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"THE LEADING EDGE IN COMMODITIES"

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THE MARKET INSIDER NEWSLETTER

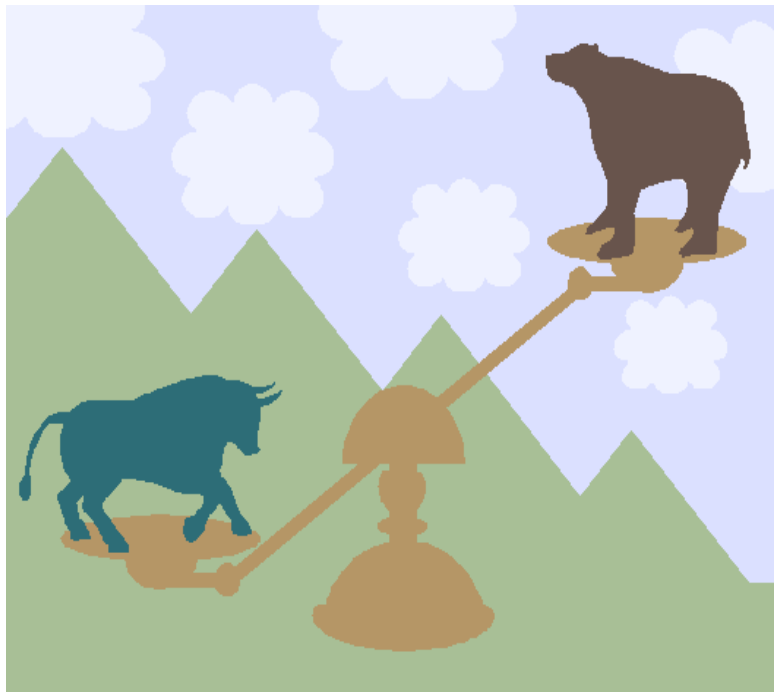
November 23, 2009

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Midwest Market Solutions, Inc.

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

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WHEAT



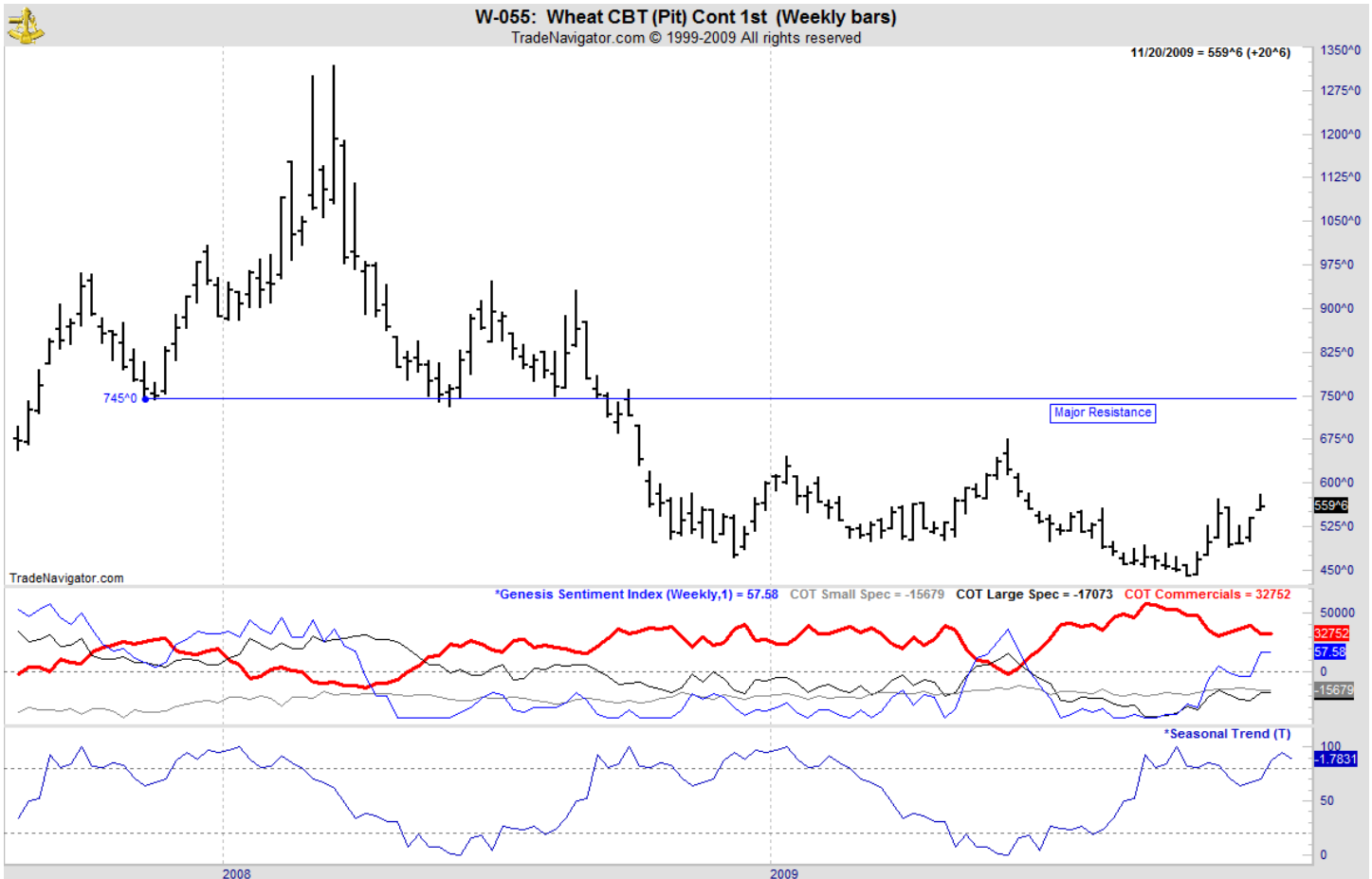
ANALYSIS

For the week, Chicago wheat closed \$.19 higher; Kansas City wheat \$.14 1/4 higher and Minneapolis wheat \$.07 1/4 higher. Despite the confirmation of bearish U.S. and world ending stocks and Egypt once again snubbing the United States for a wheat purchase, wheat values rallied last week on major short covering by the funds as the downtrend has been broken. Since there is no fundamentals to support higher prices, look for values to eventually work lower. U.S. winter wheat planting advanced to 90% this week from 86% last week and compares to 96% last year and 95% average. The winter wheat crop conditions report shows 64% of the winter wheat is in the good/excellent category, up 1% from last week but below last year's ratings of 66%. 77% of the crop is emerged. The weekly export sales report showed net sales of 362,400 metric tons were down 12 percent from the previous week and 13 percent from the prior 4-week average. Increases were reported for the Philippines (98,600 MT), Nigeria (83,500 MT, including 27,700 MT switched from unknown destinations), Taiwan (67,500 MT), Japan (35,100 MT), Costa Rica (27,500 MT, including 27,000 MT switched from Guatemala), Mexico (23,400 MT), Colombia (21,000 MT), Italy (20,000 MT), and Morocco (18,000 MT, switched from Canada). This year's export forecast remains way behind last year's sales profile, 516 mb vs. 734 mb. The U.S. need to export 13.25 mb each week to meet the USDA forecast.

STRATEGY & OUTLOOK

Producers should be 100% sold of their 2009 crop. Producers should begin to scale into 2010 crop sales at \$6.05, \$6.40 and \$6.75 off the July Kansas City contract.

WEEKLY CHICAGO



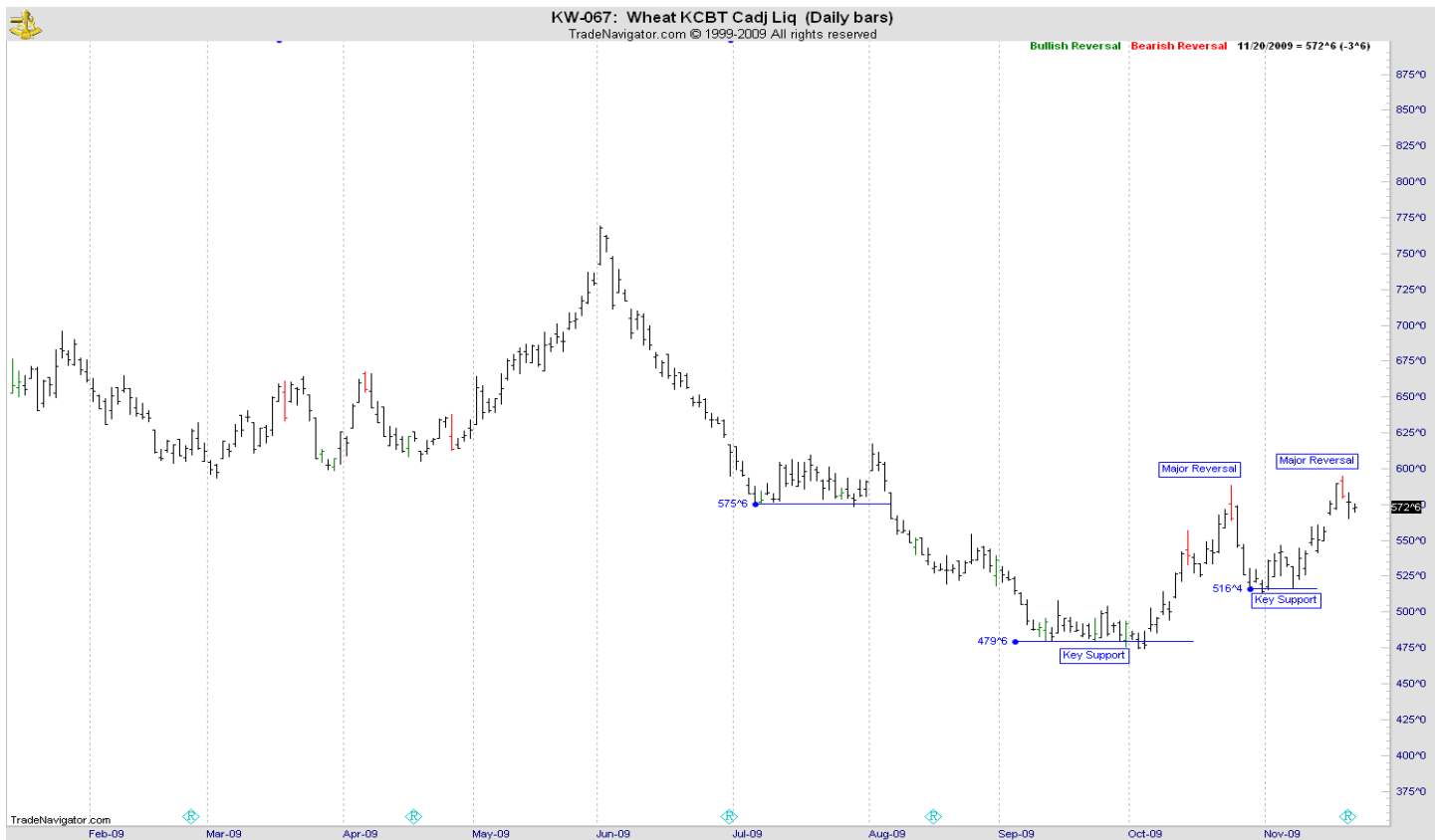
CHICAGO WHEAT



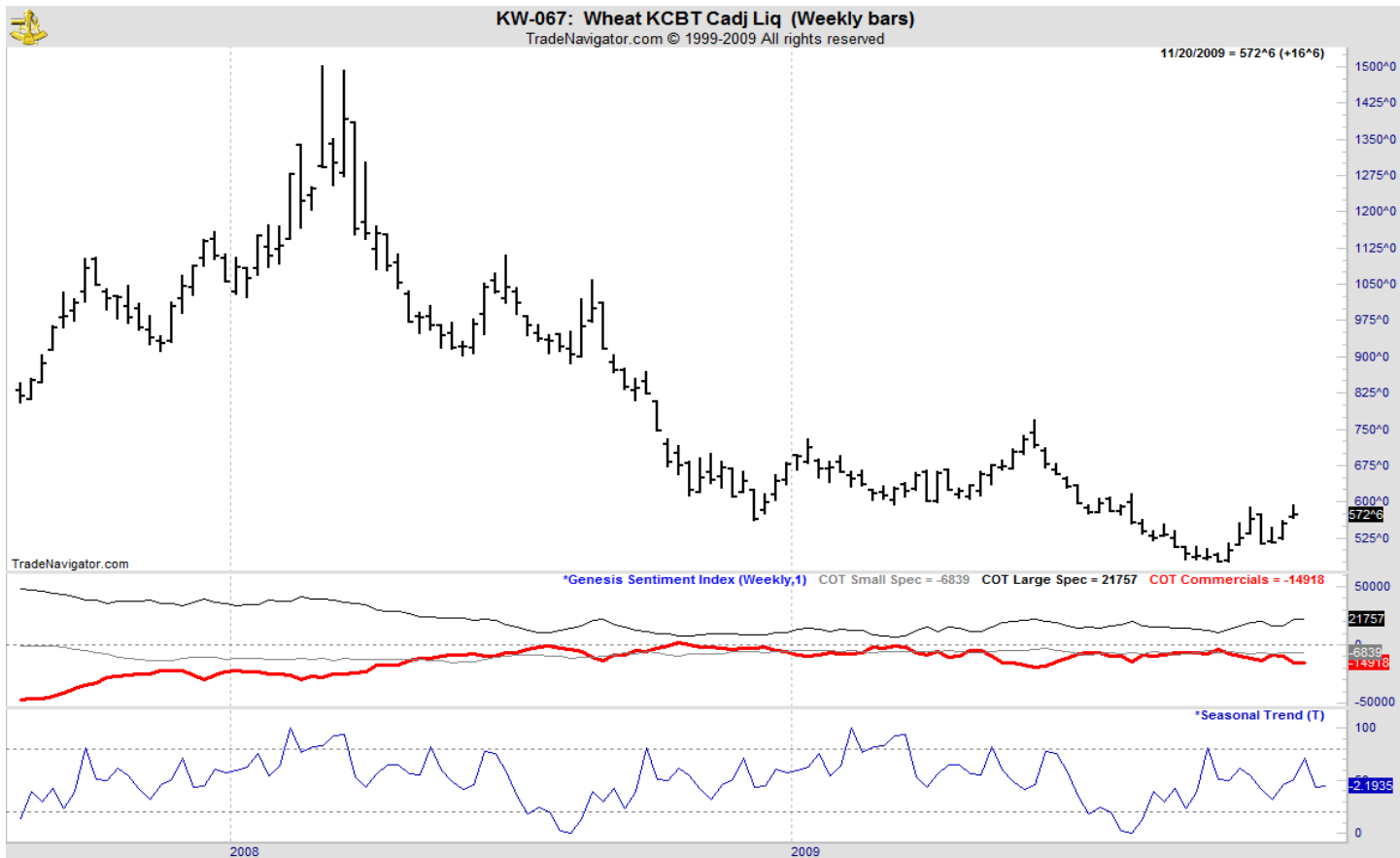
OATS



KANSAS CITY WHEAT



WEEKLY KANSAS CITY



MINNEAPOLIS WHEAT



WEEKLY MINNEAPOLIS

