



ISLANDS WEST PRODUCE WEEKLY SPECIALS SEPTEMBER 7TH - 13TH, 2024



BEANS GREEN
20lb Case
Vancouver Island



**MUSHROOMS
PORTABELLA #1**
5lb Case
British Columbia



HONEYDEW MELONS
6ct Case
California



GREEN PEPPERS
25lb Case
California



**POTATO BAKER 100ct
RUSSET "PREMIUM"**
50lb Case
Washington



**SQUASH BUTTERNUT
DICED 3/8"**
5lb Bag
British Columbia



**SEASONING SALT
[DRIED SPICE]**
750g Ctn.



**BLUEBERRIES CULTIVATED
IQF [FROZEN]**
5kg/Case

Marvelous Mushrooms

PORTABELLA



Rich and Hearty.

A deep, meaty texture and complex flavor. Substantial flavor that's great for roasting or grilling.

For a meatless main, roast and stuff with sauteed greens and warm grains.

WHITE BUTTON



Mild and Versatile.

Mixes well with other mushrooms.

Classic flavour for salad, pizza or pasta.

CREMINI



Firm and Flavorful.

Stands up to almost any cooking method.

Roast or sauté for a satisfying side.

SHITAKE



Savory and Satisfying.

A super soup mushroom that stands up to long cooking times.

Always remove stems before cooking.

OYSTER



Mild and Sweet.

Cook briefly to preserve delicate flavor.

Add to omelets, quick soups, and stir fries.



ISLANDS WEST PRODUCE MARKETSCOPE SEPTEMBER 7TH - 13TH, 2024

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

We're looking forward to a hot weekend here in Victoria. This week, we have a range of products on sale, including Green Beans, Honeydew Melon, and Green Peppers. Don't miss our Portabella Mushrooms, perfect for grilling or adding to a veggie sandwich.

Squash season is in full swing, featuring local Spaghetti, Acorn, Banana, BC Butternut, and Kabocha varieties. We'll continue to offer local Green and Yellow Zucchini for the next few weeks, weather permitting. We're also well-stocked with a variety of Hot Peppers, such as Jalapeno, Anaheim, Poblano, Serrano, and Habanero.

Here's hoping the warm weather sticks around as long as possible!

LETTUCE



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

ROMAINE: Due to import restrictions, the pricing on Romaine will be increasing later this month. We have a good supply of the 24ct California, and Romaine hearts. We continue to offer our in-house chopped product.

LEAF: Local and Californian Leaf prices are stable. We have 24ct California Green and a limited supply of Vancouver Island grown Green and Red.

BUTTER: We have the California 24ct field Butter Lettuce available as well as the clamshell Butter Lettuce.

TUSCAN SPRING MIX: Plenty available.

ARUGULA: We continue to stock the 2 x 2lb Arugula, good quality with strong supply.

ARTISAN: Good quality with strong supply.

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

ONIONS/ POTATOES



ONIONS: The Red and Yellow Onions we have are all new crop from Washington. We will continue to stock the 25lb White Onions. Green

Onions are available, stable price.

SHALLOTS: 8x5lbs mesh available.

POTATOES: All colors are new crop from Vancouver Island. Kennebec's are coming down in price. White and Yellow Nuggets are available in 50lbs and 5lbs. 100ct Russets on sale!

PEPPERS



GREEN: On sale this week!

RED: BC Hot House 11lb Red Peppers available.

COLOURED: With the BC Hot Houses in full swing, we will have both the 11lb and 25lb Orange Peppers and mixed 2lbs bags.

SQUASH



HARD: Local Spaghetti, Acorn, BC Butternut, Banana, and Kabocha. Diced Butternut on sale!

SOFT: We continue to stock local Green and Yellow Zucchini.

TOMATOES



There is a heatwave going on in California right now, decreasing supply, increasing prices. We have both the 5 x 6 and 6x7 Californian product available, Romas, Yellow and Red on the Vine.

SMALL: We will have the 12/1pt Grape, Medley and Red Cherry available, as well as the last of the 10lb bulk Medleys.

BROCCOLI/CAULIFLOWER



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

CAULIFLOWER: We are seeing a strong and stable supply of Cauliflower. We will have both the 9 & 12ct available.

BROCCOLINI: Steady supply of great quality Broccolini available.

CITRUS



ORANGES: We will continue to have a good supply of the 56ct, 113ct, and 138ct Valencia's Oranges. The Navels will return come November.

LEMONS: We will have the 115ct Californian Lemons in stock.

LIMES: Lime prices continue to climb. We will have the 175ct available.

MELONS



CANTALOUPE: We will have a good supply of California 12ct available, the price continues to climb.

HONEYDEW: Same as the Cantaloupe, the Honeydew price will be increasing. We will have 6ct available.

WATERMELON: We have the last of the Watermelon available for the week, keeping the price stable. Quality remains very good.

BERRIES



We will have a mix of local and Driscoll Strawberries, 12/6oz Blackberries and 12/1pt BC Blueberries. Gooseberries are available but in limited quantities. Frozen Blueberries on sale this week!



ISLANDS WEST PRODUCE LOCAL SHEET

SEPTEMBER 7TH - 13TH, 2024

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

LOCALLY SOWN | LOCALLY GROWN | BUY BC

LOWER MAINLAND

BC Fresh

Radishes
Rhubarb
Savoy Cabbage
Carrots
Gold Beets
Brussel Sprouts

BC Greenhouses

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

Champs / Avina

Mushrooms

#1
Jumbo
Organic – Brown, Medium
Oyster
Portabella
Portabellini
White, Shitake

RGR

Bunched Beets
Bok Choy
Broccoli Crowns
Bunched Carrots
Bunched Spinach
Green Zucchini
Romaine Lettuce
Sui Choy

Badyal Farms

Corn

VANCOUVER ISLAND

Michell Farms

Green Leaf Lettuce
Red Leaf Lettuce
Large Beets
Kale
Large Parsnips

Green Zucchini
Yellow Zucchini
Green Cabbage
Red Cabbage

Galey Farms

Corn

Hilltop Farms

Long English Cucumbers

Echo Farms

Corn
Kennebec Potatoes
Yellow Potatoes
Red Potatoes

IVCA

Large Yukon
VI Carrots

★ COMING SOON

BC Leeks
BC Rutabagas
BC Turnips

**Product subject to availability