



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

NOVEMBER 2<sup>ND</sup> – NOVEMBER 8<sup>TH</sup>, 2024



**ASPARAGUS GREEN  
STANDARD**  
11lb Case  
Mexico



**CANTALOUPE MELONS**  
12ct Case  
California



**APPLES GRANNY  
SMITH EXTRA FANCY**  
110ct Case  
New Zealand



**ZUCCHINI GREEN  
VOLUME FILLED**  
40lb Case  
Mexico



**POTATOES RUSSET  
LARGE**  
50lb Case  
Vancouver Island



**SQUASH BUTTERNUT  
DICED 3/4"**  
5lb Bag  
Vancouver Island



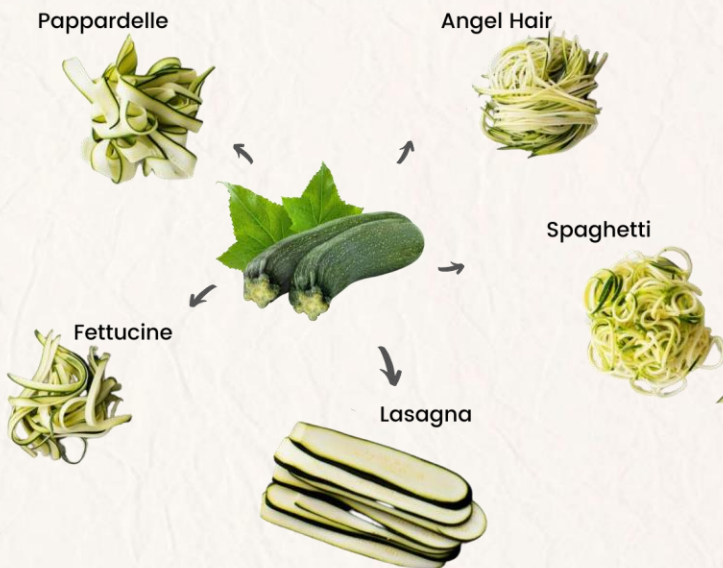
**POPPY SEEDS WHOLE  
[DRIED SPICE]**  
600g Ctn.



**PRINCE EDWARD MEDLEY  
MIX IQF  
[FROZEN]**  
6x2kg Case

## the many sides of

## Zucchini Noodles



### HOW TO ENJOY

**How to Make**  
Spiralizer, Julienne Peeler, Mandolin

**How to Cook**  
Raw, Microwave, Saute, Boil, Bake

#### Tips and Tricks

- **Make your zoodles ahead of time!** This is the best time-saving tip. After you've spiralized line a plastic or glass storage container with paper towel, add your noodles and place in the refrigerator. They'll stay fresh for 2-3 days.
- **Larger zucchini are easier to spiralize** and will yield more noodles. For serving sizes, plan on one medium zucchini per person.
- **To peel or not to peel the zucchini?** With the added green color and extra nutrients it provides, like dietary fiber - don't.



# ISLANDS WEST PRODUCE MARKETSCOPE

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Phone: 250-727-0744 • 1-800-477-4088 • Fax: 250-727-9666 • [www.islandswest.com](http://www.islandswest.com)

Welcome to November! As we approach the end of the Salinas Valley crop, we will soon transition into the Desert season in Arizona. This means our California products might show some signs of stress, including lighter colored leaves and rust. The Arizona crops arriving in a couple of weeks will face harsher growing conditions, leading to changes in flavor, texture, and growth patterns. With American Thanksgiving around the corner, expect a tighter market as supply decreases and demand rises. We are starting to source some products from Huron Valley, which, despite the cooler weather, is offering better quality than the Salinas crops.

Locally, there will be a slight gap in Kale for the next 2-3 weeks, but we will have excellent California Kale in stock. We will also be switching to Carrots from the mainland as Vancouver Island's season ends. We continue to have a good selection of local root vegetables, including Parsnips, Turnips, and Beets. We're still stocked up on Squash, with Delicata being the only one not from the Island. We have a few cases of Kalettes in, ask your rep for more information!

## LETTUCE



**ICEBERG:** We continue to stock our 24ct and our in-house chopped product. The price on Iceberg is increasing due to demand.

**ROMAINE:** 24ct available. We continue to stock Hearts, although quality has dipped slightly due to the weather. We are seeing twisting leaves due to last week's weather. We continue to offer our chopped product.

**LEAF:** We have 24ct California Red and Green Leaf available, being the best-priced Lettuce option this week.

**BUTTER:** We have great quality California 24ct field Butter Lettuce available, as well as clamshell Butter Lettuce.

**TUSCAN SPRING MIX:** Plenty available.

**ARUGULA:** We continue to stock the 2x2lb Arugula, quality is better than last week but still slightly impacted by weather.

**ARTISAN:** Good quality with strong supply.

**SPINACH W&T:** Limited supply available.

## ONIONS / POTATOES



**ONIONS:** Slight upwards pressure in the Onion market. We have a steady flow of 50lb White Onions, switching back to 25lb mid-week. We have Green Onions available in good condition. We have Red and Yellow Onions available as usual, Jumbo and Medium sizes.

**SHALLOTS:** 8x5lbs mesh available, stable in price.

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

## PEPPERS



**BAGGED:** Mixed 5x2lbs available. Yellow and Orange 10x2 available.

**COLOURED:** Yellow and Orange in steady supply but tight in pricing. Red 25lb price is stable. Green up in price.

## SQUASH



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

## TOMATOES



**FULL SIZE:** As we switch to Mexican product, we continue to stock the 5x6 and 6x7. Romas are up in price. We have a good supply of BC Red on the Vine and a few Heirlooms available.

**SMALL:** We have plenty of the 12/1pt Grape, Medley and Red Cherry available. We have a limited volume of Orange OTV Cherries available as well.

## BROCCOLI / CAULIFLOWER



**BROCCOLI:** We will have limited quantities of Domestic and Asian cut crowns. There is strong demand and prices are up.

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

**BROCCOLINI:** Product has increased in price, also due to demand. We will continue to stock it in limited quantities.

## CITRUS



**GRAPEFRUIT:** Ruby Red 56ct available.

**ORANGES:** We will have 100ct Argentinian Navels, 113ct Californian Navels, and 4lbs Chinese Mandarins.

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

**LIMES:** We continue to stock 175 and 200ct.

## MELONS



**CANTALOUPE:** We will have a good supply of California 12ct available.

**HONEYDEW:** We will have 6ct available.

**WATERMELON:** Good supply of Watermelon available.

## BERRIES



We continue to stock Gooseberries, and will have a limited quantity of Strawberries, Blackberries, and Raspberries available. We are hoping to get our hands on some Blueberries, but we aren't making any promises.