



ISLANDS WEST PRODUCE

WEEKLY SPECIALS

OCTOBER 5TH – OCTOBER 11TH, 2024



**BRUSSEL SPROUTS #1
STANDARD**
25lb Case
British Columbia



RASPBERRIES FRESH
12x6oz Case
California



LIMES
200/250ct Case
California



LEEKS BULK
30lb Case
Vancouver Island



YAMS JUMBO
40lb Case
California



**CABBAGE GREEN
SHREDDED**
5lb Bag
Vancouver Island



**POULTRY SEASONING
[DRIED SPICE]**
375g Ctn.



**ASPARAGUS SPEARS IQF
[FROZEN]**
4x1kg/Case

FOOD FOR THOUGHT

Tastes like...

With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present.

Looks like...

They look like oversized scallions or green onions, long and cylindrical - with white stems and root and green at the top of the stem.

How can you use them?

They are versatile and can be enjoyed on their own while adding depth to dishes like stews, soups, and pastas.

Is the whole leek edible?

You can only eat its stalk – just above the roots and stem base.



LEEKS



ISLANDS WEST PRODUCE MARKETSCOPE

OCTOBER 5TH – OCTOBER 11TH, 2024

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

Welcome to October!

As temperatures swing by 30 degrees—fluctuating between cool nights and heatwaves—California's weather is unpredictable right now. Production is expected to slow gently in the coming weeks as temperatures continue to change.

As for local products, we have plenty of Thanksgiving favorites, including Potatoes, Leeks, Brussels Sprouts, Onions, Rutabaga, and Parsnips. We've got Pumpkins on Pumpkins, all shapes and sizes. Seasonal items include fresh Cranberries and our Herb Bird packs, which feature a blend of fresh Dill, Marjoram, Rosemary, Sage, and Thyme—essential ingredients for your fall recipes. Be sure to check in with your sales rep for more information!

LETTUCE



ICEBERG: Strong supply from California – we have 24ct liner and cello available, and we continue to offer our in-house chopped product.

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

LEAF: We have 24ct California Red and Green Leaf. Green Leaf production in Salinas is steady, with good quality.

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 will continue to stock the 25lb White Onions and Yellow Medium Onions. We have Red Jumbo Onions on sale this week!

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. Yukon Gold large on sale this week!

PEPPERS



Bagged: Mixed 2lbs, and 1lbs Mini Mixed Peppers available.

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

SQUASH



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

SOFT: We are on the last few cases of local Green Zucchini; it is slightly larger than normal. We also have California product in stock.

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 due to availability issues.

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

BROCCOLINI: Steady supply of great quality Broccolini available, price has increased.

CITRUS



ORANGES: We will continue to have the 56ct Valencia's Oranges available. We also have Cara Cara's, and have begun stocking Chinese Mandarins.

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

LIMES: We are stocking the 200cts and 250cts.

MELONS



CANTALOUPE: We will have a good supply of California 12ct and 15ct available. Market is tightening with increased demand and less supply. It is likely the last week or so for California product.

HONEYDEW: We will have 6ct available, stable in price - it is likely the last week or so for California product.

WATERMELON: Good supply of Watermelon available.

BERRIES



This week we will have a good supply of 12oz Raspberries. We have plenty of Strawberries (Driscoll's and Natures Reward). Limited supply of Gooseberries 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 (last call)
Bunched Carrots (last call)
Bunched Spinach
Green Zucchini

Badyal Farms

Corn

VANCOUVER ISLAND

Michell Farms

Large Beets
Kale
Large Parsnips
Green Cabbage
Red Cabbage
Leeks

Galey Farms

Corn

Echo Farms

Kennebec Potatoes
Red Potatoes
Yellow Potatoes

IVCA

Large Yukon
VI Carrots
Yellow Potatoes

★ COMING SOON

Kalettes!