



ISLANDS WEST PRODUCE

WEEKLY SPECIALS

JANUARY 25TH – JANUARY 31ST, 2025



**PEPPERS YELLOW
LARGE GREENHOUSE**
11lb Case
Mexico



LETTUCE ICEBERG
24ct Case
California



**BLOOD ORANGES
FANCY 113ct**
38lb Case
California



SQUASH SPAGHETTI
35lb Case
Vancouver Island



**TOMATOES ROMA
LARGE**
25lb Case
Mexico



**BEETS RED
MATCHSTICK CUT**
5lb Bag
Vancouver Island



**HABANERO POWDER
[DRIED SPICE]**
375g Paper



**PEAS FANCY
[FROZEN]**
6x2kg Case

PRODUCT SPOTLIGHT

YELLOW BELL PEPPERS



It's incredible how much vitamin C is contained in 1 large yellow bell pepper. With almost 5 times the amount of an orange (about 92%), yellow bell peppers have around 569% of your daily dose of vitamin C.

Bell peppers are super versatile, adding a lively crunch when raw and a mellow sweetness when cooked.

Peppers can be sliced and enjoyed raw in salads, diced and sauteed until silken in texture and even sweeter in flavor, roasted or grilling for antipasti platters and sandwiches, or baked whole and filled with savoury stuffings. Try them in salads and soups!



Farm Fresh

THE SEASONAL PRODUCE CYCLE

Did you ever wonder why produce is in-season when it is? Mother nature provides all the right foods at the right times.

Spring. vegetables and fruits are focused on cleansing, packed with nutrients and fiber that help your body release toxins after a long winter of heavy comfort foods.

Summer produce is all about hydration. Fruits and vegetables grown throughout the summer contain high amounts of water to hydrate you in the heat. They also have a higher sugar content to provide extra energy.

Fall. These fruits and vegetables are packed with Vitamin A, which is beneficial when there are fewer hours of sunlight. Fall produce helps transition our bodies from hot to cold.

Winter. In the height of cold and flu season, seasonal produce offers an extra boost of Vitamin C for your immune system. This season is ripe with citrus fruits like oranges, grapefruits, and clementines.



ISLANDS WEST PRODUCE

MARKETSCOPE

JANUARY 25TH – JANUARY 31ST, 2025

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

Weather conditions throughout all the growing areas continue to cause shortages in product and prices to trend upwards. For example, Mexico is still experiencing much colder than normal temperatures for this time of year. This has caused there to be lower volumes of products. The area that we are presently receiving our citrus from is expecting cooler weather with the possibility of snow this weekend. The Yuma area of Arizona is still experiencing cooler weather than normal. How about the fact that New Orleans and Florida had snow this week. What's up with our weather!

The amount of local produce continues to drop, we are still receiving some Potatoes, Leeks, spaghetti Squash, red & green Cabbage and large Parsnips. From the lower mainland we have bunch Radish, Potatoes, purple top Turnip, Butternut & Kabocha Squash and Savoy Cabbage.



LETTUCE

ICEBERG: We will have in stock for the week, the Cello wrapped, as well as one of our feature items, the liner 24ct Head Lettuce. We also continue to produce our own in-house shredded product.

ROMAINE: We will have good supplies available for the week. We continue to have plenty of Romaine Hearts in stock. We also have our in-house chopped Romaine as a great labor saver.

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

BUTTER: We will have available the 12ct BC Hothouse Living Butter Lettuce as well as the 24ct Field Butter Lettuce for the week.

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 remains stable again for the week. We will have the med & jumbo yellow as well as the jumbo red and white products available. We will have a good supply of the bunch Green Onions in house.

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

POTATOES: All coloured Potatoes are still arriving from either our Vancouver Island or the mainland producers. We have red & yellow Nuggets, medium and large sizes available. Fingerling Potatoes are also still available. We are stocking two sizes of Sweet Potatoes and three sizes of Yams.



PEPPERS

BAGGED: There is a good supply of the 10/2 bagged Peppers available for this week. Great way to get all colours in a small bag.

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: The only Vancouver Island Squash available is Spaghetti. From the mainland, we have the Kabocha and Butternut. Acorn will be arriving from Mexico. All Zucchini is now a Mexican product in both sizes, 22lb and the 40lb.



BROCCOLI / CAULIFLOWER

BROCCOLI: We will see a tight supply of Broccoli again next week. We will have a limited amount of the Domestic and Asian cut crowns as well as the 14ct bunch product. We continue to see the price 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 as well for the week due to the tight availability and abnormal weather to the south.



TOMATOES

FULL SIZE: We have 6x7 and 5x6 Tomatoes from Florida for the week. From Mexico we have the Beefsteaks, OTV's and Roma as one of our feature items.

SMALL: We will have the 12x1pt Medley and 12x1pt Red Grape available for the week along with a good 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 and we could see the price trend upwards.

LEMONS: We will have 140 Californian Lemons in stock. Good quality. We are seeing the price begin to trend upwards.

LIMES: We will be stocking the 175ct, we will see the price continue to remain high right through the super bowl weekend.



MELONS

CANTALOUPE: We will be stocking a 12ct offshore product this week. The market is tight in Mexico as the growing season has not begun and the ships are delayed bringing in the offshore product.

HONEYDEW: We will have 8ct Mexican 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 all Berries available for the week all 12/6oz Blueberries, Raspberries, Blackberries and the 8/1lb Strawberries.