

# ISLANDS WEST PRODUCE WEEKLY SPECIALS

NOVEMBER 23<sup>RD</sup> – NOVEMBER 29<sup>TH</sup>, 2024



BRUSSEL SPROUTS 25lb Case British Columbia



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



12ct Case Mexico



ORANGES NAVEL FANCY 138ct Case California



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



CURRY POWDER MADRAS [DRIED SPICE] 2kg Ctn.

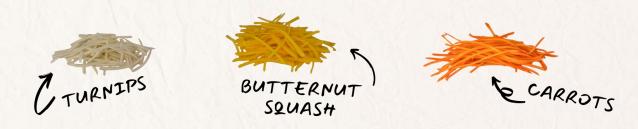
CAULIFLOWER FLORETS IQF [FROZEN] 6x2kg Case

# what's in the **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.



Locally Led & Rooted in the Community @ 4247 Douglas Street Victoria, BC Office Hours: Mon – Fri: 5:00am – 6:00pm • Sat: 5:00am – 12:00pm • Sun: 12:00pm-6:00pm Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666 www.islandswest.com



# **ISLANDS WEST PRODUCE MARKETSCOPE**

## NOVEMBER 23<sup>RD</sup> – NOVEMBER 29<sup>TH</sup>, 2024

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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 guality.

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.