



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

JANUARY 18<sup>TH</sup> – JANUARY 24<sup>TH</sup>, 2025



**AVOCADOS "PREMIUM"**  
20ct Case  
Mexico



**PEPPERS GREEN  
CHOICE**  
25lb Case  
Mexico



**GRAPEFRUIT RIO RED**  
56ct Case  
California



**SQUASH KABOCHA**  
35lb Case  
British Columbia



**POTATOES YELLOW  
NUGGETS (SMALL)**  
50lb Case  
British Columbia



**COLESLAW MIXED**  
5lb Bag  
Vancouver Island



**GINGER GROUND  
[DRIED SPICE]**  
500g Ctn.



**MIREPOIX BLEND IQF  
[FROZEN]**  
6x2kg Case

## We would like to introduce you to a member of the **CUCURBITACEAE FAMILY**

- Squash is a very old food plant, dating back to at least 8,000 B.C.
- Originally grown in Central Mexico, Peru and the Eastern U.S.
- Almost every part of the squash plant is edible, including the leaves, tendril shoots, stems, flowers, seeds, and fruit.
- It has also been grown to be used as containers (dried gourds).
- Squash comes from the Narragansett Indian word "askutasquash," translated roughly to "eaten raw or uncooked."
- They pack a sweet, nutty flavor that some say is like a sweet potato crossed with a pumpkin



They can be used in soups, desserts, casseroles, purees, salads, quesadillas, you name it! They're even tasty just roasted with a bit of olive oil, salt, and pepper.

1. Preheat the oven to 400 F.
2. Scoop out the seeds and cut the squash into thin wedges. Toss the squash with your fat of choice and sprinkle the slices with salt and pepper.
3. Place the squash in a single layer on a foil- or parchment-lined rimmed baking tray and pop it in the oven.
4. Roast the squash for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.



# ISLANDS WEST PRODUCE MARKETSCOPE

JANUARY 18<sup>TH</sup> – JANUARY 24<sup>TH</sup>, 2025

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Weather conditions through most of the growing regions are causing volumes to be much lower than expected. For example, Mexico is experiencing much colder than normal temperatures for this time of year. This has caused there to be lower volumes on such items as Zucchini in turn, causing the price to almost triple for the week. Who knew that it would cost this for Zucchini this time of year. The Yuma area of Arizona is also experiencing cooler weather than normal to the point that they are seeing frost overnight causing slower growth in the area - we are expecting all Lettuce products to increase in price for the week.

We are now seeing the availability of local produce drop. From the Island we are still receiving some Potatoes, Leeks, certain Squash varieties, red & green Cabbage and large Parsnips. From the lower mainland we are seeing bunch Radish, Potatoes, LE Cucumbers, mini-Cucumbers, Savoy Cabbage.



## 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. We have plenty of Romaine Hearts 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 has now stabilized with the post-holiday season. 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:** We have available, Yellow and Red Nuggets, Roasters, Kennebec's, Yukon Gold, large Russets and Fingerlings. We continue to stock Yams and Sweet Potatoes.



## PEPPERS

**BAGGED:** We will have arriving on Tuesday, the 10/2lb mixed Peppers.

**COLOURED:** We will have both 11lb Yellow and Red Mexican available for this week with a slight decrease in the pricing. We continue to have the 25lb Red & Green Peppers in stock as well. The price of Green Peppers has trended down with the Reds remaining stable.



## SQUASH

**HARD:** As we continue to move forward in the winter season, we will start to see the local

Squash finish. Locally from Vancouver Island there will only be the Spaghetti and from the lower mainland, we have the Acorn, Kabocha and Butternut available.



## BROCCOLI / CAULIFLOWER

**BROCCOLI:** We will see a tight supply of Broccoli next week. We will have a limited amount of the Domestic and Asian cut crowns as well as the 14ct bunch product. We are seeing the price begin to trend upwards for the week due to the tight supply.

**CAULIFLOWER:** We will have both the 9ct and 12ct available, the quality remains good. We are seeing the market price trend upwards for the week due to the tight availability and stronger demand.



## TOMATOES

**FULL SIZE:** We have 5x6's from Mexico and Florida as well as 6x7, Roma and On-the-Vine from Mexico.

**SMALL:** We will have the 12x1pt Medley and 12x1pt Red Grape available for the week along with a limited supply of the bulk Grape.



## CITRUS

**ORANGES:** We will be stocking 56ct, 113ct, and 138ct Californian Navels. Also available for this week, we will have the Cara Cara and Blood Oranges.

Due to cooler weather, we are seeing the volume drop for the week on certain sizes.

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

**LIMES:** We are back stocking the 175ct, we will see the price continue to trend high right through the super bowl weekend.



## MELONS

**CANTALOUPE:** We will be stocking a 9ct offshore product this week. The market is tight due to the Mexico as the growing season has not begun and the ships are delayed bringing in the offshore product.

**HONEYDEW:** We will have 6/8ct available for this week. There will be limited availability.

**WATERMELON:** We have the regular size Watermelon to start the week, we are seeing the market begin to ease as the supply increases.



## BERRIES

We will have a very limited of berries for the week. 12/6 Blueberries and 8/1lb Strawberries.