



ISLANDS WEST PRODUCE WEEKLY SPECIALS

DECEMBER 14TH – DECEMBER 20TH, 2024



BRUSSEL SPROUTS
#1 STANDARD
25lb Case
British Columbia



BEETS CANDY CANE
MEDIUM
25lb Sack
British Columbia



CRANBERRIES FRESH
24/340g Case
Import



SQUASH BUTTERNUT
40lb Case
Vancouver Island



YAMS JUMBO
40lb Case
California



CELERY DICED 3/8"
5lb Bag
Vancouver Island



NUTMEG GROUND
[DRIED SPICE]
500g Ctn.



MIXED VEGETABLES IQF
(peas, car, corn, beans)
[FROZEN]
6x2kg Case

Holiday Dinner fun facts

The typical Holiday dinner includes 7,000 calories per person.



Is there any dish more reviled and revered than the sweet potato (yam) marshmallow casserole? Each Thanksgiving, it appears on Americans' dining room tables for its annual cameo.



The Brussel sprout, which were widely grown in Belgium and the Benelux countries only became a staple of the Christmas dinner table in the Victorian era.

The largest recorded Brussels sprout weighed an incredible 8.3kg



Turkey or another type of poultry is the main protein in a typical Holiday dinner today, but back in medieval times the preferred poultry was actually peacock!

The world's largest root vegetable is a rutabaga weighing 855 pounds, grown by Ian Neale in the United Kingdom, in 2011.



It took people a couple of millennia to figure out that carrots' roots are good to eat - When they were first cultivated, carrots were prized for their aromatic leaves and seeds rather than their roots



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

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With the winter growing area in full swing, we are seeing the availability of produce continue to increase, along with some relief in the pricing on some of the usual items. We are seeing the price trend down on items such as certain Lettuce products and Broccoli. We are also seeing the product quality become much better. For example, the weights and sizes of all Lettuce has increased along with the quality.

We are hearing that the weather is still mild in the Yuma growing area with cooler nights and mornings affecting the rate of growth on some items causing the price on some items to continue to increase. They are even predicting rain for the weekend and early next week. We are seeing good volumes on items like Green Beans, Tomatoes, Zucchini and Cucumbers from Mexico as we continue with our import program. Still available from our local and mainland growers, a selection of hard Squash, all Cabbage, Beets, Turnips, Rutabagas and Potatoes.



LETTUCE

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

ROMAINE: We will have good supplies available for the week. Romaine Hearts back in stock. We continue to have our in-house chopped Romaine product.

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

BUTTER: We have a good supply of 24ct GH and Field.

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

ARUGULA: We continue to stock the 2x2lbs.

ARTISAN: We continue to stock 24cts.

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



ONIONS / POTATOES

ONIONS: The Onion market is experiencing upwards pressure. We have Red jumbo and Yellow in both jumbo / medium sizes. The quality

of Green Onion is good with large quantities being available.

SHALLOTS: Available in the 5lb whole or 2lb peeled.

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



PEPPERS

BAGGED: There are limited supplies of bagged Peppers available in the 5/2lb size.

COLOURED: We have transitioned to the Mexican 11lb coloured Peppers. We will have Yellow and Red available for this week. There will also be limited quantities of the 11lb Orange BC available. We continue to have the 25lb Red & Green in stock as well.



SQUASH

HARD: We continue to stock Acorn, Butternut, Kabocha, and Spaghetti Squash. As we move

forward in the winter season, we will start to see the local Squash finish. Delicata is now finished for the season.



BROCCOLI / CAULIFLOWER

BROCCOLI: We will have steady supplies of the Domestic and Asian cut crowns as well as the 14ct bunch product. We are seeing the price continue to trend downwards for the week.

CAULIFLOWER: We will have both the 9ct and 12ct available, the quality remains good. We are seeing the market price continue to trend upwards, higher again this week.

BROCCOLINI: We have a good supply of Broccolini which can be a nice change from Asparagus which is not available again this week.



TOMATOES

FULL SIZE: We have 5x6's and Romas from Mexico again this week. 6x7 are still not available. We have BC Beefsteak, Red On the vine.

SMALL: We have plenty of the 12x1pt Medley and 12x1pt Red Grape available.



CITRUS

GRAPEFRUIT: We will have available again for this week, the 56ct Ruby Red.

ORANGES: We will be stocking 56ct, 113ct, and 138ct Californian Navels. Also, we will have limited supplies of the bulk and 4lb Mandarin Oranges.

LEMONS: We will have 140 Californian Lemons in stock. Good quality.

LIMES: We are back to stocking the 175ct, we could see the price rise in the coming weeks due to the holidays.



MELONS

CANTALOUPE: We will be stocking the 12ct product this week. The market is tight due to a lack of availability from decreased growth.

HONEYDEW: We will have 9ct available for this week. Limited availability.

WATERMELON: We have the regular size Watermelon to start the week, but we are seeing the market begin to tighten.



BERRIES

We will have for next week, the 12/6oz Driscoll's Raspberries and Blueberries as well as the 8/1lb Strawberries.

Happy Holidays!



**Thank you for sharing 2024 with us! We are grateful to our customers for supporting local and appreciate the continued opportunity you give us to do business with you.
WARMEST WISHES.**

HOLIDAY HOURS

Tuesday, December 24th

Office open for pick ups until 12:00pm
No afternoon deliveries

Wednesday, December 25th

Office closed
No deliveries

Thursday, December 26th

Office open for pick ups 12:00pm - 5:00pm
No deliveries

Tuesday, December 31st

Office open for pick ups until 4:00pm
Regular deliveries

Wednesday, January 1st

Office open for pick ups 12:00pm - 5:00pm
No deliveries

Thursday, January 2nd

Regular hours
Regular deliveries



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CANADA POST STRIKE NOTICE

Dear Valued Customers,

Due to the current postal strike if you have cheques ready to go out, we have options!

- Contact the Order Desk or your Sales Representative to arrange for pick up.
- Alternative options for payment are also available: Visa, Mastercard, Direct Deposit or eTransfer.

Call Accounts Receivable to arrange for alternative payments.

Nancy Norbury - Accounts Receivable
Ph: 250-727-0744 or 1-800-477-4088 (ext.105)

Thank you,
Your Islands West Produce Team
