



MIDWEST FOODS

Locally Owned. Family Owned. Women Owned.

Spring Collection 2026
April - June



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



2026



Spring

April - June

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On The Table

Rooted in Sustainability

Spring brings a sense of energy back into the kitchen. As new crops begin to emerge and menus start to shift, it is a season that inspires fresh ideas and new approaches.

April is also Earth Month, a time we like to reflect on our sustainability progress. We are proud to have joined the ReFED Pact as the first distributor in our region and only the second in the country to do so. This national initiative, led by ReFED and the World Wildlife Fund, focuses on reducing food waste across the supply chain through measurable, action-driven solutions. This year we also celebrated our Director of Local and Sustainability, Alex Frantz, being named a Notable Leader in Sustainability by Crain's Chicago Business. Across our operations, we have made meaningful progress in waste diversion, including diverting more than 71% of our total waste from landfill. You can read more about these & our other sustainability initiatives on page 15.

We were excited to attend the Wisconsin Food & Hospitality Expo this past March and to connect with chefs, operators, and partners in person and share what we have been working on. More highlights from the event can be found on page 17.

As the season turns, we are looking forward to the spring produce boom. Fresh beginnings are everywhere you look this time of year, from early greens and tender vegetables to bright, vibrant flavors.

This Spring Seasonal Collection brings all of that together. Inside, you will find peak spring produce, seasonal inspiration, Earth Month features, chef-driven ideas, and a look ahead at what is coming this summer.

Thank you for trusting us to be part of your kitchens and your creativity. Here is to a spring season filled with renewal, inspiration, and great food.

Erin Fitzgerald

Owner, Midwest Foods

Availability Guide



Many of the spring 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.

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

<i>Item</i>	<i>Expected Arrival</i>
Apricots	Mid May
Forelle Pears	Early April
Green Almonds	Early April
Green Strawberries	Early April
Kale Red	Early April
Local Carrots Nantes	Early May
Nectarines	Early May
Peaches	Early May
Purple Asparagus	Early April
Purple Snap Peas	Early May
Radish Red Daikon	Early April
Turnip Scarlet	Early April
Wild Ramps Leek	Early April
White Peaches	Early May



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

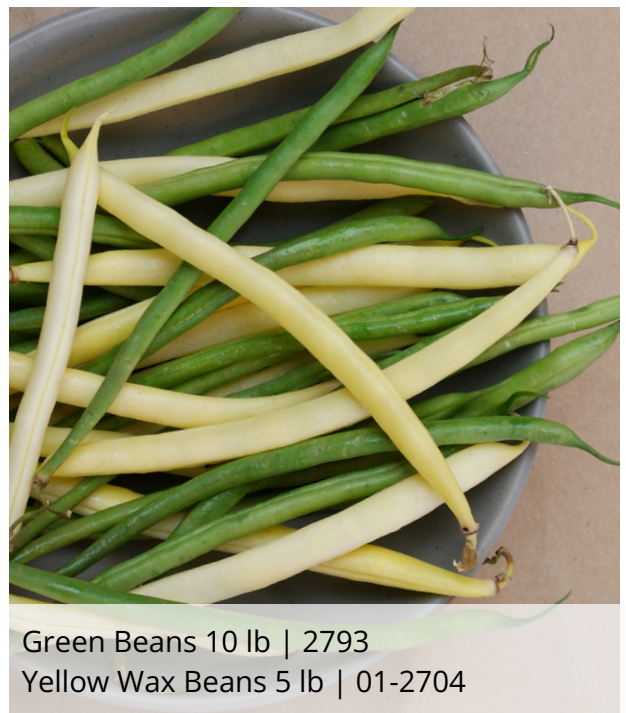


Spring Produce

Spring Produce Pg. 7



Rhubarb 10lb | 01-12120



Green Beans 10 lb | 2793
Yellow Wax Beans 5 lb | 01-2704

& Menu Inspiration



Spring Produce Pg. 7



Fiddlehead Ferns 3 lb | MWF-2011
Ramps | 1005



Morel Mushrooms 5 lb | 16501 Special Order



Spring Produce

Mother's Day Pg. 9



Blackberries Organic 12 x 6 oz | 01-3812
Blueberries Organic 12 x 6 oz | 01-1436
Raspberries Organic 12 x 6 oz | 01-2877



Green Garlic 5 lb | 01-11404
Red Spring Onions 12 ct | 01-12100

& Menu Inspiration



Preventing Food Waste Pg. 18



Cinco De Mayo Pg. 11

Plating Inspiration Pg. 13





Spring Produce

Availability on all items is subject to change without notice

Produce

#78710	Artichoke 18 ct	#MWF-1999	Radish Red Daikon Organic 25 lbs <i>April</i>
#01-11509	Apricots 72 ct <i>May</i>	#16000P	Rainbow Chard
#135900	Arugula 1 lb	#MWF-7556	Rainbow Chard Organic
#154400	Asparagus Jumbo 11 lbs	#01-12120	Rhubarb 10 lbs
#154500	Asparagus Large 11 lbs	#01-12100	Spring Onion Red Organic <i>April</i>
#154600	Asparagus Standard 11 lbs	#177600	Spring Onion Knob
#210155	Asparagus White 11 lbs	#174903	Tomato Cherry Mixed
#059700	Baby Iceberg Lettuce 40 ct		Heirloom 12-1 pint
#01-11808	Beans French 5 x 2 lbs	#179700P	Turnip Baby 24 ct
#156100P	Beets Baby Gold w/Tops 24 ct	#MWF-8102	Turnip Scarlet Local Organic 25 lbs <i>April</i>
#156200P	Beets Baby Red w/Tops 24 ct	#01-4607	Watermelon Radish 5 lbs
#01-3812	Berries Blackberries Organic 12 x 6 oz	#149100	Wheatgrass Tray Local 1 Tray
#01-1436	Berries Blueberries Organic 12 x 6 oz	#01-2704	Yellow Wax Beans 5 lb
#01-2877	Berries Raspberries Organic 12 x 6 oz		
#01-10962	Brussels Sprouts Medium 25 lbs		
#158500P	Carrot Baby Orange w/ Tops 24 ct		
#645616	Carrot Baby Peeled w/ Tops 5 lbs		
#01-12239	Carrots Baby Assorted w/ Tops 24 ct		
#159200	Carrots Baby Peeled Tri-Color w/ Tops 5 lbs		
#4634153	Carrots Rainbow Large Organic 25 lbs		
#170200P	Easter Egg Radish Baby 24 ct		
#161300P	Endive Red Belgian 8-10 lbs		
#180450P	Endive White Belgian 10 lbs		
#MWF-1642	English Pea 25 lbs		
#155200P	Fava Beans 25 lbs		
#01-11274	Kale Red Organic 24 ct <i>April</i>		
#164000	Lettuce Treviso 10 ct		
#MWF-7810	Micro Greens Bulls Blood 8 oz Local		
#1258992	Micro Greens Wasabi 8 oz		
#MWF-2619	Radish Purple Daikon Organic 10 lb		



Mother's Day 2026

Availability on all items is subject to change without notice



Asparagus Standard
11 lb | #154600



Asparagus Jumbo
11 lb | #154400



Asparagus Large
11 lb | #154500



Asparagus White
COMING SOON
11 lb | #210155



Baby Iceberg Lettuce
40 ct | #059700



Berries
Blueberries Organic
12 x 6 oz | #01-1436



Berries
Raspberries Organic
12 x 6 oz | #01-2877



Berries
Strawberries Organic
8 x 1 lb | #01-1012



Berries
Strawberries Stem
4 x 1 lb (12 - 16 ct) |
#923300



Berries
Green Organic
COMING SOON
12 x 1 pt | #MWF-9758



Carrot Baby Orange w/Tops
24 ct | #158500P



Endive Red Belgian
8-10 lbs | #161300P



Endive White Belgian
10 lbs | #180450P



English Peas
25 lbs | #MWF-1642



Fava Beans
25 lbs | #155200P



Lettuce Treviso
10 ct | #164000



Red Baby Beets w/ Tops
24 ct | #156200P



Rhubarb
10 lbs | #01-12120



Turnip Baby
24 ct | #179700P



Watermelon Radish
5 lbs | #01-4607

Mother's Day 2026



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Easy Prep with Pre-Cut



Beets Gold Bistro Cut
2-5 lbs | #01-1847



Beets Red Bistro Cut
2-5 lbs | #01-1845



Carrot Coin 1/4"
2-5 lbs | #136800



Radish Sliced 1/8"
LOCAL
2-5 lbs | #142601



Fruit Mixed Chunk 3/4"
2-5 lbs | #6546313

Cocktail Corner



Dried Pink Grapefruit
84 ct | MWF-9987
72 HR Notice



Dried Yellow Lemon
170 ct | MWF-9986
72 HR Notice



Dried Red Dragon Fruit
1 lb | #MWF-9993
72 HR Notice



Dried Sliced Orange
126 ct | MWF-9988
72 HR Notice

Brunch Staples & More

Applewood Sliced Bacon
15 lbs | #210029

**Blinis Pancake
Mini Plain 1.77"**
2-120 ct | #MWF-11517

**Eggs Whole Liquid
Papetti**
15 lbs | #126800

**Horseradish Prepared
Extra Hot**
6 - 1 qrt | #116800DG

Orange Juice Natalie's
4 - 1 gal | #064200

**Potato Salad- American
Country Maid**
10 lbs | #146900

**Potato Southern Diced
5/8 Fresh Par-Cooked
Simply**
2-10 lbs | #119200

**Salad Coleslaw
Shredded
w/Mayo Country Maid**
LOCAL
10 lbs | #145000

Sausage Pork Link 2 oz
LOCAL
2-10 lbs | #61801

**Shrimp 16/20 White
Raw Tail on P&D**
5-2 lbs | #46002330

**Thomas' English
Muffins Frozen 2 oz**
12 - 6 ct | 1243354



Basil Crystals
6 oz | #01-12022



Rose Crystals
6 oz | #01-12027



Hibiscus Crystals
6 oz | 01-12026



Ginger Crystals
6 oz | 01-12025

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Cinco De Mayo 2026

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Produce & Pre-Cut

- #MWF-1810 Avocado- Hass 70 ct
- #01-4261 Cilantro 12 ct
- #01-12074 Corn - Bicolor 48 ct
- #048600 Pre-Cut Fajita Mix Red/Gr Pepp/
Onion 1/4" 2 x 5 lbs
- #EC-2020 Guacamole Mild 12 x 8 oz
- #210228 Lime Wedge 8 Cut 2 x 5 lbs
1 Business Day Notice
- #139300 Onion Diced 1/4" 2 x 5 lbs
- #EC-32878 Pepper Jalapeño 1/4 Sliced
2x5 lbs
- #210142 Pico De Gallo 3/8" 2 x 5 lbs
- #148401P Poblano Pepper 20 lbs
- #PA2212 Shredded Lettuce 1/4" 5 lbs
- #01-4631 Tomatillos 5 lbs
- #101810 Tomato Diced 1/4" 2 x 5 lbs
- #17500 Tomato on Vine 11 lbs



Pico De Gallo
3/8" 2x5 lb
#210142
made in-house with
fresh produce

Cocktail Corner



Dried Sliced Lime
300 ct | MWF-9985



Dried Slice Jalapeno w/ Hook
120 ct | MWF-9996



Hibiscus Crystals
6 oz | 01-12026



Habanero Crystals
6 oz | 01-12028



Mint Crystals
6 oz | 01-12024

Dry Goods & More

- #8585662 Corn Tortillas 4 Cut for Frying
Chips Atotonilco 20 lbs
- #3403570 Cotija Cheese V&V Supremo 6x1 kg
- #172500 Flour 6" Atotonilco 36x9 oz
- #8787222 Green Pepper Chile Diced
12x27 oz cans
- #MWF-7536 Salsa Verde (Green) Herdez 6x68 oz
- #14315454D Shredded Chihuahua V&V Supremo
4x5 lbs
- #210079D Sour Cream LOCAL
Prairie Farms 4x5 lbs
- #327038 Tortilla Chips Totopos Triangle El
Milagro 12x1 lbs
- #01-4365 White Corn 6" Atotonilco 16x36 ct
- #105900 Yellow Corn 6" El Milagro 24x24 ct

Juiced! Cold-Pressed Juices



Availability on all items is subject to change without notice

Juiced!
Cold-Pressed Juicery

JUICES 6/12 OZ | BONUS SHOTS 12/4OZ



Bionic Glow™

Watermelon, Strawberry, Lemon
Glow in body and mind.

MWF-1719



Invincibility™

Kale, Kiwi, Apple, Lemon
Ultimate nutritional defense.

MWF-1722



Super Destroyer™

Beet, Carrot, Apple, Lemon
Recover, renew and detoxify.

MWF-1721



Eternal Life™

Pineapple, Orange, Ginger
Promotes a long, healthy life.

MWF-1720



Bonus Clarity

Apple, Lemon, Ginger, Cayenne
Supports a clear mind with a spicy mix of antioxidants and anti-inflammatories.

MWF-188



Bonus Immunity

Pineapple, Turmeric, Lemon, Mint
Supports immunity, digestion.

MWF-261



Bonus Recharge

Door County Cherry, Apple, Mint, Lemon, Ginger
Supports post-workout recovery and healthy sleep patterns.

MWF-025

MADE LOCALLY IN MILWAUKEE, WI

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Plating Inspiration

Availability on all items is subject to change without notice

Tiny & Little Veggies 72 Hr Notice



TINY VEGGIES™
FRESH ORIGINS TINY VEGGIES™ CARROT

Carrot
50 ct tray | #226090



LITTLE VEGGIES™
FRESH ORIGINS LITTLE VEGGIES™ CARROT MIX

Carrot Mix
50 ct tray | #MWF-1394



TINY VEGGIES™
FRESH ORIGINS TINY VEGGIES™ CRUDITE MIX™

Crudite Mix
50 ct tray | #226095

Crystals 72 Hr Notice



MINI FLOWER CRYSTALS®
FRESH ORIGINS HIBISCUS

Hibiscus Crystals
6 oz | #01-12026



MINI FLOWER CRYSTALS®
FRESH ORIGINS ROSE

Rose Crystals
6 oz | #01-12027



MINI HERB CRYSTALS®
FRESH ORIGINS BASIL

Basil Crystals
6 oz | #01-12022

Edible Flowers 72 Hr Notice



EDIBLE FLOWERS
FRESH ORIGINS BEGONIA FLOWER PINK

Begonia Flowers Pink
50 ct | #MWF-10808



EDIBLE FLOWERS
FRESH ORIGINS CHAMOMILE FLOWER

Chamomile Flower
50 ct | #MWF-7554



EDIBLE FLOWERS
FRESH ORIGINS COSMOS

Cosmos
50 ct | #01-11301

with Fresh Origins®



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Tiny & Little Veggies

72 Hr Notice



 TINY VEGGIES™
TINY VEGGIES™ RADISH

Radish
50 ct | #226094



 TINY VEGGIES™
TINY VEGGIES™ RADISH MIX

Radish Mix
50 ct | #01-12162



 TINY VEGGIES™
TINY VEGGIES™ TURNIP WHITE

Turnip White
50 ct | #MWF-1395

Micro Flowers 72 Hr Notice



 MICRO FLOWERS™
MICRO DIANTHUS™

Dianthus
200 ct | #01-1346



 MICRO FLOWERS™
MICRO LAVENDER FLOWER™

Lavender
50 ct | #01-4319



 MICRO FLOWERS™
MICRO ORCHID™

Orchid Mix
100 ct | #01-1330

Edible Flowers 72 Hr Notice



 EDIBLE FLOWERS™
PANSY

Pansies
50 ct | #161700



 EDIBLE FLOWERS™
PREMIUM ASSORTMENT

Premium Assortment
75-125 ct | #01-11892

Decorative Flowers



 DECORATIVE FLOWERS™
DECORATIVE ORCHID

Decorative Orchids
100 ct | #161500



Sustainability in Action:

As we celebrate Earth Month this April, we are excited to share highlights from our 2025 Sustainability Report. You can view a full report on our website under the News section.

Food Waste Reduction

We recognize that food waste in landfills has a disproportionate impact on global warming and our carbon footprint. Diverting food waste from landfills has been our primary focus and area of achievement.

2400+

**tons of food waste
diverted from landfill in
2025**



Did You Know?

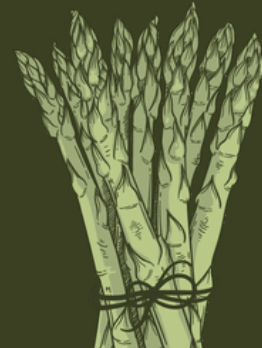
Most of our food waste comes from the scraps produced by our Edible Cuts processing program. Our team uses precision cuts to maximize yield and minimize product loss, all while keeping that waste stream out of your kitchen and the landfill!

Over 71%

**of our total waste was
diverted from landfill in
2025**



We responsibly recycled over **740 tons** of cardboard, plastic, and wood pallets, adding to our overall waste diversion efforts.



2025 Key Highlights

Sustainable Packaging

We rolled out two new sustainable packaging options for a selection of our Grab n' Go offerings.

See more info on page 26



Social Responsibility Certifications



Green Business Benchmark is a third-party certification for environmental and social performance. We maintained Platinum status, the highest distinction, reflecting a data-driven, continuous improvement approach.



Eco Vadis is a globally recognized sustainability rating platform evaluating environment, labor and human rights, ethics, and sustainable procurement. In our first assessment, we earned a "Committed" badge and ranked in the top 20% of U.S. companies in our category.

U.S. Food Waste Pact

We became the first distributor in our region, and only the second in the country, to sign on to the U.S. Food Waste Pact, a joint initiative led by nonprofits ReFED and World Wildlife Fund that uses the "Target, Measure, Act" framework to reduce food waste across the supply chain.

Crain's Notable Leader



Our Director of Local & Sustainability, Alex Frantz, was named a **Crain's Chicago Business 2025 Notable Leader in Sustainability**, recognizing her leadership in advancing local sourcing, food waste reduction, and responsible supply chain practices across Chicago's food ecosystem.



Sedex | Member

Sedex (Supplier Ethical Data Exchange) We completed the SAQ, strengthening visibility across our labor, environmental, and ethical practices.

City of Chicago Energy Benchmarking: We completed our first assessment under the ordinance using the BEAM platform to track energy use, benchmark performance, and identify opportunities to reduce emissions and operating costs.



Wisconsin Food & Hospitality Expo

In early March, we exhibited at the Wisconsin Food & Hospitality Expo. Midwest Foods has proudly partnered with farms and chefs across Wisconsin for many years. Being part of this event gave us the opportunity to further strengthen those connections and meet even more members of the state's vibrant hospitality community.

Throughout the show, our team welcomed chefs, operators, and industry partners to our booth to learn more about what we offer and how we support professional kitchens. We brought a variety of samples highlighting the breadth of our catalog, including fresh produce as well as selections from our pre-cut and grab n' go programs. We also introduced visitors to our new line of spices, which generated a lot of interest from attendees looking for ways to add bold flavor and versatility to their menus.



In addition to product samples, our team prepared a chef-crafted bite for visitors to enjoy at the booth. It was a great way to showcase the quality of our ingredients while demonstrating how simple, thoughtfully prepared items can bring out the best in fresh products.

Trade shows like the Wisconsin Food & Hospitality Expo give us a chance to step away from day-to-day operations and spend time connecting directly with the people we serve. The conversations we have at events like these often spark new ideas, collaborations, and solutions that help us continue supporting chefs and operators across the region.



Food Waste Prevention



The Whole Ingredient Mindset

Midwest Foods values having a Whole Ingredient mindset, this means not wasting any piece of the produce. More than $\frac{1}{3}$ of food is lost or wasted each year. Utilizing the entire ingredient, including fruit peels, leafy tops of veggies, and other commonly discarded parts of produce is a great way to prevent food waste, get the most bang for your buck, and add unique and fun flavors and textures into your dishes.

In addition to implementing some of these fun and unique ideas to prevent food waste, you can also prevent food scraps from being produced in your kitchen by buying your product pre-cut from us. Through our Edible Cuts pre-cut program, you can get your food delivered peeled and cut, so that there is no waste to deal with. All food scraps in our facility are composted, meaning that food is diverted from landfill, with no work required on your part.

***$\frac{1}{3}$ of food is
lost or wasted
each year***

FAO (Food and Agriculture Organization of the United Nations)



Quick Kitchen Strategies

- Utilize proper storage methods
- Save trim for stocks and sauces
- Repurpose greens and stems in herb sauces
- Infuse syrups and vinegars with fruit scraps
- Crisp vegetable peels for garnishes

Your Partner in Sustainability

We help prevent food waste by:

- Composting
- Donating
- Edible Cuts - minimizes your kitchen waste

View our sustainability highlights on page 15



Applications for the Whole Ingredient

Vegetable Scraps = Flavor Builders



Instead of wasting these commonly discarded vegetable parts, use them to create more depth of flavor.



Carrot Tops

Carrot tops are fresh and herbaceous with a slightly earthy flavor.

Uses:

- Carrot top pesto
- Chimichurri or herb sauce
- Blended into green dressings



Leek Greens

Leek greens are often overlooked, but packed with flavor.

Uses:

- Vegetable stocks
- Charred garnish
- Crispy fried leek strips



Broccoli Stems

Broccoli stems are crunchy, mild, and slightly sweet.

Uses:

- Shaved slaws
- Stir fries
- Soup bases



Asparagus Ends

Mild, grassy, and slightly sweet, asparagus ends add depth and brightness.

Uses:

- Spring vegetable stock
- Blended soup base
- Puréed sauces

Applications for the Whole Ingredient



Fruit Scraps = Bright Applications



Instead of wasting these commonly discarded fruit parts, use them for creative ways to complete dishes.



Strawberry Tops



Strawberry tops are aromatic and slightly tart.

Uses:

- Infused syrups
- Strawberry vinegar
- Shrubs or cocktail bases

Citrus Peels



Citrus peels are highly versatile in both savory and sweet kitchens.

Uses:

- Candied garnish
- Citrus salt or sugar
- Infused oils and syrups

Apple Peels



Apple peels are naturally sweet and aromatic.

Uses:

- Infused syrups
- Apple scrap vinegar
- Dried garnish or tea blends

Pineapple Cores



Pineapple cores are sweet, fibrous, and packed with tropical flavor.

Uses:

- Infused syrups or simple syrups
- Tepache or other fermented beverages
- Blended into sauces or smoothies



Food Waste Prevention

Chef Techniques for Low-Waste Kitchens

Infuse

Turn scraps into flavor bases.

- Citrus peels → syrups
- Strawberry tops → vinegar
- Herb stems → oils

Blend

Use leafy scraps for sauces and purées.

- Carrot tops → pesto
- Beet greens → green sauces
- Herb stems → dressings

Crisp

Transform trim into texture.

- Potato peels → crispy garnish
- Kale stems → chips
- Leek greens → fried topping

Optimize

Reduce waste before it starts with smart sourcing.

- Edible Cuts pre-cut produce eliminates in-house trim loss
- Consistent cuts improve yield and portion control
- Food scraps from our facility are composted

Featured Technique:

Tepache from Pineapple Cores

A lightly fermented beverage made from pineapple scraps, tepache is a simple way to turn cores and peels into a bright, refreshing, low-waste menu addition.

How It's Used

- house-made beverage or agua fresca
- cocktail or mocktail base
- fermented component for seasonal drink programs



From the Kitchen: Tepache Tips

From our very own Tucker McIntyre, Sales Representative and tepache enthusiast

Use filtered water

Chlorinated tap water can slow or disrupt fermentation. Filtered water helps ensure consistent results.

Jumpstart fermentation (optional)

Add a splash of finished tepache or a few raisins to kickstart natural fermentation.

Cold crash to stabilize

Refrigerate once it hits your preferred flavor to slow fermentation and lock in the profile.

Farm Fresh Focus

Featured Farm



Availability on all items is subject to change without notice



Chicago Urban Farm Solutions

Chicago, IL
BIPOC-Owned | Sustainably Grown

Chicago Urban Farm Solutions is a black-owned farm business led by Deshawn Willingham producing fresh, local produce for the city of Chicago. Chicago Urban Farm Solutions is dedicated to addressing the issues of food inequities in under-served communities and their mission is to put healthy, sustainably grown produce on the tables of everyone who desires it. A Bronzeville native, Deshawn always wanted to do some kind of meaningful work from a social services aspect, and in 2018 he stumbled across the Windy City Harvest Corps urban farming training program. "I immediately recognized the program as the opportunity I needed to fulfill my burning desire to get involved and give back to the community," says Deshawn, "In 2021, I started my farm business."

Add to your order

Collard Greens 12 CT | **MWF-7887**
Green Kale 24 CT | **MWF-8040**
Lacinato Kale 24 CT | **MWF-8039**
Rainbow Chard 12 CT | **MWF-7876**



Why Local?

"Producing locally grown food is central to the mission of my farm. I look forward to the opportunity to continue to collaborate and work with individuals, businesses, and organizations who value the production and distribution of locally grown food."



Lacinato Kale 24 CT | **MWF-8039**



Farm Fresh Focus Featured Farm

Availability on all items is subject to change without notice



Superior Sales

Hudsonville, MI

100+ Years in Business

Superior Sales has been in business since 1918. They began by growing celery, but eventually shifted their focus to excel at representing farms across the state of Michigan to support different strengths for different growers at the highest levels of quality and food safety. "Michigan does a great job growing a diverse number of crops. Multigenerational farms have the history in growing crops, and we have the right soil types, milder climate, and rains off lake Michigan to make a great region to grow high quality produce," says Tyler Hodges. "We work with farmers to focus on 1-2 commodities and do it well, and we're proud to do well by both our growers and customers to do what we do best."

Add to your order

Asparagus Jumbo 11 lbs
#154400

Asparagus Large 11 lbs
#154500

Asparagus Standard 11 lbs
#154600

Local in May

Why Local

"It's very important to source locally where possible and recognize strengths right in your backyard," Tyler says. "For example, Asparagus is only grown in a handful of places—3-4 U.S. states and a few locations worldwide.

Michigan has become the top domestic producer, and Superior the largest shipper within the state. We work really hard to take that on and are grateful to have strong local partnerships like we do with Midwest Foods to feature that local product."



MIDWEST Markets

Presented by



MIDWEST
FOODS

Bringing seasonal flavors and farm stories to your community

We're proud to offer Midwest Markets as a value-added service that transforms spaces into vibrant, farmers market-style experiences. Each Midwest Market features a curated selection of local and seasonal products tailored to the needs of our customers and the communities they serve. Our knowledgeable market staff and displayable farm profiles tell the stories behind the food, giving valuable time back to farmers while creating an immersive experience for market attendees.



What's Included

- A curated order for your market that highlights local and seasonal products
- Complimentary staff to set up, run, and break down your market
- Display materials, signage, bags, and receipts
- Local farm marketing materials

Markets can be scheduled Tuesday-Friday from May-November for the 2026 season, subject to staff availability. Contact your sales representative or email midwestmarkets@midwestfoods.com to book your market.





Spices

Availability on all items is subject to change without notice

A Fresher Approach

We've expanded into spices by welcoming Spiceland, a well-loved local spice company into the Midwest Foods family.

Packed Fresh While many spices lose potency sitting in storage, ours are packed at peak freshness for bolder flavor and stronger aroma.

Curated Selection We operate like a boutique supplier; small enough to focus on quality, large enough to serve professional kitchens. Every spice is sourced from approved, trusted vendors for better freshness and food safety.

Options for Every Chef From whole to ground and everything in between, our expanded selection—and variety of grinds—gives chefs the flexibility to match their exact needs.

Custom Blends made easy. Let us handle your signature blends. You'll save time, reduce labor, and ensure consistency from batch to batch, while maintaining the unique flavors that set your kitchen apart.



Cumin

5 lb | SP1076



Juniper

11 oz | SP1031



Dill

2 lb | SP1082



Tarragon

15 oz | SP1206



Dried Ghost Pepper

1 lb | SP1228



Thyme

3 lb | SP1210



Fajita Marinade

25 lb | SP1087



Herbs De Provence

2 lb | SP1108



Za'tar

1 lb | SP1218



There's more where that came from! We have a full catalog of spices available - reach out to your sales representative or Customer Service for our full selection.



Grab n' Go

Meet Our Sustainable Packaging



Availability on all items is subject to change without notice

Our Grab n' Go line features sustainable packaging for many of our products. It's part of our continued commitment to reducing environmental impact and supporting responsible disposal.



Here's What Makes Them Special

All of our Grab n' Go wedge sandwiches, wraps, and salads come in recyclable packaging featuring responsibly sourced paper.

Renewable: Plastic comes from nonrenewable crude oil, while paper comes from trees that can be replanted and regrown.

Biodegradable: Plastic takes thousands of years to decompose, while paper breaks down naturally and much faster.

Recyclable: Paper is recycled at a higher rate and uses less energy than plastic.

Sustainable: Replacing plastic with paper-based packaging supports a more sustainable, circular economy.



About Our Eco-Friendly Cups

Our Grab n' Go Vegware cups are crafted from Polylactic Acid (PLA), a corn-based bioplastic made from plant sugars. PLA breaks down into soil and the resulting compost can be used to grow new plants. Vegware products are BPI-certified, meaning they break down in 12 weeks in commercial composting facilities.



Pre-Cut Produce Spring Labor Savers



Availability on all items 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.



Broccoli Florets
4 x 3 lb #136201



Beet Gold Peeled & Diced
2/5lbs. #142902



Beet Red Peeled & Diced
1/2" 2/5lbs. #582762



Brussels Sprouts
Halves 4 x5 lbs. # EC-1007



Carrots Coin 1/4"
2 x 5 lb # 136800



Cheese Tray
1 Day Notice
Cheddar/Swiss/Curds
6lbs. #01-10872



EC Pepper Julienne
Tri-Color
3/8" 2 x 5 lb #210144



Fruit Mixed Chunk
3/4" 2/5lbs. #6546313



Fruit Tray Assorted
1 Day Notice
5lbs. #4354355



Pico De Gallo
3/8" 2 x 5 lb #210142



Vegetable Tray
1 Day Notice
1/5lbs. #823508

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

Summer Sneak Peek



Availability on all items is subject to change without notice

Looking Ahead

Local Heirloom Tomatoes



Next season, local heirloom tomatoes will arrive at their peak. Grown by our trusted regional farms, these vibrant varieties bring unmatched flavor, color, and sweetness to summer menus. From fresh caprese and bright salads to house-made sauces and chef-driven specials, heirloom tomatoes offer the kind of seasonal versatility that makes summer cooking truly shine.

Stone Fruit



Beginning in the summertime, stone fruit will come into full swing, bringing a vibrant mix of peaches, nectarines, and plums at their peak. Bursting with natural sweetness, aroma, and juiciness, these fruits capture the essence of summer.

Specialty Melons



Specialty melons will also come into peak season in summer, offering exceptional sweetness, aroma, and refreshing flavor. From cantaloupe and honeydew to unique heirloom varieties, these melons are perfect for fresh preparations, chilled soups, salads, and creative summer dishes that highlight the best of the season.

Partner With Us

Expertise in solving client challenges

Proven track record of delivering excellence

Dedication to community, diversity & sustainability



Scan to visit our website

midwestfoods.com

