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"THE LEADING EDGE IN COMMODITIES"

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THE MARKET INSIDER NEWSLETTER

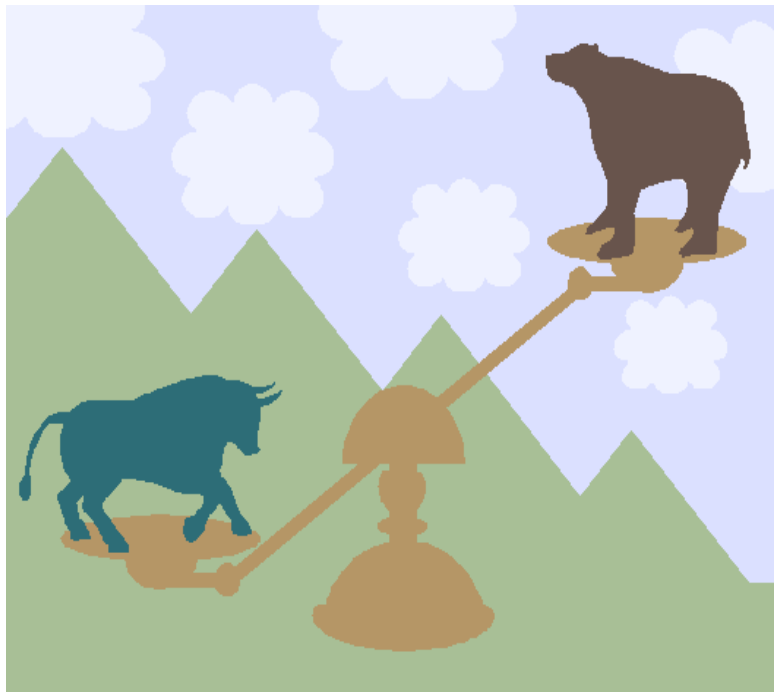
November 9, 2009

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Midwest Market Solutions, Inc.

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

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WHEAT



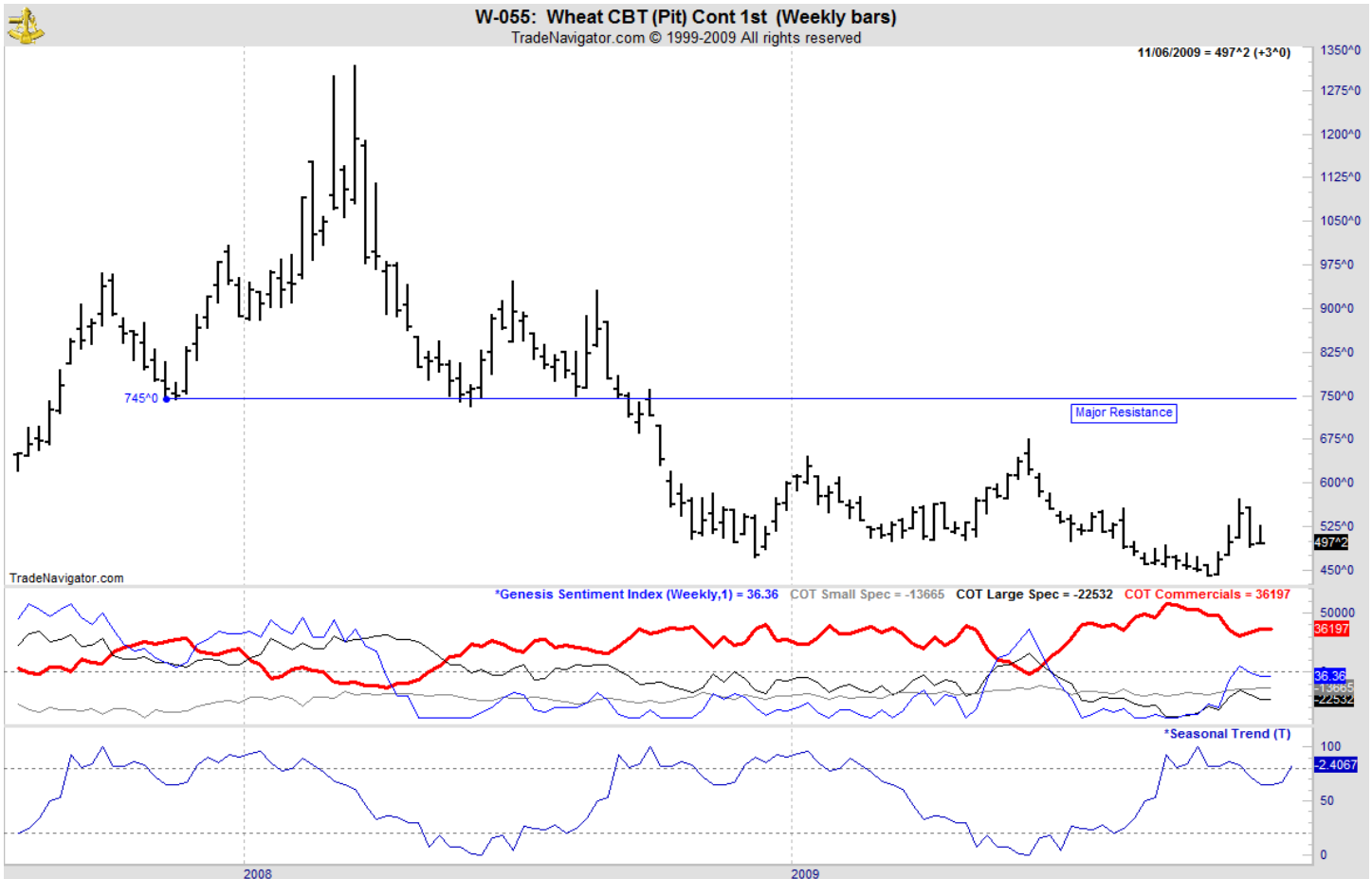
ANALYSIS

For the week, Chicago wheat closed \$.03 higher; Kansas City wheat \$.02 higher and Minneapolis wheat \$.05 1/2 higher. Wheat values should slide quickly as there is no fundamental support for these prices. U.S. and world ending stocks remain huge and current usage is slow, leaving the stocks at a large level. U.S. winter wheat planting advanced to 79% this week from 76% last week and compares to 88% last year and 90% average. The winter wheat crop conditions report shows 64% of the winter wheat is in the good/excellent category, up 2% from last week but below last year's ratings of 67%. The weekly export sales report showed net sales of 284,500 metric tons were down 18 percent from the previous week and 49 percent from the prior 4-week average. Increases were reported for Mexico (68,000 MT), Iran (60,000 MT, switched from unknown destinations), Thailand (47,500 MT), China (36,600 MT, including 35,000 MT switched from unknown destinations), Nigeria (31,100 MT, including 6,000 MT switched from unknown destinations), South Korea (23,100 MT), Japan (22,800 MT). This year's export forecast remains way behind last year's sales profile, 487 mb vs. 706 mb. The U.S. need to export 13.31 mb each week to meet the USDA forecast. The lack of demand for U.S. wheat is the primary reason why wheat values are on the defensive and will continue to be throughout the winter.

STRATEGY & OUTLOOK

Producers should have now sold/hedged all of their 2009 crop when KC wheat reached the long term price objective of \$6.80 to \$7.00. Producers should have used a combination of hedges, options and cash sales to manage price risk. Producers should exit long hedges and should have made new sales/hedges on the retracement levels.

WEEKLY CHICAGO



CHICAGO WHEAT



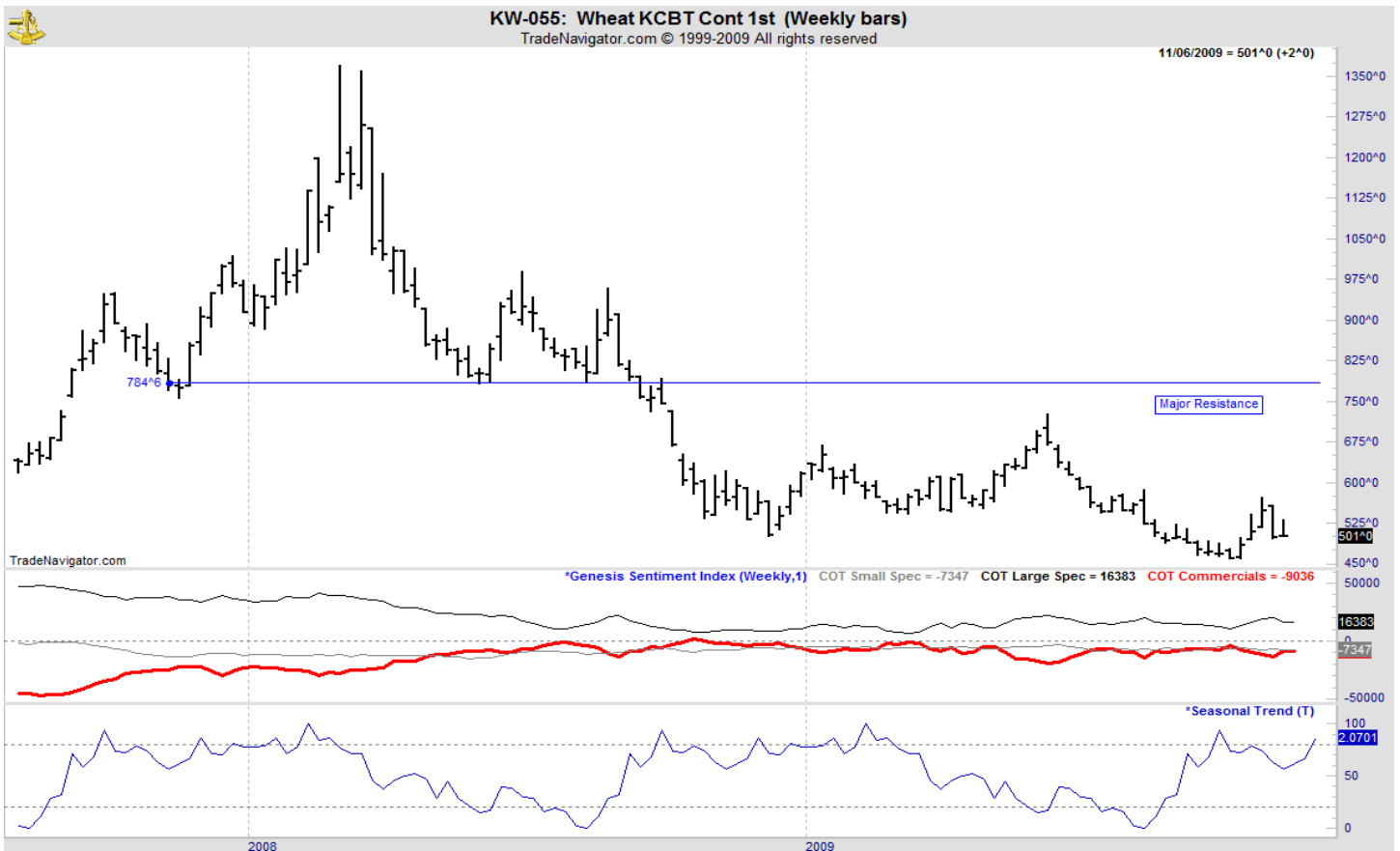
OATS



KANSAS CITY WHEAT



WEEKLY KANSAS CITY



MINNEAPOLIS WHEAT



WEEKLY MINNEAPOLIS

