



ISLANDS WEST PRODUCE WEEKLY SPECIALS

SEPTEMBER 21ST – 27TH, 2024



**LETTUCE ROMAINE
"HIGH YIELD"**
24ct Case
California



**PEPPERS ORANGE #1 XL
GREENHOUSE**
11lb Case
British Columbia



CANTALOUPE MELON
12ct Case
California



CILANTRO BUNCHED
60ct Case
Mexico



SQUASH BUTTERNUT
35lb Case
Vancouver Island



CARROTS MATCHSTICK
5lb Bag
Vancouver Island



**STEAK SPICE MONTREAL
[DRIED SPICE]**
600g Ctn.



**ONIONS PEARL IQF
[FROZEN]**
5x1kg/Case

CANTALOUPE SPOTLIGHT

In Australia,
cantaloupe is called
"rockmelon".

Another name for
cantaloupe is
muskmelon.

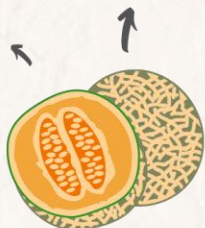
Good source of vitamin C,
which the body uses to
heal and vitamin A, which
helps protect our eyes –
kind of like having super
power glasses!

Originated in the Middle East or
India. Ancient Egyptians and
Romans enjoyed growing and
eating cantaloupe

Cantaloupe got its name
from Cantalupo, Italy.

The largest
cantaloupe on record
is 63 pounds.

Cantaloupes are sweet fruits
that grow on trailing vines that
can grow up to 5 feet long.



HOW TO ENJOY

Make your guests feel special...
by wrapping cantaloupe wedges in thin slices
of salty, fatty prosciutto.

Check all the boxes...
Sweet, salty, acidic and fatty. Add some figs
and goat cheese for a stunning and satisfying
salad.

For something savory...
Cantaloupe gazpacho with shallots, garlic and
basil is certainly outside the ordinary, or try
curried pork chops with a cooling side of
honeydew and cucumber.

A sure hit at your next party...
Cantaloupe, lime and toasted coconut shake
will hit the spot, or a cucumber melon white
sangria.



ISLANDS WEST PRODUCE MARKETSCOPE

SEPTEMBER 21ST – 27TH, 2024

Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666 • www.islandswest.com

We are celebrating the start of fall by beginning to supply assorted Gourds and local mini-colored Pumpkins. Reach out to your rep to get more details.

We'd like to update you on a few key market conditions. There's been a significant lack of Cucumbers, tightening the overall market. To help bridge the gap, we'll be bringing in shipments from Spain to ensure you have the Cucumbers you need. On the contrary, BC Tomatoes are doing very well. You'll notice we have all varieties in great quantity and quality.

As California emerges from an unusual heatwave, their product availability is limited, further contributing to the tight market for most of their products. Additionally, please note that Romaine prices will be increasing slightly. Historically, around this time of year, we've seen similar fluctuations. The Canadian Food Inspection Agency (CFIA) has implemented temporary import conditions for Romaine Lettuce grown in California's Salinas Valley due to recurring food safety concerns. These conditions are in effect from September 26 to December 18, 2024, requiring importers to show proof that their Romaine does not contain detectable levels of E. coli. These measures are essential for maintaining food safety during this transitional season.

On a positive note, we're excited to highlight a wonderful selection of fall produce such as Apples, Beets, Potatoes and Onions.

LETTUCE



ICEBERG: 24ct liner and cello available, and we continue to offer our in-house chopped product.

ROMAINE: We have a good supply of 24ct California and Romaine hearts. We continue to offer our in-house chopped product.

LEAF: We have 24ct California Red and Green leaf.

BUTTER: We have the California 24ct field Butter Lettuce available as well as the clamshell Butter Lettuce, slightly up in price due to demand.

TUSCAN SPRING MIX: Plenty available.

ARUGULA: We continue to stock the 2 x 2lb Arugula.

ARTISAN: Good quality with strong supply.

SPINACH W&T: There is a good supply of wash n trim Spinach available. The quality continues to be good.

ONIONS/ POTATOES



ONIONS: All Onions are new crop. We will continue to stock the 25lb White Onions. Yellow medium Onions are coming back.

Green Onions are available, stable in price.

SHALLOTS: 8x5lbs mesh available, stable in price.

POTATOES: All colors are new crop. White and Yellow Nuggets are available in 50lbs and 5lbs. We continue to stock Fingerlings as well.

PEPPERS



Bagged: Mixed 2lbs, and Mini Mixed Peppers available in bags.

COLOURED: Red, Yellow, and Orange in steady supply and stable price. Orange Peppers on sale this week!

SQUASH



HARD: Local Spaghetti, Acorn, Butternut, Banana, and Kabocha available.

SOFT: Last week for local Zucchini, prices are up slightly, due to demand.

TOMATOES



We have both the 5x6 and 6x7 Californian product available, Romas, Yellow on the vine, BC Beefsteak, and BC Red on the Vine.

SMALL: We have plenty of the 12/1pt Grape, Medley and Red Cherry available.

BROCCOLI/CAULIFLOWER



BROCCOLI: We will have both the Domestic and Asian cut crowns as well as the 14ct, slightly up in price.

CAULIFLOWER: We will have both the 9 & 12ct available, price increasing due to heat in California and demand.

BROCCOLINI: Steady supply of great quality Broccolini available.

CITRUS



ORANGES: We will continue to have the 56ct Valencia's Oranges available. We also have Cara Cara's.

LEMONS: We will have the 140 Californian Lemons back in stock.

LIMES: Lime prices have stabilized; we are stocking the 200cts.

MELONS



CANTALOUPE: We will have a good supply of California 12ct available.

HONEYDEW: We will have 6ct available, stable in price.

WATERMELON: We have the last of the Watermelon available for the week, price increasing with the limited quantities.

BERRIES



This week we will have Raspberries, Gooseberries, Strawberries, and Blackberries.



ISLANDS WEST PRODUCE LOCAL SHEET

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LOCALLY SOWN | LOCALLY GROWN | BUY BC



LOWER MAINLAND

BC Fresh

Brussel Sprouts
Radishes
Rutabaga
Savoy Cabbage
Carrots
Gold Beets
Turnips

BC

Greenhouses

Long English Cucumbers
Beefsteak Tomatoes
Grape Tomatoes
Medley Tomatoes
On the Vine Tomatoes
Orange Peppers
Red Peppers
Yellow Peppers

Champs / Avina

Mushrooms

Jumbo
Brown
White
Oyster
Portabella
Shitake

RGR

Bunched Beets
Bunched Carrots
Bunched Spinach
Green Zucchini

Badyal Farms

Corn



VANCOUVER ISLAND

Michell Farms

Large Beets
Kale
Large Parsnips
Green Zucchini

Yellow Zucchini
Green Cabbage
Red Cabbage

Galey Farms

Corn

Echo Farms

Kennebec Potatoes
Red Potatoes

IVCA

Large Yukon
VI Carrots



COMING SOON

BC Leeks