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"THE LEADING EDGE IN COMMODITIES"

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THE MARKET INSIDER NEWSLETTER

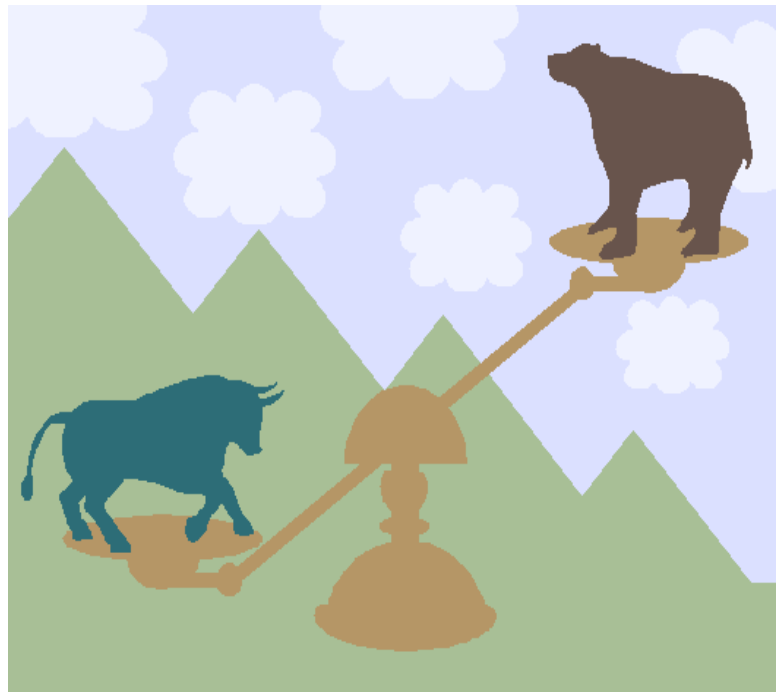
November 30, 2009

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Midwest Market Solutions, Inc.

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

Inside This Issue:

WHAT TO EXPECT IN DECEMBER	2
CORN OUTLOOK	3,4
SOYBEAN OUTLOOK	5-7
WHEAT OUTLOOK	8-11
LIVE CATTLE OUTLOOK	12
FEEDER CATTLE OUTLOOK	13
LEAN HOG OUTLOOK	14
NEWS	15
NEWS	16
WEATHER	17
CALENDAR OF EVENTS	18
MARGIN REQUIREMENTS	19
COMPANY INFO	20
DISCLAIMER	20



WHEAT



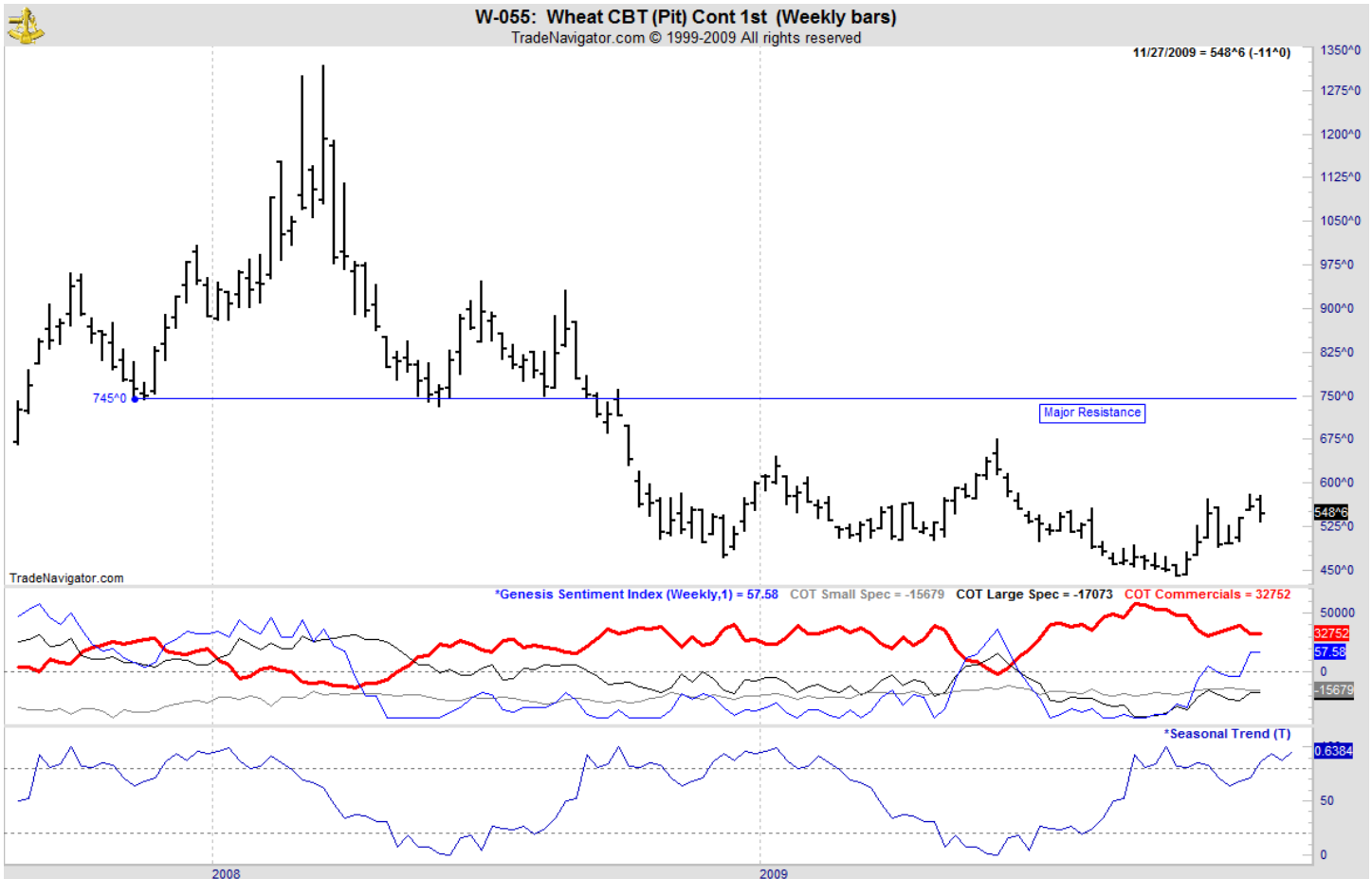
ANALYSIS

For the week, Chicago wheat closed \$.11 lower; Kansas City wheat \$.14 lower and Minneapolis wheat \$.07 lower. 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, unchanged from last week but below last year's ratings of 65%. The weekly export sales report showed net sales of 351,200 metric tons were down 3 percent from the previous week and unchanged from the prior 4-week average. Increases were reported for the Philippines (100,200 MT), Japan (85,700 MT), Mexico (43,900 MT), Spain (36,500 MT, switched from unknown destinations), Nigeria (33,700 MT), South Korea (28,900 MT), Guatemala (26,400 MT, switched from unknown destinations), Morocco (21,100 MT,). 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.

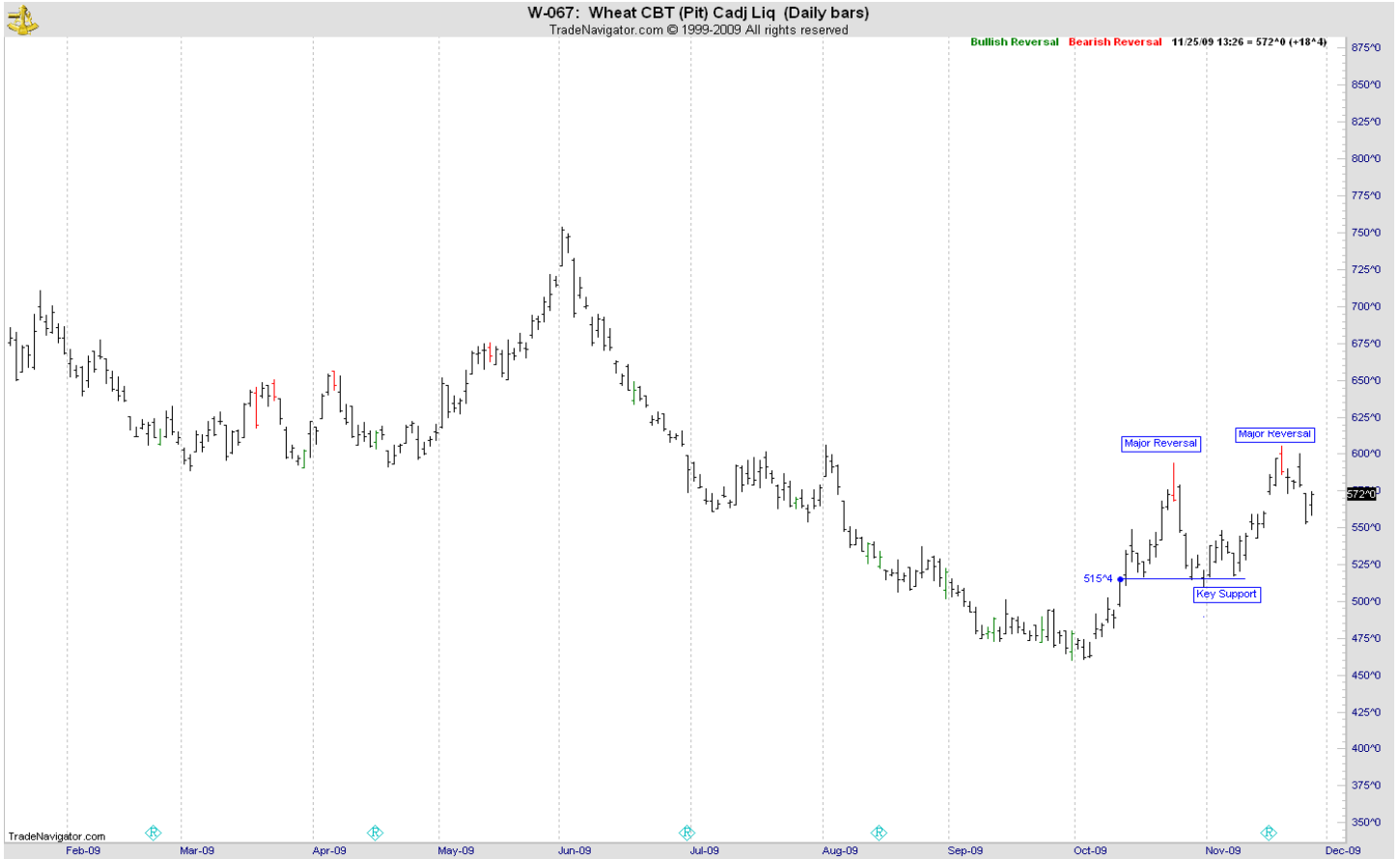
STRATEGY & OUTLOOK

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



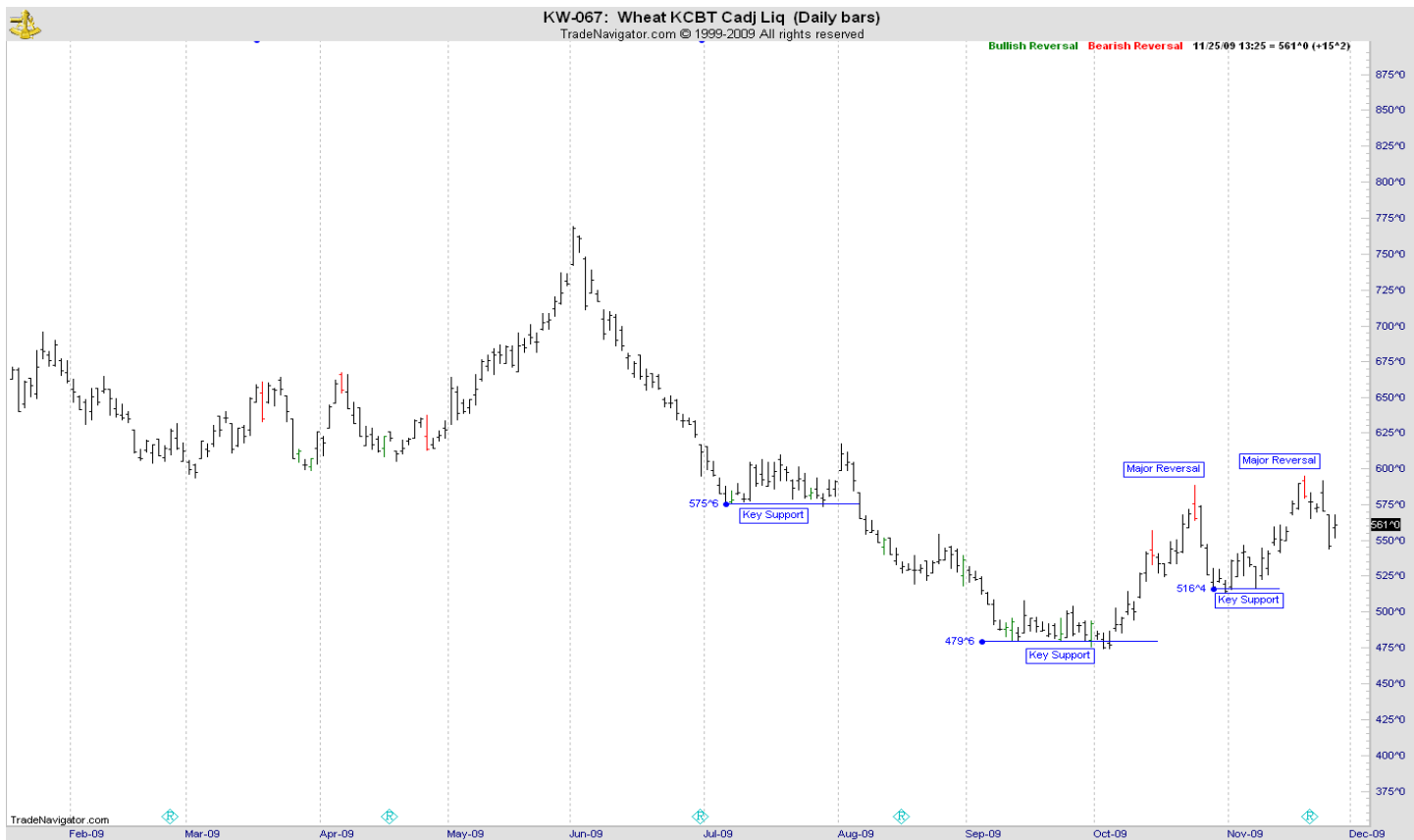
CHICAGO WHEAT



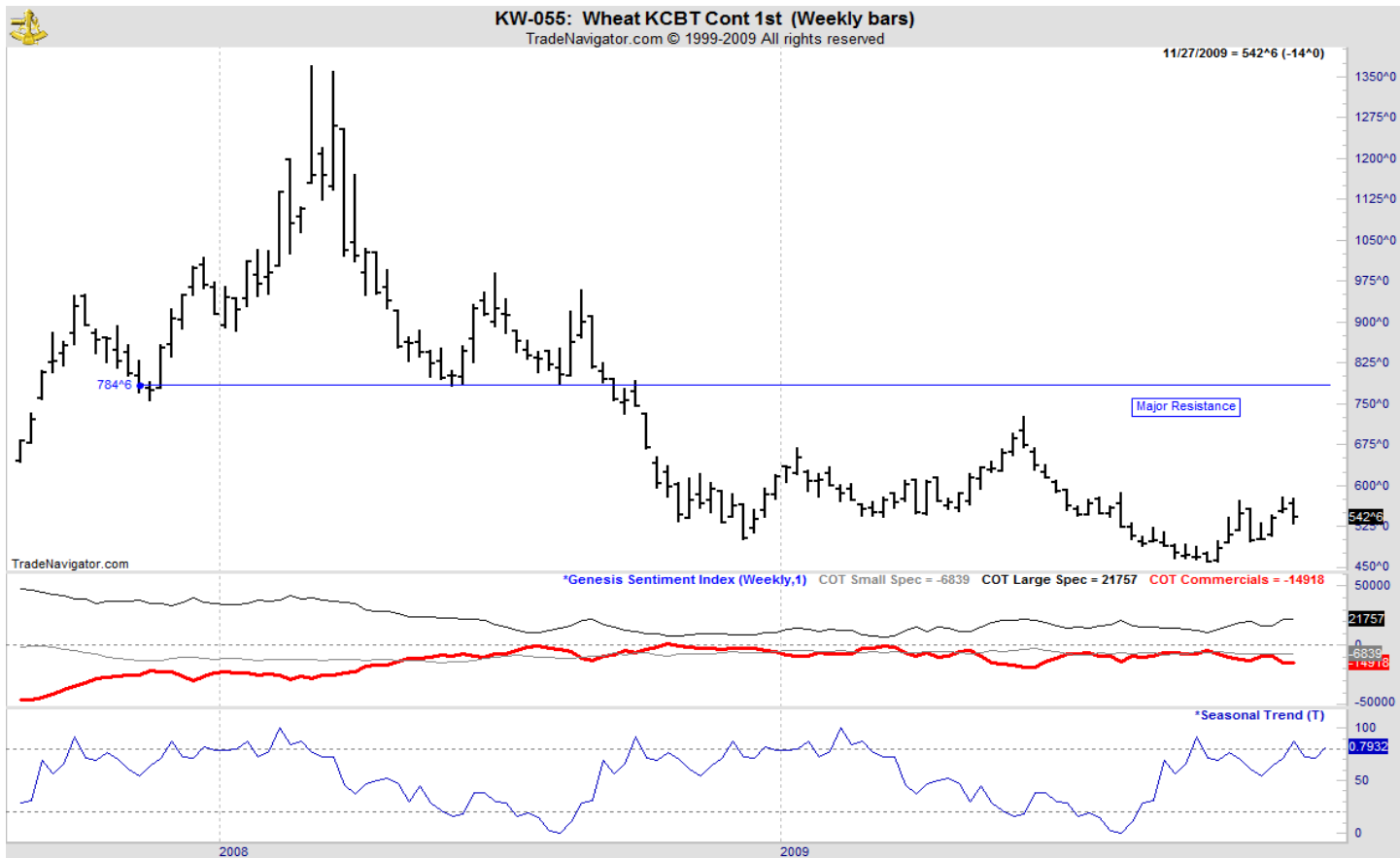
OATS



KANSAS CITY WHEAT



WEEKLY KANSAS CITY



MINNEAPOLIS WHEAT



WEEKLY MINNEAPOLIS

