushel | #01-1309
 (30-40 ct avg)
 LOCAL MI/WI



Mini Pumpkins White
 1/2 Bushel | #235643
 (30-40 ct avg)
 LOCAL MI/WI



Pumpkin Bins
Large 35 ct | #01-1774
Medium 45-60 ct
 | #01-1775
 LOCAL MI/WI



Pumpkin Cinderella
 70 - 100 lb | #01-1698
 LOCAL
Arrives Early October



Pie Pumpkin
 30 lbs | #172600P
 (12 ct avg)
 LOCAL MI/WI



Pie Pumpkin White
 10-12 ct | #01-11825
 LOCAL
Arrives Early October



Taffy Apples

Recommended lead is 10 days for all Affy Tapple orders delivering between 9/29 and 11/1.

Outside of this date range, we require a 10-case combined minimum and 10-day lead time on taffy apples.



Taffy Apple (w/ nuts)
 24ct | #01-1302
10-day notice



Taffy Apple (w/o nuts)
 24ct | #210184
10-day notice

Taffy Apple Halloween Sprinkles
 24ct | 01-1443
10-day notice

Apple Cider

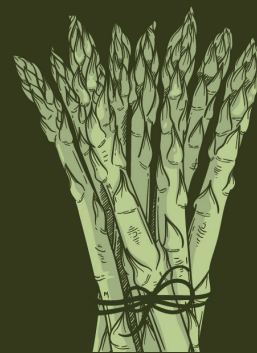
LaPorte, IN



Garwood Cider
LOCAL
 4/1 gal | #365582DG
 1 gal | #01-5042
 25-1 pt | #MWF-7977

Garwood Cherry Cider
LOCAL
 25-1 pt | #MWF-7978
 9-1/2 gal | #01-11777*
**Special Order*

2025 Local Squash



Acorn
32-36lbs | #171300P
LOCAL - MI



Black Futsu Pumpkin
1 1/9th BU | #MWF-12131
LOCAL - WI



Blue Hubbard
30lbs | #MWF-7542
LOCAL - MI
Arrives Mid-September



Butternut
32-36lbs | #172100P
LOCAL - MI



Carnival
40 lbs | #01-11741
LOCAL - MI



Delicata
30lbs | #6-2382
LOCAL - MI



Honeynut
30lbs | #MWF-3173
LOCAL
Arrives Late September



Kabocha
32-36 lbs | #73852
LOCAL



Red Kuri
32-36 lbs | #3465753764
LOCAL - MI



Spaghetti
32-36 lbs | #172900P
LOCAL - MI



Sweet Dumpling
40 lbs | #01-11753
LOCAL



Turban
40 lbs | #01-1856
LOCAL - MI

Squash Guide

Squash should be firm with hard, unblemished skin and a deep, rich color. A heavy feel for its size indicates dense, flavorful flesh. Avoid squash with soft spots or cracks.

Squash is one of the most versatile fall ingredients—use it to balance hearty proteins, add natural sweetness, or showcase bold spices.

Keep whole squash in a cool, dry place—ideally 50–55°F—for up to a month (some hardier varieties can last longer). Once cut, wrap tightly and refrigerate. Cooked squash also holds well refrigerated or frozen for extended use.

Fall squash is at peak availability from September through December, bringing warmth, color, and comfort to seasonal menus.

Flavors & Uses

Sweet & Nutty Varieties like butternut, delicata, and honeynut work beautifully in purées, soups, and roasted sides.

Savory & Hearty Blue hubbard, kabocha, and turban bring depth to gratins, curries, and braises.

Versatile & Mild Acorn, carnival, and sweet dumpling shine when stuffed or roasted whole.

Unique Texture Spaghetti squash offers a natural pasta substitute—light, mild, and endlessly adaptable.



Charcuterie

Local



Brie 60%
Local Alouette Savencia, IL
2x1KG | #126200D
Arrives Mid-September



Goat Cheese
Local La Clare, WI
6/10 .5 OZ | #5287463



Gruyere Grand Cru
Local Emmi Roth- WI
1/6 5 LB | #MWF-11279

Imported



Manchego
Aged 6 months
Imported Spanish
Each 1/7 25 LB | #MWF-10986



Blue Cheese
Imported Danish
1/6 Wheel 5 LB | #MWF-2832



Parmigiano Reggiano
Imported Italian
1/8 Wheel Wedge Avg 11 LB | #MWF-3957

Inspiration



Availability on all items is subject to change without notice.



Nuts



Almonds, Raw, Skin On
5 lb. Box | #025800



Almonds, Silvered
5 lb.Box # 384215



Cashews, Roasted & Salted
5 lb. Box #465463131



Macadamia Halves
5lb.Box # 066500



Peanuts, Honey Roasted
25 lb. Case # 376185
7 Business Day Notice



Pear Bosc
80-90 ct | #465651P



Pear Bartlett
90ct | #020300



Pomegranate
32 -36 ct | #MWF-1067

Dried Fruit



Dried Apricots 5#
Case | #051000



Dried Cranberries
5# Case | #051400



Dried Figs Black Mission
5# Case | #052000



Dried Date Medjool
11# Case | #2605555



Quince Log
1/2.7lb #MWF-11518

Full selection of
items available in
the ordering portal
and at
midwestfoods.com





Dressed Up



Spiced Orchard Zero-Proof Punch

2 cups apple and spice shrub syrup
 6 cups apple cider, chilled - we recommend
 Garwood Local Apple Cider (see page 11!) **#01-5042**
 3 cups ginger ale or club soda, chilled
 1 apple, thinly sliced (see page 20 for local options)
 Star anise for garnish **#091200**
 Cinnamon sticks for garnish **#092400**

Combine ingredients. In a large punch bowl or pitcher, stir together the apple and spice shrub syrup and chilled apple cider. Garnish and serve. Add ice to the punch bowl. Just before serving, add the chilled ginger ale or club soda. Stir gently to avoid releasing the carbonation. Float the apple slices and star anise on top and add cinnamon sticks for garnish.

Pear 75

1 oz gin (a floral style works beautifully)
 ½ oz pear purée or pear liqueur
 ½ oz lemon juice
 ½ oz simple syrup (or honey syrup for a warmer note)
 Top with prosecco or Champagne
 Garnish: edible flower or microgreen sprig
 Edible Micro Marigolds **#01-4434**
 Edible Nasturtiums **#161701**

Shake gin, pear, lemon, and syrup with ice until chilled. Strain into a flute and top with sparkling wine.





Fall Cocktails

Creative Garnish Ideas

Fresh Origins Crystals



- 01-10708** Basil 6x6 oz 72 HR Notice
- 01-12022** Basil 6 oz
- 01-11332** Ginger 6x6 oz 72 HR Notice
- 01-12025** Ginger 6 oz
- 01-11343** Habanero 6x6 oz 72 HR Notice
- 01-12028** Habanero 6 oz
- 01-11333** Hibiscus 6x6 oz 72 HR Notice
- 01-12026** Hibiscus 6 oz
- 01-12024** Mint 6 oz
- 01-12027** Rose 6 oz

Herbs

- 130600P** Basil 1 lb
- 01-2788** Basil 8 oz
- 130800** Basil Thai 1 lb
- 132600** Lavender 1 lb
- 133600P** Mint 1 lb
- 01-4549** Mint 8 oz
- 133900P** Rosemary 1 lb
- 01-4611** Rosemary 8 oz
- 131900P** Sage 1 lb
- 01-4613** Sage 8 oz
- 134600P** Thyme 1 lb
- 01-4630** Thyme 8 oz



Edible Micro Flowers



- 01-2769** Basil Blossoms 50 ct 72 HR Notice
- 01-12174** Broccoli Flower 100 ct 72 HR Notice
- 01-11330** Fennel Blossom 50 ct 72 HR Notice
- 01-2767** Herb Mix 50 ct 72 HR Notice
- 01-12029** Jasmine 100 ct 72 HR Notice
- 01-4319** Lavender 50 ct 72 HR Notice
- 01-4437** Marigold 200 ct 72 HR Notice

Essential Mixologist Dried Fruit & Vegetables



- MWF-9998** Shaved Cucumber 75 ct 72 HR Notice
- MWF-9992** Sliced Apple 180 ct 72 HR Notice
- MWF-9994** Sliced Banana 75 ct 72 HR Notice
- MWF-11984** Sliced Blood Orange 200 ct 72 HR Notice
- MWF-9993** Sliced Dragon Fruit 1 lb 72 HR Notice
- MWF-9996** Sliced Jalapeno 120 ct 72 HR Notice
- MWF-9985** Sliced Lime 300 ct 72 HR Notice
- MWF-9989** Sliced Mandarin 126 ct 72 HR Notice
- MWF-9988** Sliced Orange 126 ct 72 HR Notice
- MWF-9995** Sliced Papaya 110 ct 72 HR Notice
- MWF-9991** Sliced Pear 180 ct 72 HR Notice
- MWF-9990** Sliced Pineapple 120 ct 72 HR Notice
- MWF-9987** Sliced Pink Grapefruit 84 ct 72 HR Notice
- MWF-9997** Sliced Red Pepper Sticks 300 ct 72 HR Notice
- MWF-9986** Sliced Yellow Lemon 170 ct 72 HR Notice



Farm Fresh Focus

Featured Farm



Wetherby

Warrens, WI

Multigenerational Farm

Wetherby Cranberry Company has been growing and packing fresh cranberries in the heart of Wisconsin since 1903. With over a century of experience, the team at Wetherby has built a reputation for producing some of the highest-quality cranberries available.

What makes their fruit stand out is the care that goes into every step of the process. Each cranberry is hand-sorted to ensure that only the biggest, firmest, and most vibrant berries make it to your table. This extra attention means fewer bruised berries, better shelf life, and a fuller, more flavorful cranberry that shines in both sweet and savory dishes.



24 x 12 OZ | MWF-1491

Fresh cranberries are available from late September through Thanksgiving.

Wetherby is also passionate about sharing the story of this native fruit. As part of Wisconsin's cranberry belt, where more than half of the world's cranberries are grown, the farm regularly welcomes visitors to see how cranberries are cultivated and harvested. Their annual Harvest Day, held the first Saturday in October, invites guests to step into a flooded cranberry bed and experience the harvest up close.

Wetherby Cranberry Company combines time-honored practices with an unmatched commitment to quality. It's this dedication that has kept them a trusted name in fresh cranberries for over 100 years.

Farm Fresh Focus

Featured Farm



Garwood

La Porte, IN

180+ Years in Business



The Garwood family has been farming the same land for over 180 years, with six generations focused on farming, family, and community. "Not many businesses can claim that kind of longevity," says Garwood. They currently farm over 350 acres, including apples, peaches, pumpkins, berries, sweet corn, and vegetables. Garwood is Primus GFS certified—the highest in food safety—and follows sustainable Integrated Pest Management (IPM) practices that reduce chemical use and support plant health naturally.

Why Local?

"Our philosophy has always been that; we know we're not the biggest grower in the world, but the quality of local product speaks for itself," says Garwood, "And it does feel nice to see a pallet of our product show up around the area at different restaurants or being shipped out!"





Garwood Tour



Each fall, our team and clients gather for a special tradition: a day at Garwood Orchards. It's a chance to step away from the day-to-day, connect with one another, and celebrate the partnerships that strengthen our local food system.

We're looking forward to continuing this tradition in October and hope you'll join us. Invitations will be sent to current clients—please watch your email for details.



Fall Apples



Availability is subject to change without notice

Local apples will begin to arrive in mid-September and will continue through December.



EverCrisp® *Local from Garwood Orchards - Late October*

EverCrisp apples, grown locally at Garwood Orchards, are a Honeycrisp × Fuji cross known for their firm crunch, balanced sweetness, and long storage life. They hold their flavor and texture for months after harvest. **Code to be announced.**



Fuji *Local from Garwood Orchards - Late October*

Fuji apples, grown locally at Garwood Orchards, are crisp, dense, and very sweet with low acidity. They store well and are a versatile choice for snacking, baking, or salads. **#772344**



Gala *Local from Garwood Orchards - Mid-September*

Gala apples from Garwood Orchards are known for their mild sweetness, thin skin, and crisp bite. They're especially popular as a fresh-eating apple and make a great everyday snack.. **#01-1138**



Golden Delicious *Local from Garwood Orchards - Mid-October*

Golden Delicious apples from Garwood Orchards are sweet, mellow, and have a tender skin with a softer bite. They're excellent for eating fresh and hold up well in baking or sauces. **#879500**



Granny Smith *Washington - Early October*

Granny Smith apples from Washington are tart, crisp, and refreshing with a bright green skin. Their firm texture makes them a favorite for baking, salads, and snacking. **#01-1247**



Fall Apples

Availability is subject to change without notice

Local apples will begin to arrive in mid-September and will continue through December.



Honeycrisp *Local from Garwood Orchards - Late September*

Honeycrisp apples from Garwood Orchards are known for their explosive crunch, balanced sweet-tart flavor, and juiciness. They're a customer favorite for fresh eating and hold up well in salads. **#01-11390**



LudaCrisp® *Local from Garwood Orchards - Mid-October*

Garwood's LudaCrisp apples are large, extra-crisp, and bursting with a bold sweet flavor. They're great for snacking and add a standout crunch to any dish.

Code to be announced.



SugarBee® *Washington - Mid-October*

SugarBee apples, available from Washington, are crisp and juicy with a rich, honey-like sweetness. They're excellent for fresh eating and versatile enough for baking or salads. **#MWF-3179**



Lucy™ Glo *Washington - Early October*

Lucy Glo apples from Washington are crisp and tangy-sweet with a striking pink-red flesh. Their vibrant color and balanced flavor make them great for snacking, baking, or adding visual appeal to salads. **#MWF-3177**



Lucy™ Rose *Washington - Early October*

Lucy Rose apples from Washington feature a rosy-red skin with naturally pink flesh. They have a balanced sweet-tart flavor and are ideal for fresh eating or adding color to salads and desserts. **MWF-3178**

Fall Labor Savers

Grab N Go



72-Hour Notice is Required for ALL Grab N Go items

Sandwiches & Wraps



Now in eco-friendly packaging!

- #MWK-120** The Bavarian Ham & Swiss on Pretzel Bun 8 ct
- #MWK-137** Ham & Cheese Panini 8 ct
- #MWK-146** Turkey & Cheese Panini 8 ct
- #MWK-612** Buffalo Chicken Wrap 8 ct
- #MWK-628** Italian Wrap 8 ct
- #MWK-911** Chicken Bacon Wrap 8 ct



Fruit

- #MWK-209** Fresh Mixed Fruit Cup 9 ct
- #MWK-218** Mixed Berries Cup 9 ct
- #MWK-224** Whole Grapes Cup 9 ct



Salads

- #MWK-413** Spinach & Blue Cheese Salad 4 ct
- #MWK-415** Chef Salad 4 ct
- #MWK-418** Southwest Chicken Salad 4 ct



Breakfast

- #MWK-807** Breakfast Tacos - Bacon/Sausage 8 ct
- #MWK-804** Breakfast Sausage Burrito 8 ct
- #MWK-813** Breakfast Croissant 8 ct



Parfaits & Dessert

- #MWK-315** Apple & Caramel Parfait 9 ct
- #MWK-312** Greek Berry Parfait 9 ct
- #MWK-710** Oreo Delight 9 ct



Snacks

- #MWK-511** Peanut Butter Snack Pack 9 ct
- #MWK-547** Brie & Apples Box 8 ct
- #MWK-510** Veggie & Hummus Dipper 8 ct

Full selection of
Grab N Go items
available in the
ordering portal and
midwestfoods.com



Fall Labor Savers

Pre-Cut Produce

Availability is subject to change without notice

Save time & reduce labor costs with 100% yield pre-cut produce that arrives ready-to-use without ever breaking the cold chain.



Beans Green

10 lbs. #136658



Brussels Sprouts

Halves 4 x5 lbs. # EC-1007



Cabbage Napa Shred

3/8" 4 - 5 lbs. #014901



Carrot Diced

1/2" 2x5 lbs. # 136900



Cauliflower Florets

4 x3 lbs. # 01-10873



Celery Diced

2x5 lbs. # 138300



Kale Chopped

2x5 lbs. # 8596333



Onion Diced

1/2" 2x5 lbs. #181918



Potato Sweet Peeled & Diced

3/4" 2x5 lbs. #8903633



**Squash Butternut
Peeled & Halved**

2x5 lbs. # 65464

1 DAY NOTICE



Squash Butternut Diced

1" 2x5 lbs. # 01-11909

Full selection of
pre-cut items
available in the
ordering portal and
at
midwestfoods.com

Looking Ahead: Winter Specialty Items



Available to order beginning 11/18/25

Availability is subject to change without notice

3 Business-Day Notice required on all products unless otherwise noted.

Wreaths, Boughs & Garland



Boxwood Double Faced
24" Each | #MWF-8552



Noble Fir with Cones
24" Each #MWF-8554



Noble Fir
25 LB #MWF-1523
Juniper Berried
20 LB #MWF-1522



Cedar Garland
75 FT #119500



Candy Canes

7 Business Day Notice

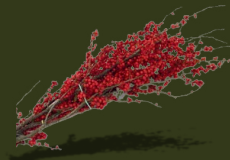
TRADITIONAL 6" 12/12 CT #01-10724
MINI 3" 500 CT #01-10723

More Decor

3 Business Day Notice



Holly Green
5 LB #107400
Holly Variegated
5 LB #63252



Winter Berries
10 LB #115100

Poinsettias *Special Order*



White Poinsettias
Special Order Only
6.5" 5CT #MWF-8531
8" 3CT #MWF-8536



Pink Poinsettias
Special Order Only
6.5" 5CT #MWF-8532
8" 3CT #MWF-8537



Marble Poinsettias
Special Order Only
6.5" 5CT #MWF-8533
8" 3CT #MWF-8538



Red Poinsettias
Special Order Only
6.5" 5CT #MWF-8530
8" 3CT #MWF-8535

Partner With Us

Expertise in solving client challenges

Proven track record of delivering excellence

Dedication to community, diversity & sustainability



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