

MIDWEST MARKET SOLUTIONS, INC.

"THE LEADING EDGE IN COMMODITIES"

327 BROADWAY
YANKTON, SOUTH DAKOTA 57078
866-203-9655
605-260-3063 FAX
WWW.MIDWESTMARKETSOLUTIONS.COM



THE MARKET INSIDER NEWSLETTER

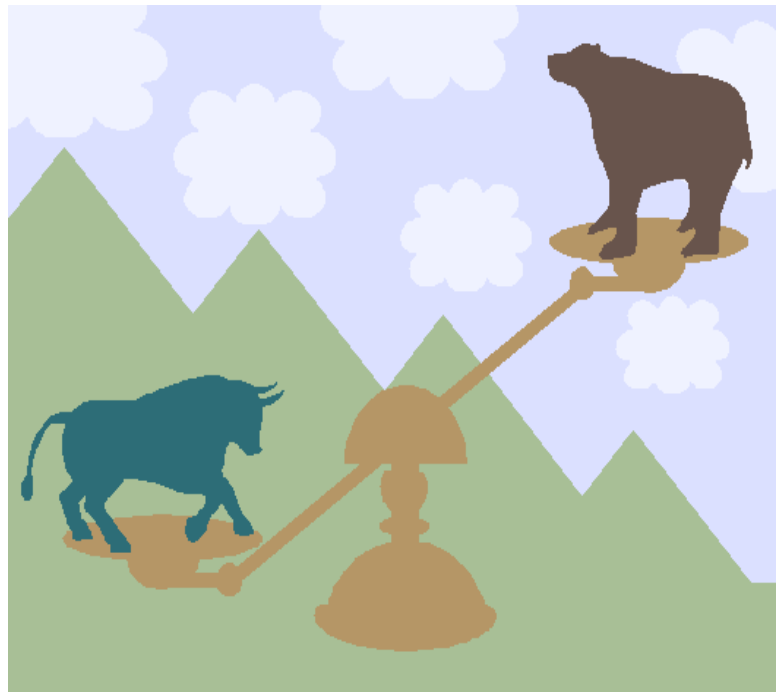
March 15, 2010

By: Brian Hoops, President
Midwest Market Solutions, Inc.

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

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WHEAT



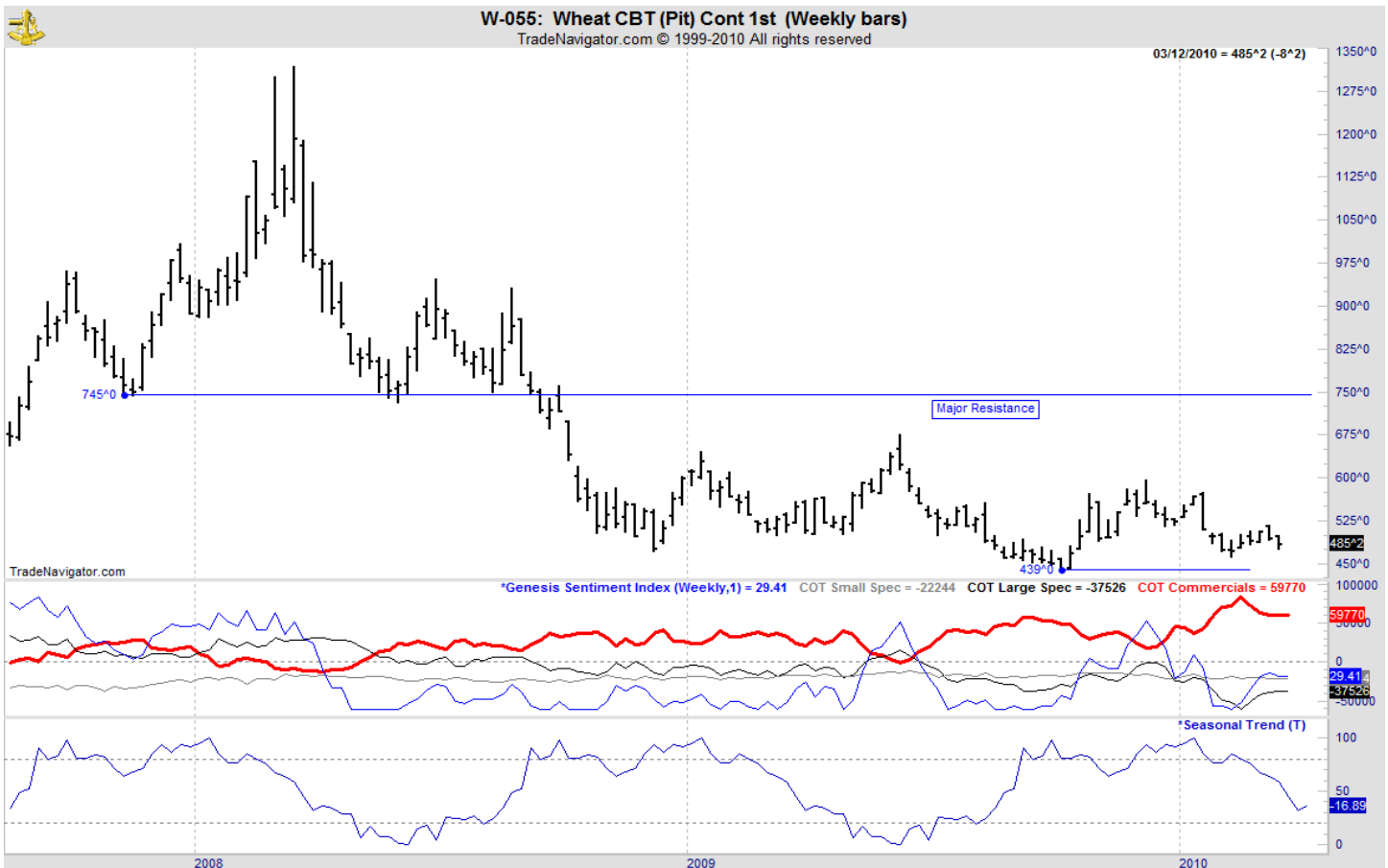
ANALYSIS

For the week, Chicago wheat closed \$.08 1/4 lower; Kansas City wheat \$.05 3/4 lower and Minneapolis wheat \$.09 higher. Winter wheat is beginning to break dormancy in the Southern states and the status of the crop is improving. Winter wheat conditions showed the Kansas wheat crop rated 60% good to excellent while the Texas wheat crop is 45% good to excellent, down 1% from a week ago. Funds continue to hold a sizeable amount of net short position, which gives the wheat market its best hope of a rally as if these funds cover shorts, a sizeable rally should occur. Technically, prices remain very close to a double bottom on the weekly charts. If this double bottom can hold, look for a trade-able short-covering rally to unfold. Last week, Egypt purchased 120,000 mts of wheat from Russia and France. The weekly export sales report showed net sales of 407,900 metric tons for delivery in 2009/10 were up noticeably from the previous week and 14 percent from the prior 4-week average. Increases were reported for Nigeria (130,900 MT), Japan (46,400 MT), Venezuela (45,200 MT), Taiwan (41,000 MT), and Mexico (33,700 MT). Decreases were reported for Bolivia (13,500 MT), Indonesia (2,400 MT), and Morocco (2,000 MT). Net sales of 40,500 MT for delivery in 2010/11 were for unknown destinations (20,000 MT), the Philippines (16,000 MT), and Japan (4,500 MT). The annual export pace remains well behind last year's pace. This year's exports stand at 734 mb vs. the USDA forecast of 825 mb.

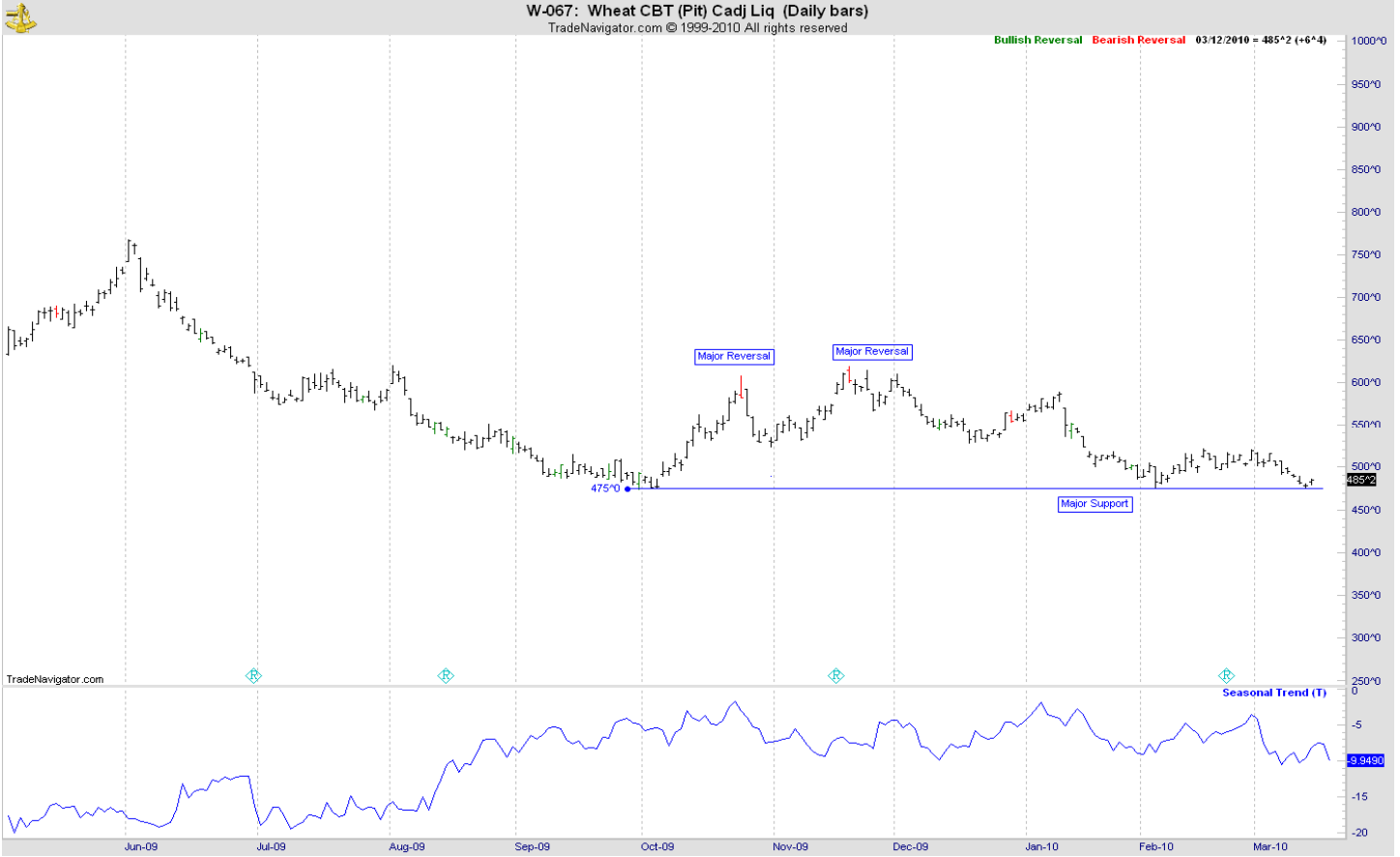
STRATEGY & OUTLOOK

Producers should be 100% sold of their 2009 crop. No reason to re-own the 2009 crop. Producers began to scale into 2010 crop sales at \$6.05 off the July Kansas City contract. Next sales objectives are \$6.40 and \$6.75.

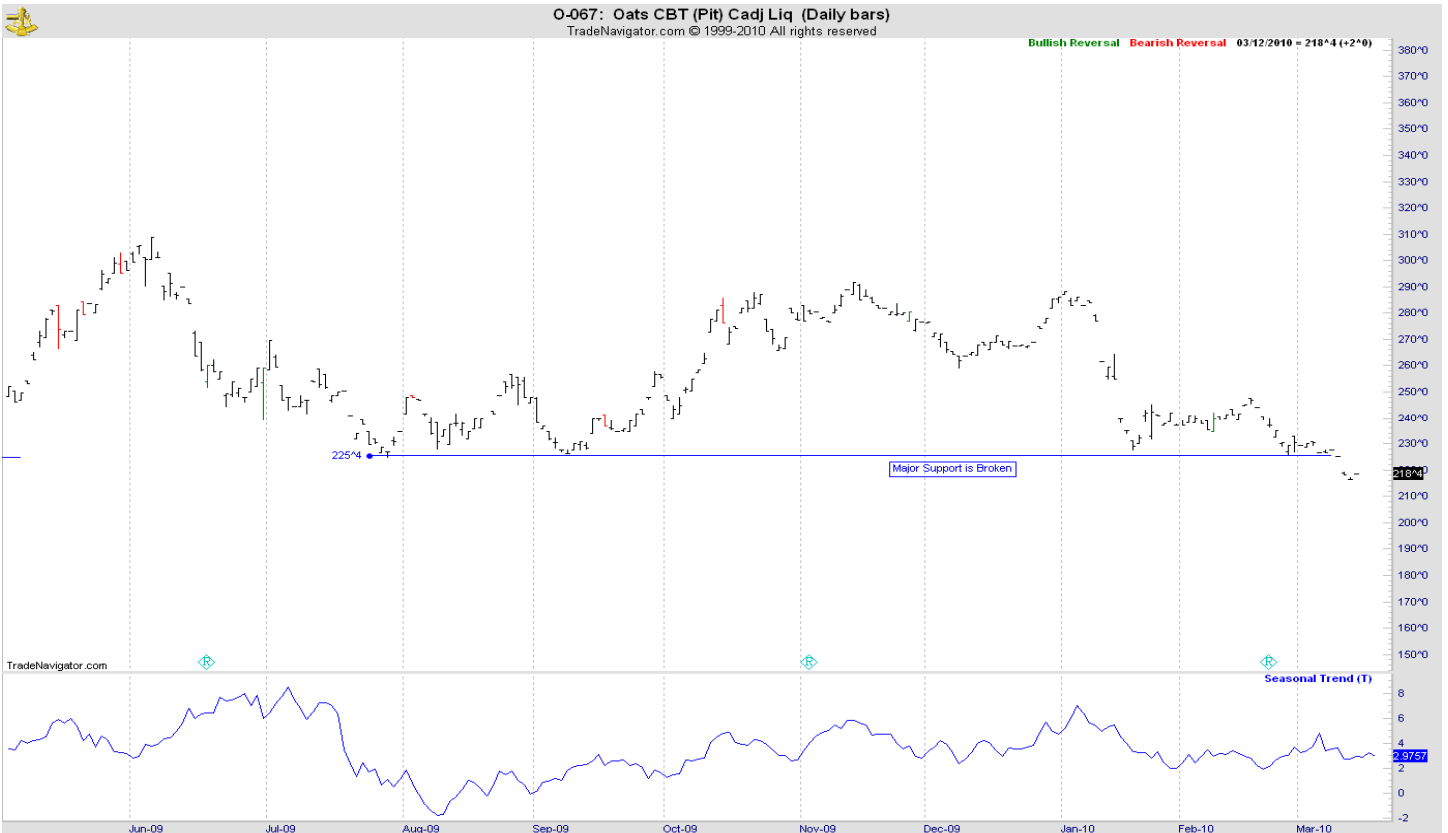
WEEKLY CHICAGO



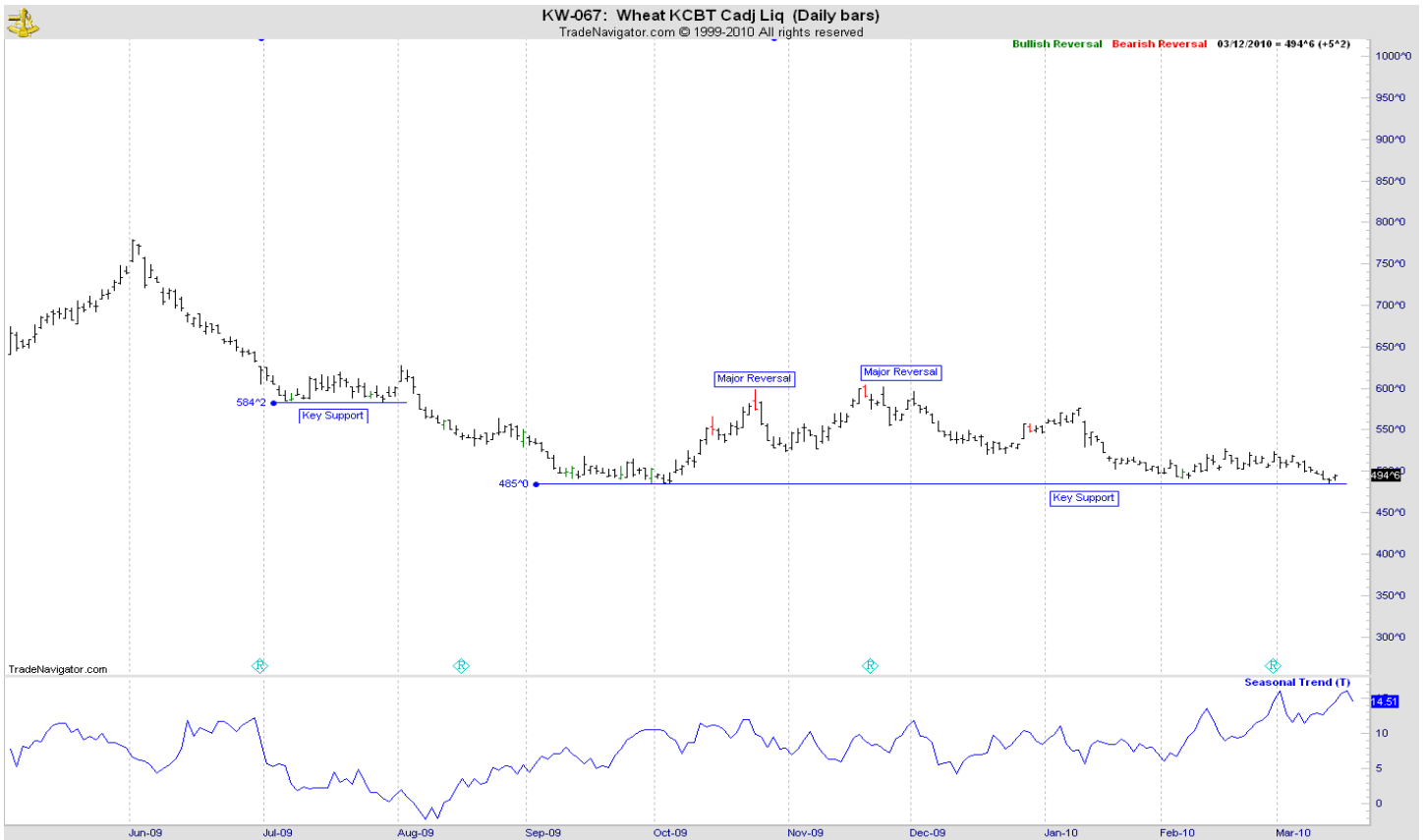
CHICAGO WHEAT



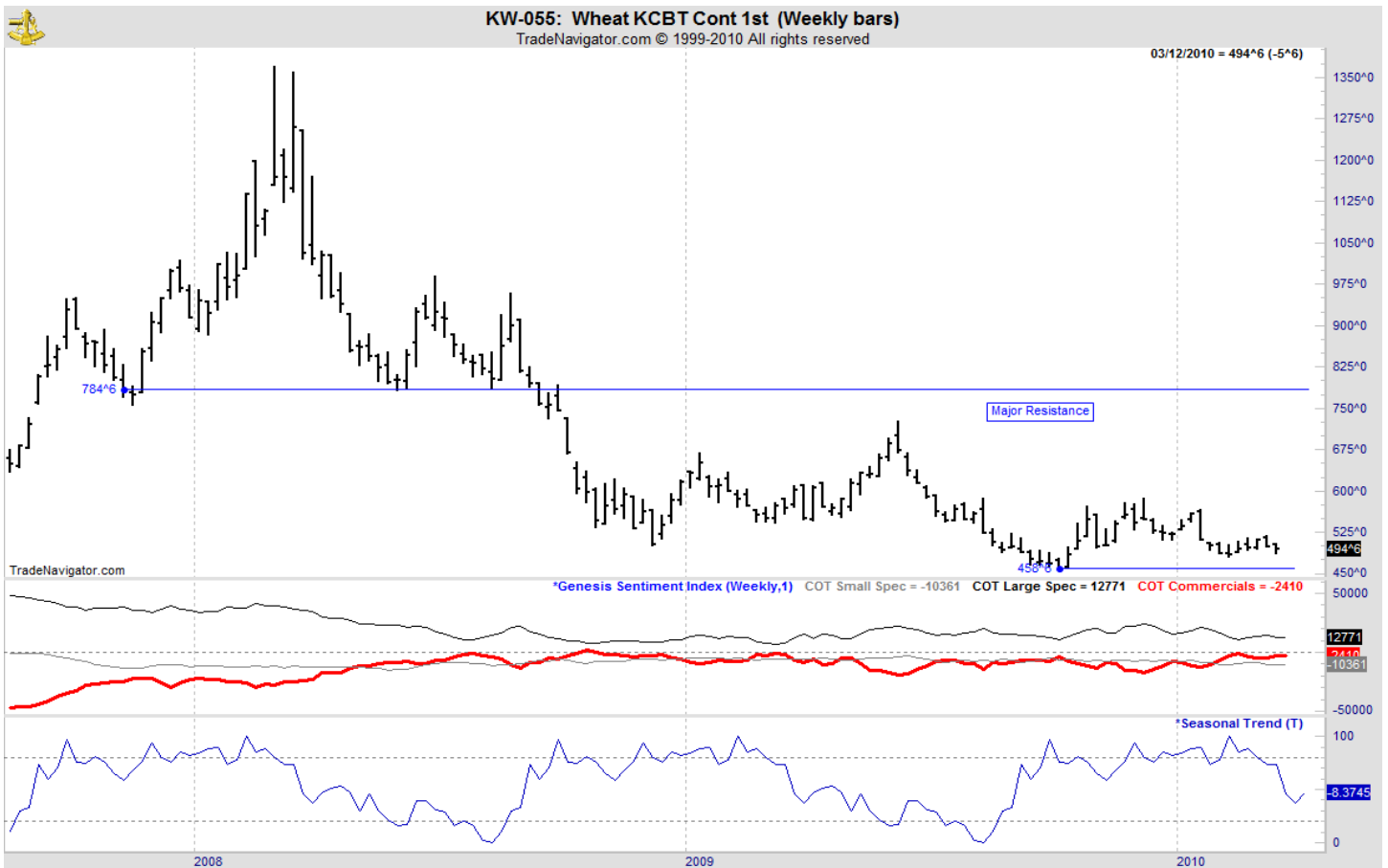
OATS



KANSAS CITY WHEAT



WEEKLY KANSAS CITY



MINNEAPOLIS WHEAT



WEEKLY MINNEAPOLIS

