



Berry Delicious

Covert, Michigan



Nahun Avalos has been cultivating Berry Delicious Farms since the early 2000's. On a visit to his uncle in Michigan, he was introduced to blueberries grown in the ideal soil and climate of the area by some neighbors who brought by freshly picked berries, and he was blown away by the flavor. The next weekend, he and his wife returned for more blueberries, and it led them down a path of discovery that resulted in buying their own blueberry farm.

As with the majority of farmers, Nahun continued working off farm and spent free time, weekends, and vacations farming and researching growing methods to improve the quality and flavor of the varieties he worked with. Each of their 60,000 plants is tended to by hand during the short six weeks of production each season. After starting out by selling to other Michigan blueberry growers, he began selling directly to small local stores, eventually building his product's reputation, expanding his acreage and exploring new market channels. Along the way, he saw the difference it made for his children to experience both the city and the farm, and how that difference in perspective broadened their horizons and activated their ambition. As he has shifted to farming full time, he has seen the positive impact on his own health and well-being--controlling his own schedule, being outdoors, and tending to the plants. As the farm and business continue to grow, the Avalos family continues to pursue relationship-driven sales that align with the long-term vision for their business.





Chicago Urban Farm Solutions

Chicago, Illinois



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."



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 as we enter the 2023 growing season."

Best in Season

Spinach and Lettuce Mix



Family Farm Fresh

Rockville, Indiana



Family Farm Fresh is a cooperative group of Amish family farmers who use traditional, organic and sustainable farming methods to produce wholesome local produce.

Isaac Stoltzfus Jr. started off at home on a second-generation family farm in Indiana, and 15 years later he and his brother launched the co-op to be able to include more farmers. "I've been farming forever—farming is my livelihood," says Isaac, "We've been able to broaden our wings, so to speak, and accommodate what 20+ farmers can grow!"

Isaac has always liked to work with mother nature, and he loves to be on their farm where things grow. "We just love it, and it's where we've built our home and raise our 7 children," Isaac says. "We grow organically, and the word organic is great, but it's really about the wholesomeness. What we grow is wholesome for the consumer."



Why Local?

"Being able to be a spotlight here in the Midwest as a cooperative, we have a larger chance of succeeding with a large variety of products," says Isaac. "We have multiple farmers on board, and it's a farmer owned co-op. I like the idea of not having everything shipped 100s of miles—if we can keep it here in the states around us that's great."

Best in Season

Kale

Nutritious, Wholesome, Robust

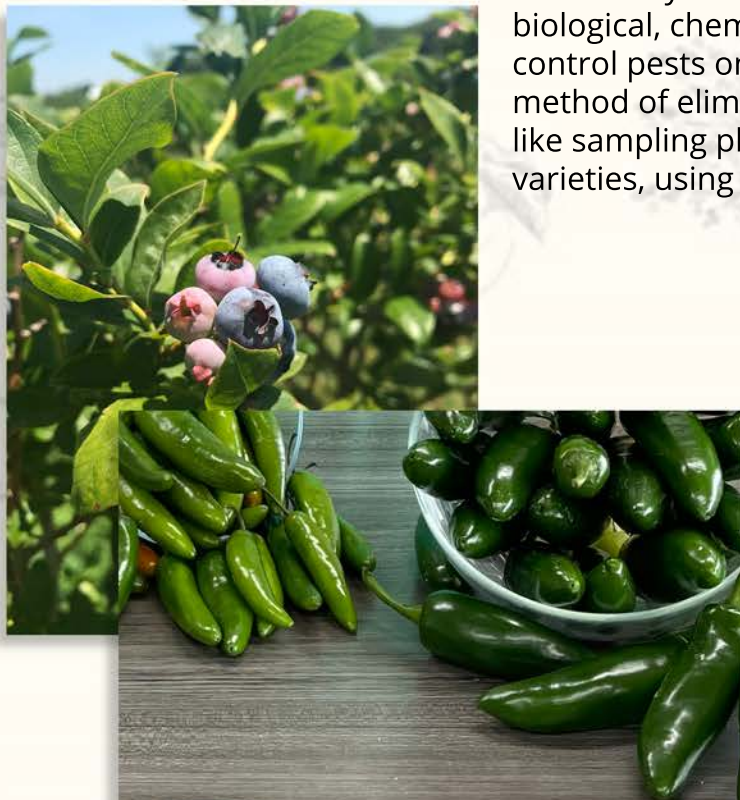
Garwood

LaPorte, Indiana



Garwood Farm is a 6th generation family farm that grows fresh fruits and vegetables in LaPorte, Indiana.

The Garwood family has been farming the same land for over 180 years and has maintained a focus on farming, family, and community through 6 generations of stewardship. "Not many family businesses can claim that longevity and it's something we don't take lightly," says Garwood, "We currently farm over 350 acres which includes approximately 200 acres of apples and 150 acres of peaches, raspberries, pumpkins, strawberries, cherries, sweet corn, peppers, cucumbers, and a variety of other vegetables." Carl A. Garwood was the originator of the Garwood Farm Market on 50 South in the 1950's. At which time he began selling Apples and Cider out of a garage structure on the same property where today's market and u-pick are located. "Things have changed quite a bit since then, but the same standards of quality and care are given to everything we do and you can count on fresh, safe, quality produce," says Garwood. Garwood is a Primus GFS grower, the highest food safety certification available, and they use Integrated Pest Management (IPM) to manage crops sustainably. "In following IPM practices, we use a combination of biological, chemical, behavioral, cultural, and genetic factors to control pests on the farm. In using IPM, spraying is not our only method of eliminating bugs and other pests. Instead we use things like sampling plant nutrition, planting more disease resistant varieties, using natural predators to control pests, and others."



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!"

Best in Season

Jalapeño Peppers, Poblano Peppers, Serrano Peppers, and Tomatillos



Prairie Farms

Rockford, Illinois



Locally owned and locally produced since 1938. Prairie Farms dairy is proud to be comprised of over 800 farm families throughout the Midwest, many from multi-generational farm families. Often times, you can visit their farms to find no less than two or three generations pitching in, whether it's actively milking cows, running equipment such as tractors and feed-mixers, caring for the new calves born on the farm or keeping the crew fed with homemade meals.

Farmers supplying Prairie Farms maintain the highest standards of animal care. Their animals receive

specialized diets of forage and grains, often times customized by animal nutritionists. When not milking, their cows can be found relaxing in a barn with fresh bedding or in the pasture with access to plenty of clean water and food.

Why Local?

"It's important to support local dairy farmer cooperatives because they are the backbone of America. Dairy farmers support America by giving back to communities and supporting businesses, schools and churches."



Scheeringa Farms

Highland, Indiana



Family owned and locally grown, Scheeringa Farms offers the freshest selection of fruits and vegetables—picked daily down the road in northwest Indiana.

Jenny Scheeringa's grandfather, Farmer Bill, came over from the Netherlands and started the farm in 1940. The farm was passed down to her father, Farmer Don, and now she and her two sisters run the farm. "We're so proud of what we have and what we've become. We started off with a small farm stand and we've been able to double in size a couple times over," says Jenny. Each sister has taken a role and they work together to support the business. "I do all the wholesale, my sister Jeannine does all the books, and my sister Janille runs the stand," Jenny says. "We work well together!"

Why Local?

"This is our home. We're the only farm in town, this is the last farm left," Jenny explains, "People in our community and partners like Midwest buy from us because they know we have good quality and we take pride in what we do. I'm glad for people all over the area to be able to appreciate our products."



Best in Season

Heirloom tomatoes
Tangy, Sweet, Unique

Sunny Oaks Farm

Sycamore, Illinois



Mei Shao first became interested in mushroom farming over a decade ago when a family friend brought her some oyster mushrooms from his own farm, and gave her a tour. A mycologist and former professor, he went on to teach her everything she needed to know to purchase her own farm in 2017, when she decided to launch her own farm business and architecture firm and have more flexibility to spend time with family. When searching for the perfect farm site, she was enamored large oak trees, which would become the namesake of Sunny Oaks Farm.

It wasn't until later that she discovered the land was also abundant with hickory trees, a familiar sight around her childhood hometown in China. Focused on skill, technique, and product quality, Mei grows oyster and shitake mushrooms in ways that reduce energy consumption and scale sustainably, little by little, attuned to the midwestern temperature shifts between night and day. She prefers to enjoy mushrooms in ways that preserve the flavor—sautéed with garlic oil pepper and salt, the simpler the better. As her company continues to grow, she is excited to not only expand current production but to add new varieties to her mix of offerings.

Best in Season

Shitake, Oyster, and Lion's Mane



Superior Fresh

Hixton, Wisconsin



Superior Fresh is a family farm producing certified organic leafy greens and premium seafood right here in the Midwest.

Superior Fresh started selling organic leafy greens in 2017, but their roots began in 2011 when their founders realized there was a need for a safe, healthy, and reliable food supply. Using aquaponics, they grow over 3 million pounds of fresh produce a year using a fraction of the land a traditional farm would require. Aquaponics is the integration of Aquaculture, which is raising fish in water and Hydroponics, which is growing plants in water. They are the world's largest aquaponics farm, and the only facility raising land-based Atlantic salmon in the United States!



Best in Season

Romaine Lettuce
Fresh, Mildly bitter, Staple

Why Local?

"We were able to get set up on 800 beautiful acres in central Wisconsin near some of the cleanest water on the planet, and our farming methods repurpose 99.99% of all production water used," says Regional Sales Manager Todd Murphy. The greenhouse and fish house take up a relatively small amount of land—and their remaining land protects natural habitat and reintroduces endangered species, native plants and flowers. "Our goal is to make our land better for future generations to enjoy," Todd says. "Local is important to us, and we love how Midwest Foods promotes local in great depth."



Triple K Sweet Taters

Coloma, Wisconsin



Mike Holley started triple K Sweet Taters in 2017 after years of working on farms and 13 years growing sweet potatoes specifically. He named his farm Triple K for his three beloved daughters, Kortney, Kassie, and Karly. Triple K grows some of the only table-stock sweet potatoes in the north.

With produce there are often “imperfect” (misshaped or ugly) pieces that some stores or consumers might reject for cosmetic reasons, even though they are perfectly good, tasty items. It was important to Mike and the Triple K team to redirect some of those “imperfect” potatoes that might otherwise be wasted. They came up with the idea to upcycle some of those potatoes into what would become their dog treat line Sweet Potato Snaps. Sweet potatoes are a healthy treat that dogs love, and it helps minimize food waste!

Why Local?

Buying local is the best way to know where your product is coming from. Smaller, local farms are often priced out of the market when it comes to land, and in farming, land is everything. By supporting local farmers, you are helping them get and keep land that they need and giving yourself more choices when it comes to where you can get your produce from.





Urban Eden

Chicago, Illinois



Urban Eden, located in Chicago, is an urban farm that specializes in hydroponic growing. Their primary mission is to provide the Chicagoland area with access to healthy, fresh food while adhering to environmentally and socially responsible growing practices. With a strong commitment to sustainability, Urban Eden not only focuses on their hydroponic operations but also offers hydroponic consultation and workshops to empower others in the community.

Urban Eden's hydroponic systems are specifically designed for urban growing, enabling them to cultivate a diverse range of crops that are directly supplied to local communities. By utilizing hydroponics, Urban Eden maximizes productivity while minimizing their environmental impact, including reduced water usage and carbon footprint. Their dedication to environmental and social responsibility is central to everything that they do.



We carry delicious, flavorful microgreens grown at Urban Eden. They grow an assortment of microgreens such as wasabi, radish, sunflower, and broccoli, they bring these nutrient-dense greens to the tables of their customers. Microgreens not only provide concentrated levels of vitamins, minerals, and antioxidants but also deliver intense flavors, adding a delightful crunch and vibrant taste to various culinary creations. From salads and sandwiches to main dishes, these visually appealing microgreens enhance the dining experience while nourishing the body.

Windy City Harvest

Chicago, Illinois



The Chicago Botanic Garden's education and jobs-training program Windy City Harvest helps to bring food, health, and jobs to the community. More than 180,000 pounds of produce is grown every year on 15 farms, and they provide paid, on-the-job training for more than 200 people annually.



Midwest Foods partners with Windy City as their wholesale buyer to support their overall mission, diversified business plan education for training farmers, and to connect Midwest's clients to the amazing, flavorful produce Windy City grows here in Chicago.



Farm on Ogden is a multi-use facility in Chicago's Lawndale neighborhood featuring a 50,000-gallon aquaponics system, a 7,300-square-foot greenhouse, a commercial and teaching kitchen, aggregation space for Windy City Harvest Farms, a year-round indoor market, and Veggie Rx. Veggie Rx packages, grown and packed on-site, are prescribed and distributed to patients who are at risk for diet-related diseases. Stop by to see the farm at work!

Why Local?

Windy City describes local food as reliable, high quality, and deeply rooted. "We love growing greens close to the city because it allows us to maintain their peak flavors and freshness," says the team. "Windy City Harvest is proud to be connected to diverse partners for our 16 hyper local farm sites and job training programs."

Best in Season

Cherry Tomatoes, Green Tomatoes, Easter Egg Radishes, Lacinato Kale, Rainbow Chard