

MIDWEST MARKET SOLUTIONS, INC.

"THE LEADING EDGE IN COMMODITIES"

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THE MARKET INSIDER NEWSLETTER

May 18, 2009

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VISIT OUR WEBSITE AT www.midwestmarketsolutions.com FOR MORE INFORMATION.

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WHEAT



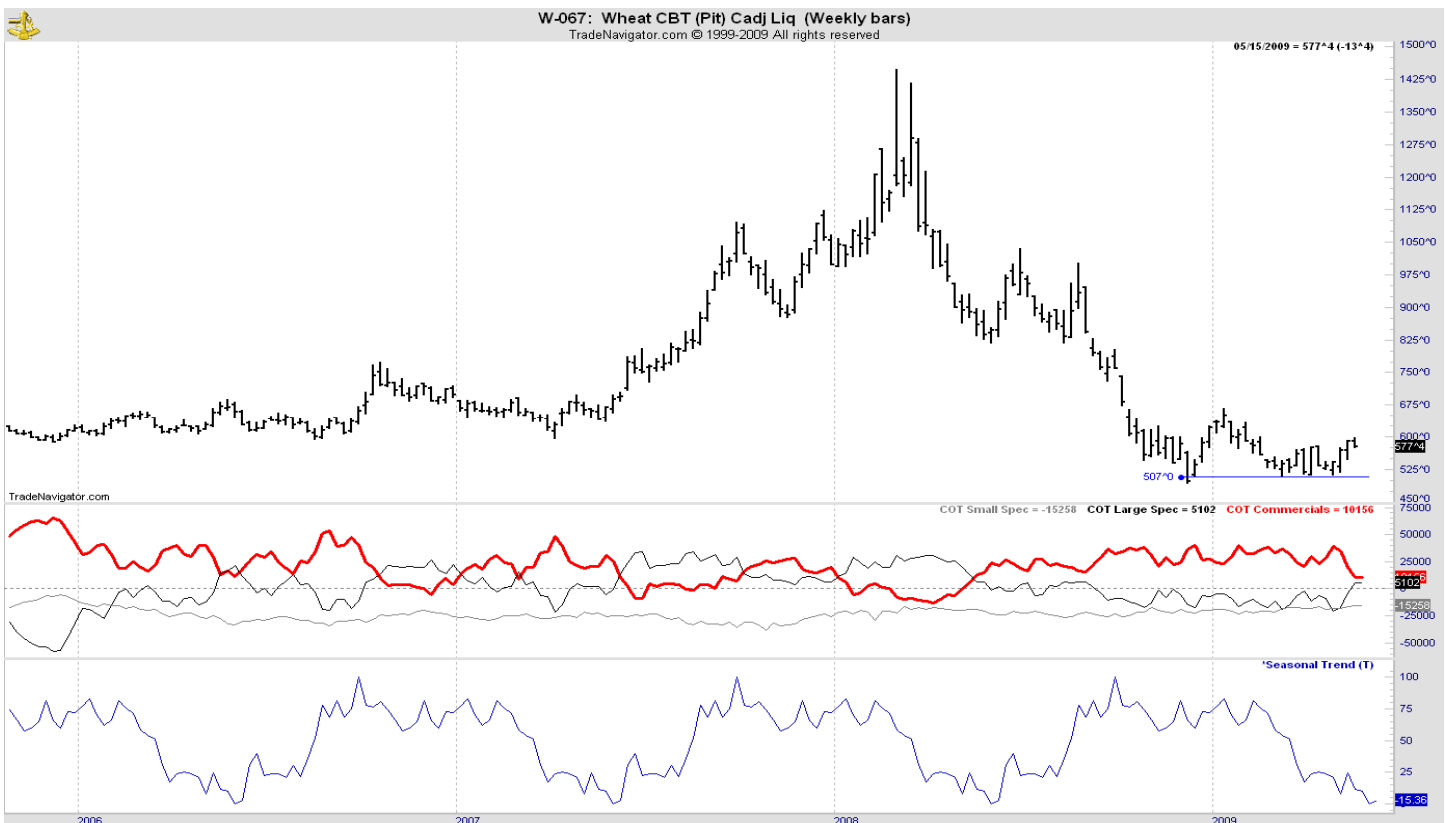
ANALYSIS

For the week, Chicago wheat closed \$.03 lower; Kansas City wheat \$.03 1/2 higher and Minneapolis wheat \$.12 1/2 higher. The weekly export sales report showed net sales of 102,600 metric tons were down 60 percent from the previous week and 45 percent from the prior 4-week average. Increases reported for Japan (58,300 MT, including 1,500 MT switched from unknown destinations), Nigeria (25,200 MT), Haiti (15,300 MT, including 15,000 MT switched from unknown destinations), Mozambique (6,600 MT, including 6,500 MT switched from unknown destinations), and Mexico (4,800 MT), were partially offset by decreases for unknown destinations (20,000 MT). Net sales of 131,500 MT for delivery in 2009/10 were primarily for Yemen (58,000 MT), unknown destinations (45,000 MT), and the Philippines (24,000 MT). This year's U.S. wheat sales remain behind last year's strong sale performance with commitments of 972 mb this year vs. 1,254 mb a year ago. The U.S. needs to export 9.6 mb each week to reach the USDA forecast. The USDA rated the winter wheat crop at 46% g/e, 1% lower than a week ago and similar to last year's 47% g/e. Poor to very poor conditions remain at 27%. Spring wheat seedings are way behind the normal pace at only 35% seeded vs. 81% last year. The largest spring wheat producing state is North Dakota and that state is only 13% seeded vs. the average pace of 81% seeded. Minneapolis wheat has rallied on this news and should keep premium into prices through the end of the month. Producers should use this rally as an opportunity to roll up protection levels.

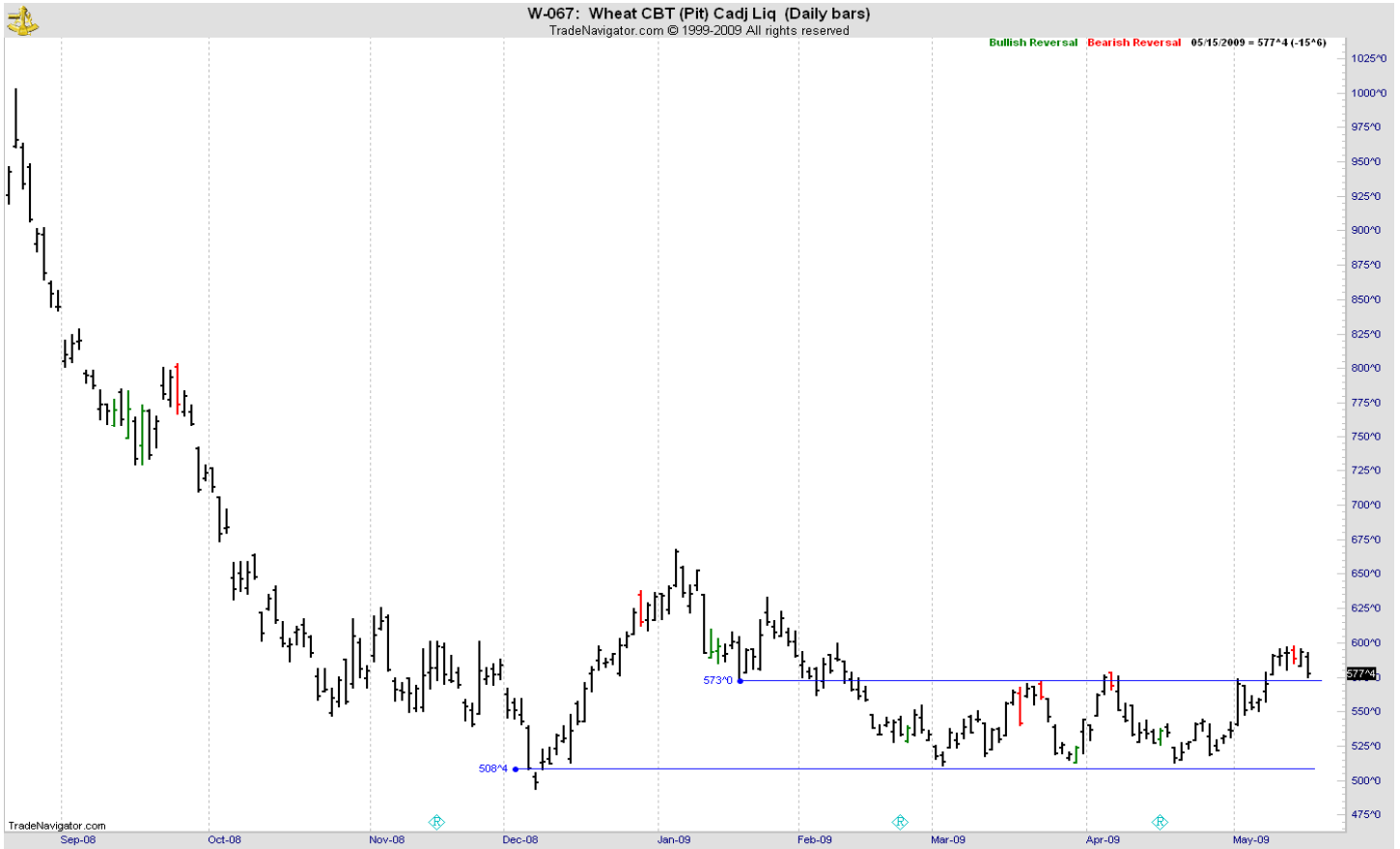
STRATEGY & OUTLOOK

Producers should have begun hedging new crop as July KC wheat achieved the long term price objective of \$6.10 to \$6.40. A combination of hedges, options and cash sales is a very effective way to manage price risk for producers.

WEEKLY CHICAGO



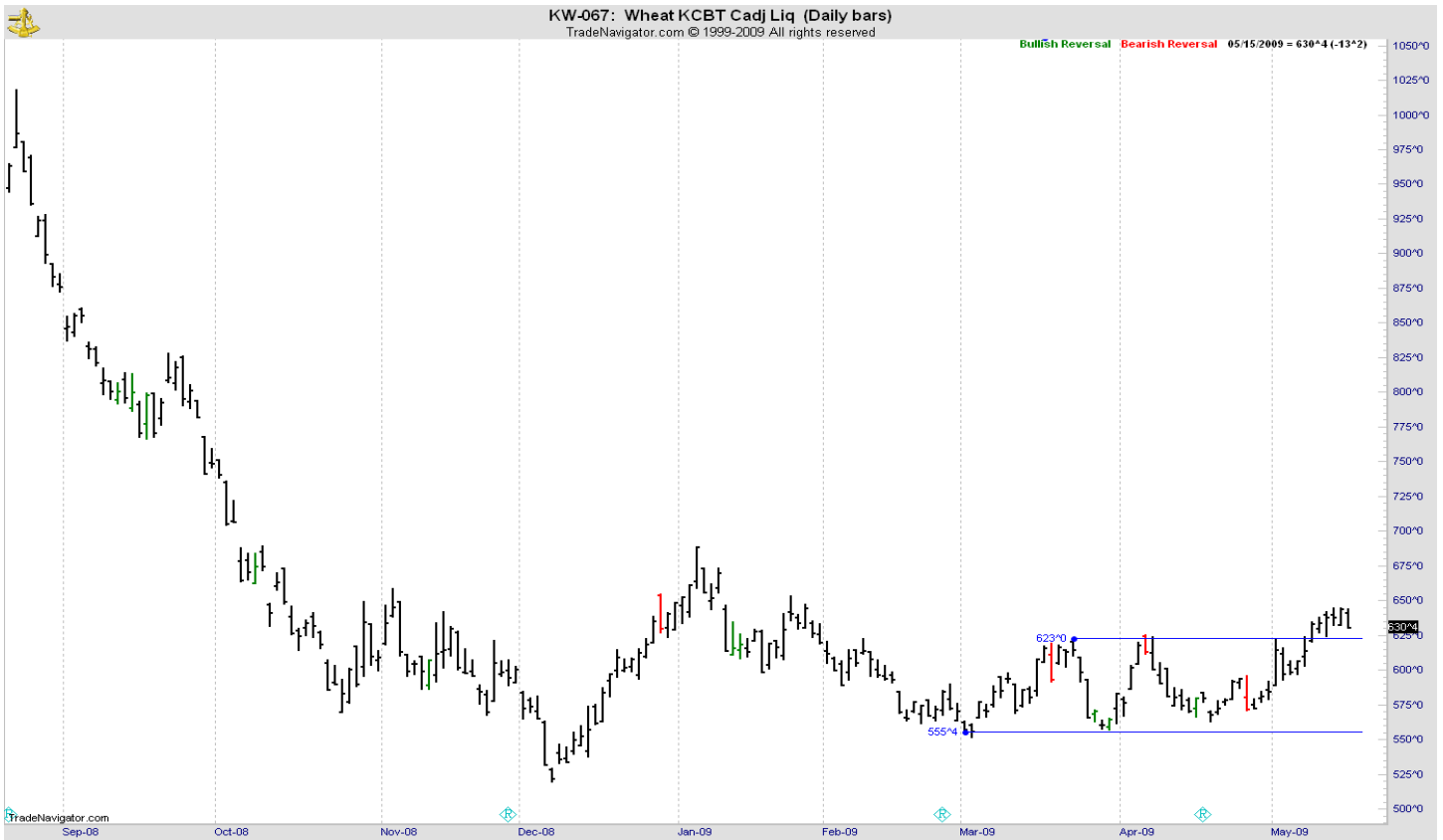
CHICAGO WHEAT



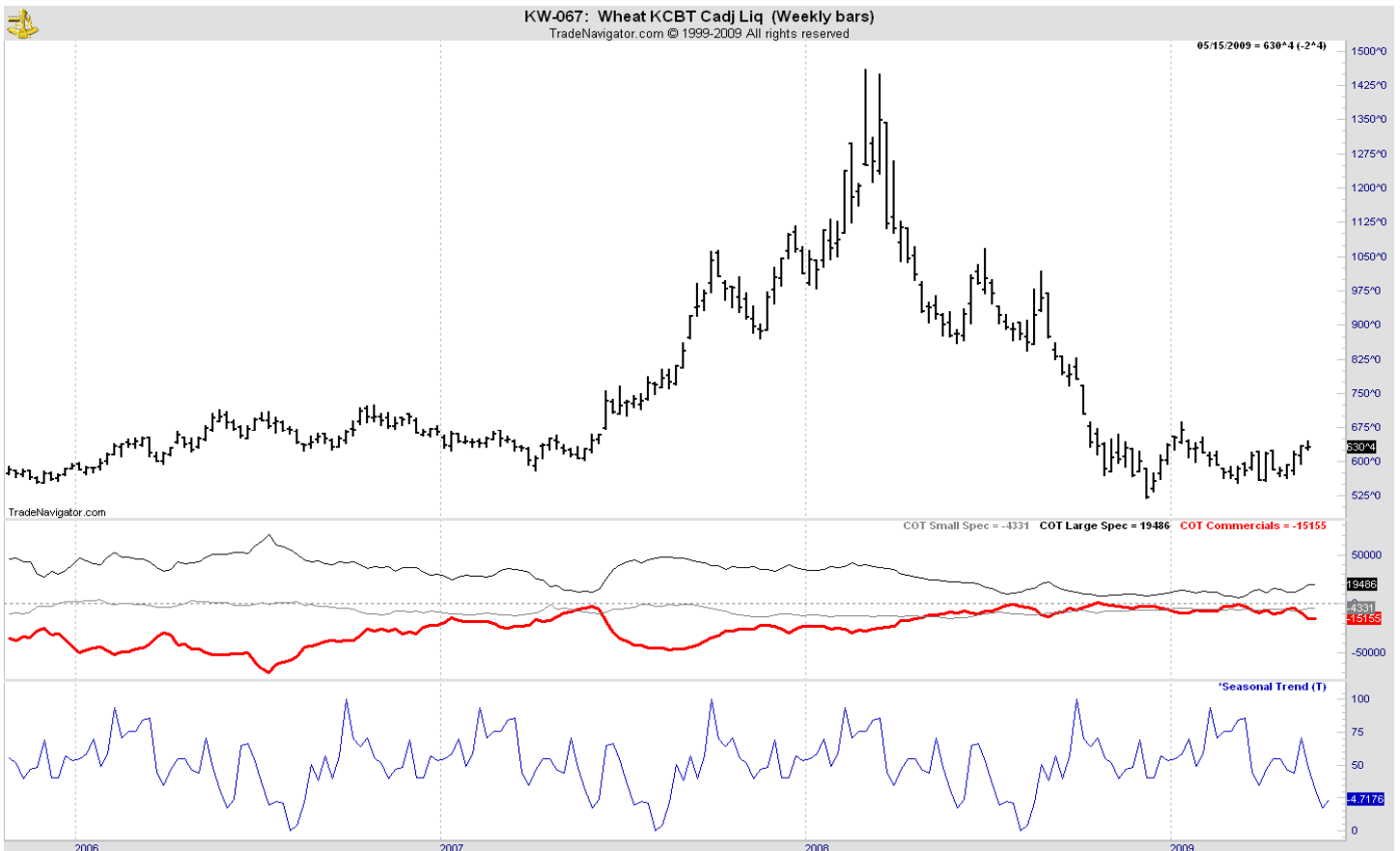
OATS



KANSAS CITY WHEAT



WEEKLY KANSAS CITY



MINNEAPOLIS WHEAT



WEEKLY MINNEAPOLIS

