

# ISLANDS WEST PRODUCE WEEKLY SPECIALS

OCTOBER 12<sup>TH</sup> - OCTOBER 18<sup>TH</sup>, 2024



STRAWBERRIES
CLAMSHELL
8/1lb Case
California



GREEN LEAF LETTUCE
"HIGH YIELD"
24ct Case
California



25lb Sack
Vancouver Island



TOFU EXTRA FIRM 12/454g Case Vancouver Island



POTATOES RUSSET
LARGE
50lb Case
Vancouver Island



POTATOES YELLOW
PEELED
25lb Bag
Vancouver Island



THYME GROUND [DRIED SPICE] 375g Ctn.



BLUEBERRIES WILD IQF [FROZEN] 5x1kg/Case

## **VEGETABLE FUN FACTS**



Did you Know that the <u>TOMATO</u> is actually a fruit, not a vegetable?

The <u>GREEN BEAN</u> is a type of legume and is also Known as a string bean or snap bean.

When harvested, the entire <u>BEET</u> is edible, from its leaves, down to its pointed root. Sautéed beet greens anyone?



The humble <u>ONION</u> is actually a member of the lily family, which also includes garlic and shallots.



The <u>EGGPLANT</u> is a nightshade vegetable and is closely related to tomatoes and potatoes.

The <u>POTATO</u> is the most widely grown vegetable in the world, with over 300 million tons produced each year.



The <u>BELL PEPPER</u> is actually a fruit but is commonly referred to as a vegetable due to its savory flavor.



LETTUCE is the second most popular fresh veggie, behind only the potato!



## ISLANDS WEST PRODUCE **MARKETSCOPE**

OCTOBER 12TH - OCTOBER 18TH, 2024

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

We are pleased to announce some great sales this week. Enjoy 1lbs fresh sweet Strawberries from California, flavorful Golden Beets, a kitchen staple - Russet Potatoes, and more.

We will continue to rely on California for the most part for our green leafy produce. However, California's weather has been less than ideal, with stressed plants experiencing stunted growth. This has resulted in fluctuations in the quality and supply of certain products, especially those more fragile like Arugula. As we all know, Hurricane Milton has not helped- the storm season could lead to variations in availability, quality, and pricing. Our warehouse team is keeping a watchful eye on product quality, working hard to do the best we can with what mother nature is giving us.

As always, we are here to support your needs and ensure you have access to quality produce. Please let us know if you are looking for certain products that we do not carry, and we will do our best to secure those items for you.



#### **LETTUCE**

ICEBERG: We have 24ct liner and cello available, and we continue to offer our in-house chopped product. Prices are increasing due to weather

conditions, placing constraints on the market.

ROMAINE: We have a steady supply of 24ct and Romaine hearts. Prices are climbing due to import restrictions. We continue to offer our in-house chopped product.

LEAF: We have 24ct California Red and Green Leaf available. Green Leaf is on sale this week.

BUTTER: We have great quality California 24ct field Butter Lettuce available as well as the 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: There is a good supply of wash n trim Spinach available. The quality continues to be good.



## **ONIONS/POTATOES**

ONIONS: We have begun stocking 50lb White Onions. The rest are stable in price and volume. Green Onions are available, and prices

are reducing slightly.

SHALLOTS: 8x5lbs mesh available, stable in price.

POTATOES: White Nuggets have come to an end. Yellow Nuggets are available in 5lbs and 50lbs. We continue to stock Fingerlings as well. Large Russets and peeled Yellow are on sale this week.



## **PEPPERS**

BAGGED: Mixed 2lbs available.

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



#### **SQUASH**

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

SOFT: We have a limited quantity of yellow Zucchini. We will continue to stock Californian Green Zucchini, in 40lb wire bound crates and 22lbs.

#### **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 and Red Cherry available.

## **BROCCOLI/CAULIFLOWER**



BROCCOLI: We will have both the Domestic and Asian cut crowns, slightly up in price due to availability issues.

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.

### **CITRUS**



**ORANGES:** We will be stocking Australian Navals 48ct, and we continue to stock Chinese Mandarins in bulk and 4lbs cases.

**LEMONS**: We will have 140 Californian Lemons in stock. LIMES: We continue to stock the 250cts and will have some 175cts.

#### **MELONS**



CANTALOUPE: We will have a good supply of California 12ct available. The market is tightening with increased demand.

HONEYDEW: We will have 6ct available.

WATERMELON: Good supply of Watermelon available.

#### **BERRIES**



This week we will have a good supply of 12oz Raspberries. We have plenty of Strawberries on sale this week. Limited supply of Gooseberries. Frozen

Blueberries are also on sale this week.

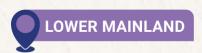


# ISLANDS WEST PRODUCE LOCAL SHEET

**OCTOBER 12<sup>TH</sup> - OCTOBER 18<sup>TH</sup>, 2024** 

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## LOCALLY SOWN | LOCALLY GROWN | BUY BC



## **BC Fresh**

Brussel Sprouts
Radishes
Rutabaga
Savoy Cabbage
Carrots
Gold Beets
Turnips

## BC

## Greenhouses

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

## Champs / Avina

## **Mushrooms**

Jumbo Brown White Oyster Portabella Shitake

## **RGR**

Large Green Zucchini

## **Badyal Farms**

Corn



Large Parsnips

## **Michell Farms**

Beets Green / Red / Savoy Cabbage Leeks Walla Walla Sweet Onions (Mid-Week) Kale

## **Galey Farms**

Corn

## **Echo Farms**

Kennebec Potatoes Red Potatoes Yellow Potatoes

## **IVCA**

VI Carrots
Yellow Potatoes



Kalettes!