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"THE LEADING EDGE IN COMMODITIES"

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THE MARKET INSIDER NEWSLETTER

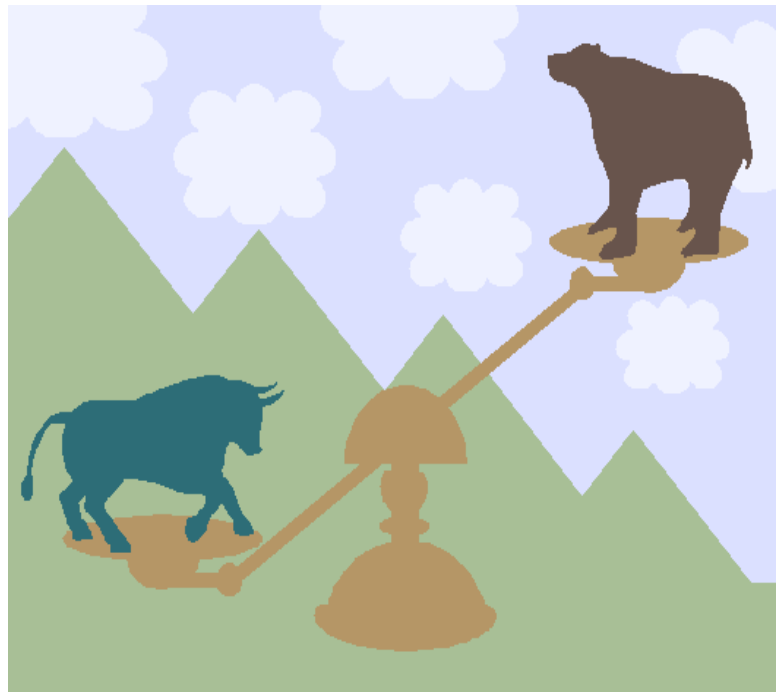
December 7, 2009

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Midwest Market Solutions, Inc.

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

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WHEAT



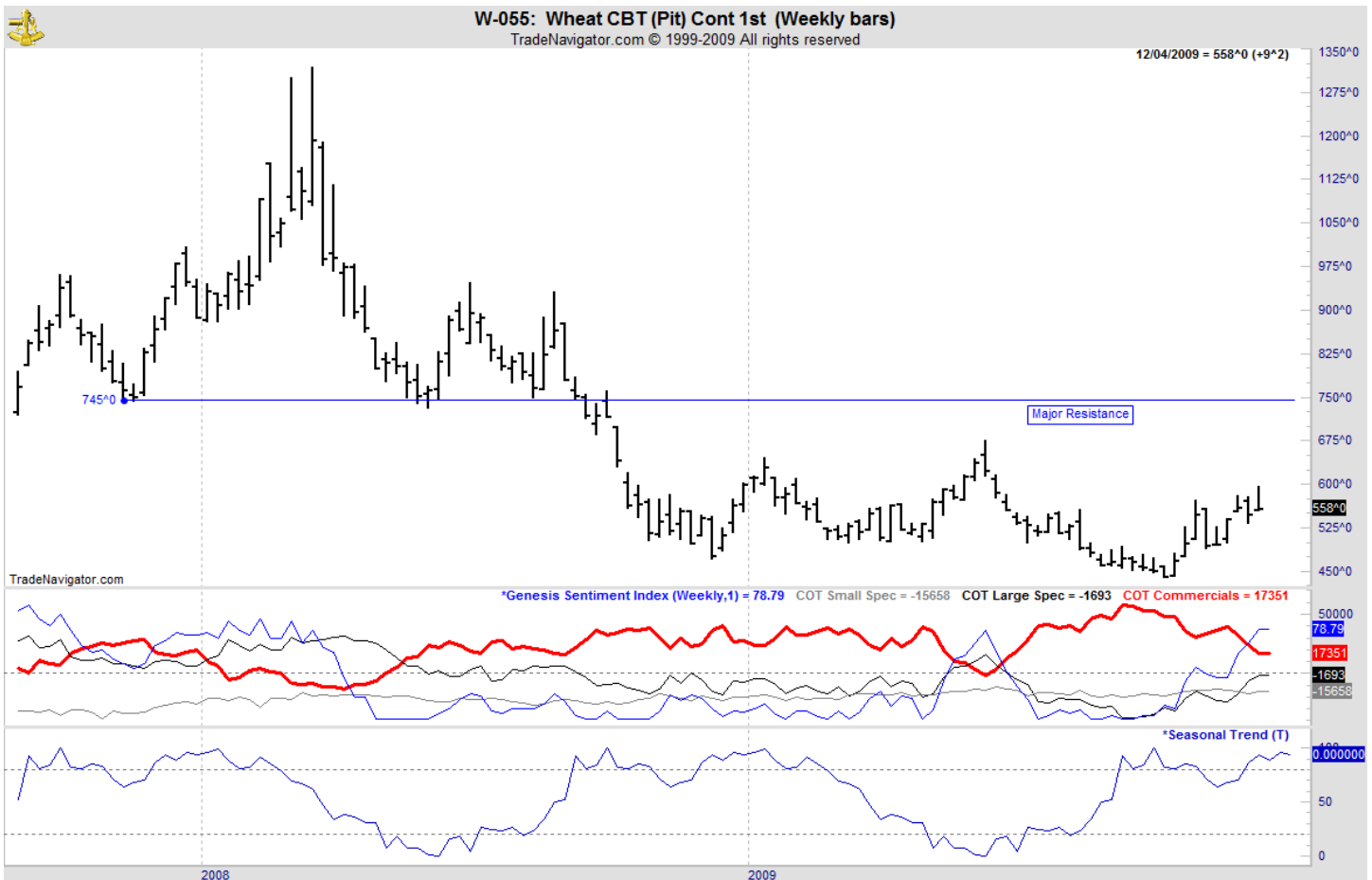
ANALYSIS

For the week, Chicago wheat closed \$.11 3/4 lower; Kansas City wheat \$.10 lower and Minneapolis wheat \$.07 3/4 lower. For the second consecutive week, Egypt once again snubbed the United States for a wheat purchase and this week, wheat values traded lower as the funds were not there to support prices. The recent rally in wheat has not been about positive fundamentals, it was due to the influence of the funds. Funds have now completed their short covering and are nearly flat, which will limit the upside for the market. U.S. winter wheat planting advanced to 96% this week from 93% last week and compares to 98% last year and 98% average. The winter wheat crop conditions report shows 63% of the winter wheat is in the good/excellent category, down 1% from last week and below last year's ratings of 64%. The weekly export sales report showed net sales of 390,700 metric tons were up 11 percent from the previous week and from the prior 4-week average. Increases were reported for Japan (113,700 MT), Iraq (100,000 MT), Nigeria (56,000 MT), Mexico (25,500 MT), South Korea (24,600 MT), Brazil (23,800 MT), Italy (21,000 MT), and the Dominican Republic (11,100 MT). Decreases were reported for Algeria (1,800 MT). This year's export forecast remains way behind last year's sales profile, 543 mb vs. 758 mb. The U.S. need to export 13.22 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



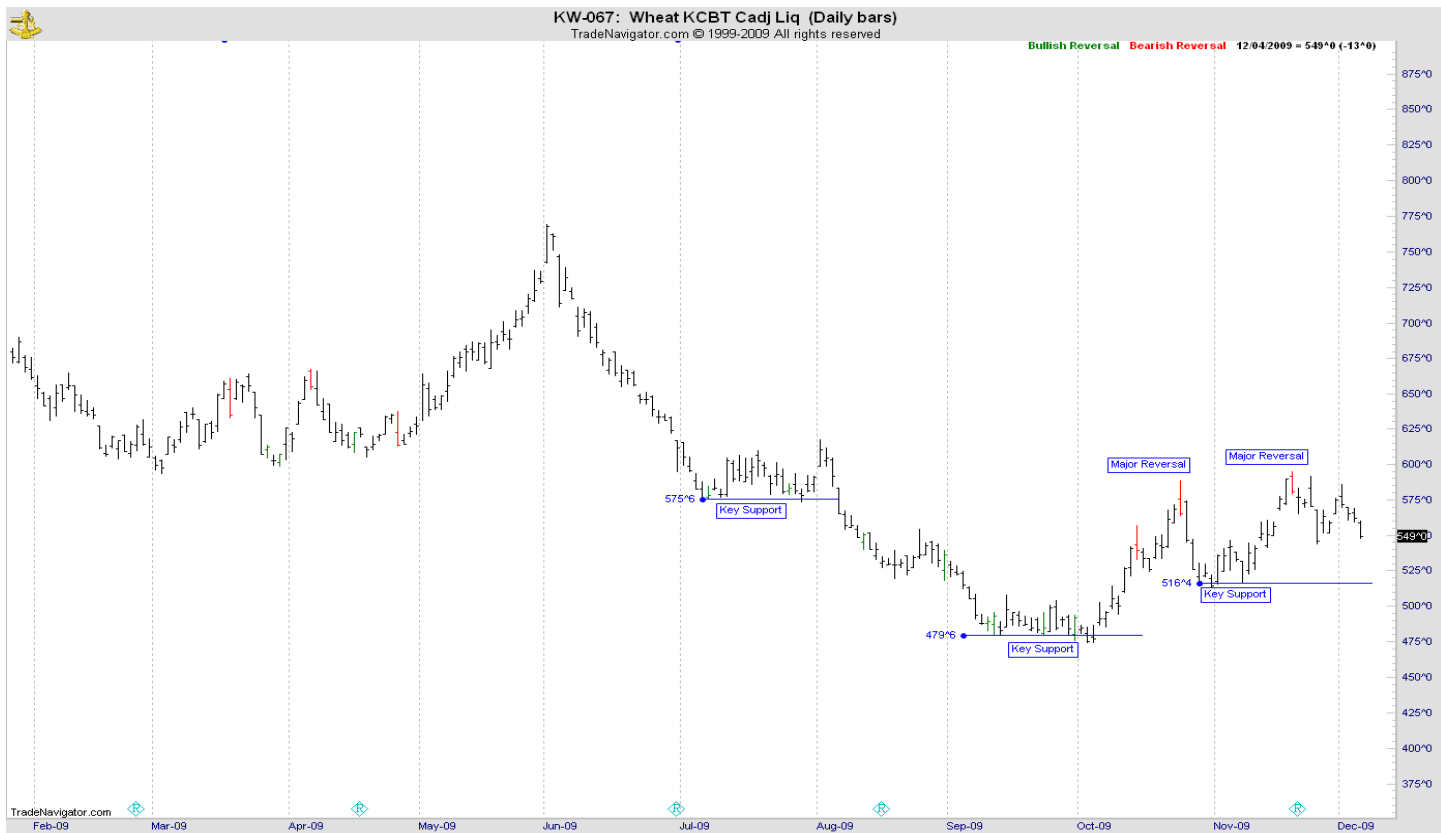
CHICAGO WHEAT



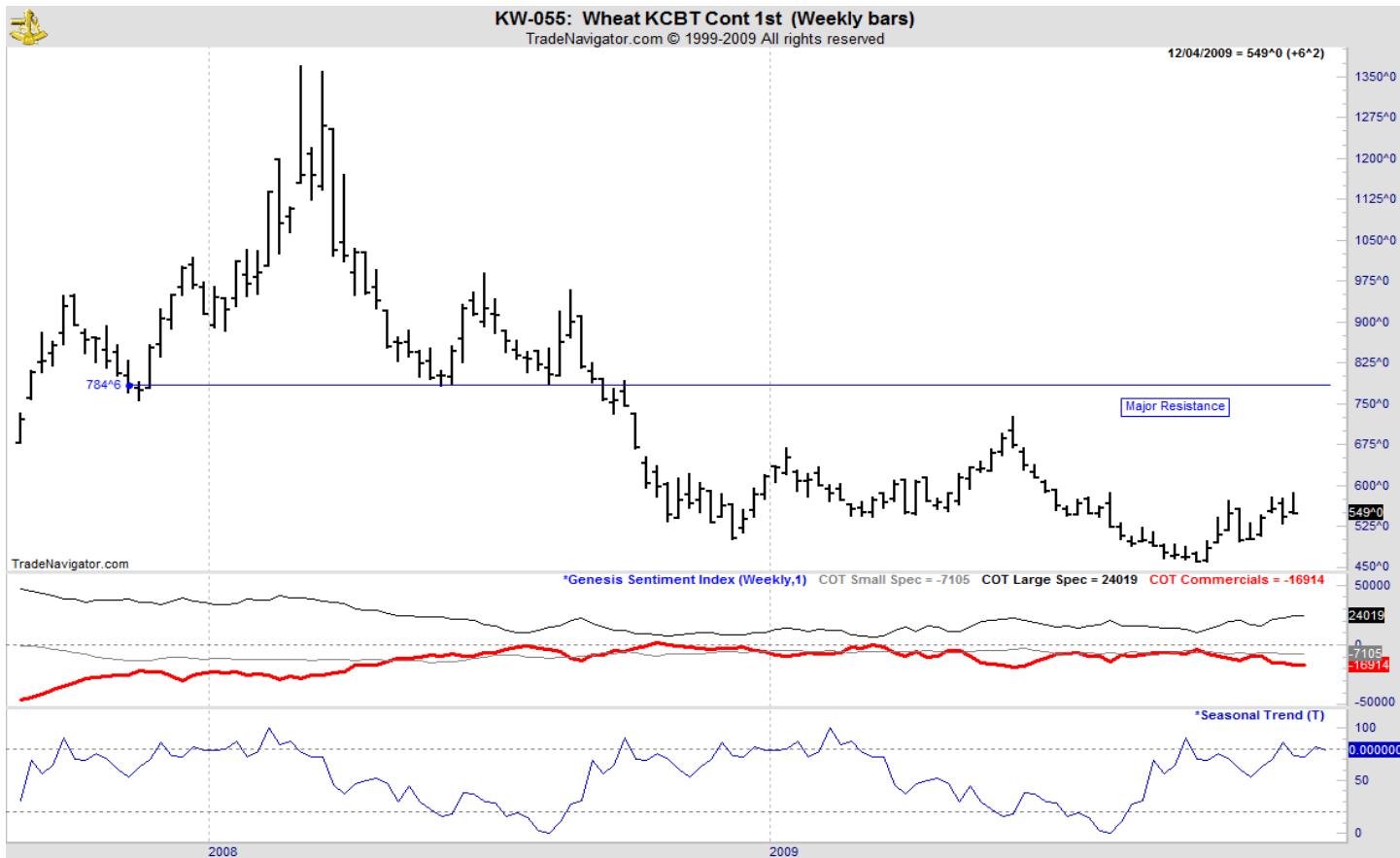
OATS



KANSAS CITY WHEAT



WEEKLY KANSAS CITY



MINNEAPOLIS WHEAT



WEEKLY MINNEAPOLIS

