



ISLANDS WEST PRODUCE WEEKLY SPECIALS

OCTOBER 12TH – OCTOBER 18TH, 2024



**STRAWBERRIES
CLAMSHELL**
8/1lb Case
California



**GREEN LEAF LETTUCE
"HIGH YIELD"**
24ct Case
California



BEETS GOLD MEDIUM
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 TOMATO is actually a fruit, not a vegetable?

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

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



The GREEN BEAN is a type of legume and is also known as a string bean or snap bean.



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

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



The EGGPLANT is a nightshade vegetable and is closely related to tomatoes and potatoes.



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



ISLANDS WEST PRODUCE MARKETSCOPE

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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

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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
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

VANCOUVER ISLAND

Michell Farms

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

Galey Farms

Corn

Echo Farms

Kennebec Potatoes
Red Potatoes
Yellow Potatoes

IVCA

Large Yukon
VI Carrots
Yellow Potatoes

★ COMING SOON

Kalettes!