



ISLANDS WEST PRODUCE WEEKLY SPECIALS

OCTOBER 26TH – NOVEMBER 1ST, 2024



LETTUCE ROMAINE
"HIGH YIELD"
24ct Case
California



BEETS RED
MEDIUM BULK
25lb Sack
Vancouver Island



APPLES ROYAL GALA
EXTRA FANCY
113ct Case
British Columbia



GREEN ONIONS
MEDIUM
48ct Case
California/Mexico



POTATOES
FINGERLINGS
20lb Case
British Columbia



COLESLAW MIXED
5lb Bag
Vancouver Island



PUMPKIN SEEDS
ROASTED
[DRIED SPICE]
500g Ctn.



PEAS FANCY IQF
[FROZEN]
6x2kg Case



HELLO
AUTUMN
FLAVOURS

FINGERLING POTATOES WITH SPICY PUMPKIN SEEDS

Ingredients:

1 lb fingerling potatoes, halved	2 tsp Dijon mustard
1/8 cup pumpkin seeds	2 tsp lemon juice
1/2 tsp olive oil + 2 Tbsp	1/2 tsp sea salt
1 tsp chili powder	1/2 tsp ground black pepper
1 Tbsp honey	1/2 cup celery, thin-sliced diagonal

Directions:

In a large pot, cover potatoes with enough water and bring to boil over medium-high heat. Cook until potatoes are tender.

Drain potatoes then transfer into a large mixing bowl. Let cool for about 15 minutes

While potatoes are boiling, start on the pumpkin seeds. In a small bowl, mix pumpkin seeds with 2 tsp oil and chili powder. Then in a small pan, toast pumpkin seeds over medium heat for about 3 to 4 minutes until fragrant. Once toasted, remove from pan and set aside.

For the dressing, mix 2 Tbsp oil, honey, mustard, lemon juice, sea salt, and pepper in a medium bowl until combined. The dressing can be made the day before as well.

Add the potatoes, pumpkin seeds, dressing, and celery to a large bowl and gently toss to combine.



ISLANDS WEST PRODUCE LOCAL SHEET

OCTOBER 26TH – NOVEMBER 1ST, 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

- Brussel Sprouts
- Kalettes
- Radishes
- Rutabaga
- Savoy Cabbage
- Carrots
- Gold Beets
- Turnips

BC

Greenhouses

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

Champs / Avina

Mushrooms

- Jumbo
- Brown
- White
- Oyster
- Portabella
- Shitake

VANCOUVER ISLAND

Michell Farms

- Leeks
- Kale
- Large Parsnips
- Green Cabbage
- Red Cabbage
- Savoy Cabbage

IVCA

- Beets
- Carrots, Snap top
- Large Yukon
- Yellow Potatoes

Echo Farms

- Kennebec Potatoes
- Red Potatoes
- Yellow Potatoes
- Large Yukon
- Cello Russets

★ COMING SOON

Walla Walla Sweet Onions



ISLANDS WEST PRODUCE MARKETSCOPE

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What a week it's been in the market, with weather challenges making waves. The onset of hurricane season and last week's atmospheric river have increased demand for California products while making it difficult to secure local supplies. Fortunately, California is enjoying a warm streak this week, with no rain in sight, though recent heavy rains have left some mainland suppliers dealing with flooding.

NEW NEW NEW

Kalettes are available this week, but supplies are limited. With a short growing season of about two weeks, they make a fantastic fall special or a unique addition to vegetarian dishes. We're also excited to regularly stock delicata squash—take advantage while the season lasts. Lastly, we've begun stocking broccoli rabe, a great substitute for broccolini. If you haven't already, reach out to your sales rep to inquire.

We continue to offer a strong variety of local beets, including candy cane, golden, and red (with red on sale this week!). As for promotions, we have fantastic prices on fingerling potatoes, romaine lettuce, coleslaw mix, pumpkin seeds, and more.

LETTUCE



ICEBERG: 24ct liner and cello and our in-house chopped product.

ROMAINE: We have a steady supply of 24ct – *on sale this week!* We have Romaine hearts and our in-house chopped product.

LEAF: We have 24ct California Red and Green Leaf available.

BUTTER: We have great quality California 24ct field Butter Lettuce available and clamshell Butter Lettuce.

TUSCAN SPRING MIX: Plenty available.

ARUGULA: We continue to stock the 2x2lb Arugula.

ARTISAN: Good quality with strong supply.

SPINACH W&T: Limited supply available.

ONIONS / POTATOES



ONIONS: Slight upwards pressure in the Onion market. We have a steady flow of 50lb White Onions, switching back to 25lbs mid-week.

Green Onions are available (*and on sale this week!*). We have Red and Yellow as usual.

SHALLOTS: 8x5lbs mesh available, stable in price.

POTATOES: We have a plentiful variety of Potatoes including Yellow / Red Nuggets, Roasters, German Butter, Kennebec's, Yukon Gold and Fingerlings (*on sale this week!*). We continue to stock Yams and Sweet Potatoes.

PEPPERS



BAGGED: Mixed tricolor 5x2lbs available. Yellow and Orange 10x2 available.

COLOURED: Yellow and Orange in steady supply but tight in pricing. Red 25lbs price is stable.

SQUASH



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

SOFT: We have a limited quantity of yellow Zucchini. We will continue to stock Californian and Mexican Green Zucchini. We also have access to – very large – local Green Zucchini. Let your rep know if you're interested!

TOMATOES



FULL SIZE: We have the 5x6 and 6x7, Romas, BC Beefsteak, and BC Red on the Vine.

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

BROCCOLI / CAULIFLOWER



BROCCOLI: We will have limited quantities of Domestic and Asian cut crowns.

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

BROCCOLINI: Product has increased in price, also due to demand. We will continue to stock it in limited quantities.

CITRUS



GRAPEFRUIT: We have Ruby Red 56ct.

ORANGES: We will have 72ct and 100ct Argentinian Navels, as well as bulk Chinese Mandarins. We are hoping to secure 4lbs Mandarins as well mid-week.

LEMONS: We will have 140 Californian Lemons in stock.

LIMES: We continue to stock 175, 200 and 250cts. Limited supply left on the 250's, get them while you can.

MELONS



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

HONEYDEW: We will have 6ct available.

WATERMELON: Good supply of Watermelon available.

BERRIES



ALL: This week we are bringing in a limited quantity of Blackberries, Raspberries and Blueberries. We apologize that these products haven't been readily available for you in recent weeks- we promise we are working on it. We continue to stock Gooseberries, among other frozen Berries.