



ISLANDS WEST PRODUCE WEEKLY SPECIALS

NOVEMBER 23RD – NOVEMBER 29TH, 2024



BRUSSEL SPROUTS
25lb Case
British Columbia



**BERRIES MIXED
BLACK/BLUE/RASP**
12/6oz Case
California/Mexico



CUCUMBERS L.E.
#1 MEDIUM
12ct Case
Mexico



ORANGES NAVEL FANCY
138ct Case
California



TOMATOES MEDLEY
12/1pnt Case
Canada/US/Mexico



**VEGETABLE RAINBOW
MATCHSTICK CUT**
5lb Bag



**CURRY POWDER MADRAS
[DRIED SPICE]**
2kg Ctn.



CAULIFLOWER FLORETS
IQF
[FROZEN]
6x2kg Case

What's in the **RAINBOW** **MATCHSTICK** BLEND



Prepared in-house by our Production Team

Named after the slender flame igniters they resemble, matchstick vegetables are more than just a salad topping. Instead, they're the skeleton key responsible for unlocking some delicious recipes.

Stirfrys, sautes, sandwiches, veggie patties...just to name a few.





ISLANDS WEST PRODUCE

MARKETSCOPE

NOVEMBER 23RD – NOVEMBER 29TH, 2024

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

Welcome to the final week of November! As we head into American Thanksgiving, the market is seeing increased pressure, particularly with high demand for Cauliflower, Broccoli, and Celery.

We continue to carry California Grapes for now but expect to transition to offshore products within the next couple of weeks. On the Apple front, we have a wide selection available, including Cosmic Crisp, Royal Gala, and Pink Lady varieties.

We're nearing the end of the BC Carrot season and will be switching to California-grown Carrots in approximately two weeks. Along with this, the 30x1lb baby Carrots will make their return.

This is a great time of year for Cabbage - we currently have green, red, and savoy varieties in stock.



LETTUCE

ICEBERG: We continue to stock our 24ct and our in-house chopped product.

ROMAINE: Quality is fair. We will have limited quantities available. We will have Romaine Hearts back next week.

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

BUTTER: We have a limited supply of 24ct.

TUSCAN SPRING MIX: We continue to stock the 3lbs case.

ARUGULA: We continue to stock the 2x2lbs.

ARTISAN: We continue to stock the 24cts.

SPINACH W&T: We have a good supply of 4x2.5lbs cases.



ONIONS / POTATOES

ONIONS: The Onion market is experiencing pressure from the states. We continue to stock 25lb White Onions and have a variety of Red and Yellow in jumbo / medium sizes. The quality of green Onion is excellent.

SHALLOTS: 8x5lbs mesh available, stable in price.

POTATOES: Yellow and Red Nuggets, Roasters, Kennebec's, Yukon Gold, large Russets and Fingerlings. We continue to stock Yams and Sweet Potatoes.



PEPPERS

BAGGED: Mixed 10x2lbs available.

COLOURED: Yellow and Orange in steady supply. Red 25lb price is up slightly. Green is up in price.

BROCCOLI / CAULIFLOWER

BROCCOLI: We will have steady supplies of Domestic, bunch and Asian cut crowns.

CAULIFLOWER: We will have the 12ct available, the quality remains good. There is a low supply and strong demand, tightening the market.

BROCCOLINI: We continue to stock Broccolini, quality is good.



TOMATOES

FULL SIZE: We have a mix of product from Mexico, California, Florida, and Georgia. We continue to stock the 5x6 and 6x7, Beefsteak, Romas, and BC Red OTV.

SMALL: We have plenty of the 12/1pt Grape, 12/1pt Medley and 12/1pt Red Cherry available. We also have a limited supply of sweet 12x1 Yellow Cherry Tomato pints.



SQUASH

HARD: We continue to stock Acorn, Butternut, Kabocha, and Spaghetti Squash. Limited quantities of Delicata are available. We have a good amount of local and Mexican product available.



CITRUS

GRAPEFRUIT: Ruby Red 56ct available and in great quality.

ORANGES: We will be stocking 56, 113, and 138ct Californian Navels.

LEMONS: We will have 140 Californian Lemons in stock, quality has improved.

LIMES: We continue to stock the 200ct.



MELONS

CANTALOUPE: We continue to stock the 12ct product. The market is tight due to a lack of availability from decreased growth.

HONEYDEW: We will have 6ct available. The market is tight due to a lack of availability from decreased growth.

WATERMELON: Good supply of Watermelon available.



BERRIES

We will have a good supply of Raspberries and Blackberries, Blueberries and Strawberries. We continue to stock Gooseberries.