



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

FEBRUARY 8<sup>TH</sup> – FEBRUARY 14<sup>TH</sup>, 2025



**STRAWBERRIES  
"PREMIUM"**  
8/1lb Case  
California



**LETTUCE ROMAINE  
HEARTS**  
12/3's Case  
California



**BRUSSEL SPROUTS  
#1 STANDARD**  
25lb Case  
British Columbia



**ZUCCHINI GREEN**  
40lb Case  
Mexico



**ONIONS RED JUMBO**  
25lb Sack  
British Columbia



**RADISH  
MATCHSTICK CUT**  
2lb Bag  
Vancouver Island



**CINNAMON STICKS 6"  
[DRIED SPICE]**  
300g Ctn.



**RASPBERRIES IQF  
[FROZEN]**  
5x1kg Case



## BRUSSEL SPROUTS

Brussels sprouts are easy to identify because they look like little mini-cabbages, which just adds to their charm. These cruciferous vegetables are wonderful roasted, shaved, or on their own as a filling, flavorful side dish.

The secret to preparing good Brussels sprouts is to not overcook them. Overcooked Brussels sprouts have a pungent, sulfurous odor and bitter flavor. Properly cooked Brussels sprouts have a crisp, dense texture and a slightly nutty taste; they are best sautéed or roasted.

To prepare Brussels sprouts for cooking, trim the stem and cut them either in half lengthwise or in quarters, or shred them in a food processor.

### "GLAZED BRUSSELS SPROUTS WITH CRISPY ONIONS"



- 1: Preheat the oven to to 400°F. Trim the Brussels sprouts and place them on baking sheets. Toss with the oil and season with salt and pepper.
- 2: Roast sprouts 20–30 min., until almost tender. In a small bowl, whisk together vinegar and honey. Drizzle over sprouts and stir to coat. Bake another 10 min., until sprouts are tender.
- 3: Roast in the lower third of the oven until just tender and browned in spots, about 10 minutes.
- 4: Transfer sprouts to a large serving plate. Sprinkle the sesame seeds and crispy onions over sprouts.



# ISLANDS WEST PRODUCE

## MARKETSCOPE

FEBRUARY 8<sup>TH</sup> – FEBRUARY 14<sup>TH</sup>, 2025

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

With super bowl this weekend, we have seen an increased volume in some common party items - Avocados, Peppers, Cauliflower and Broccoli. We are hearing that the weather in the growing area of Arizona is expected to be warmer than it has been over the past few weeks. Salinas California has been seeing rain for most of the week which has been good for the spring crops. Overall, we are seeing volumes increase due to the faster growth of produce with these weather changes.

Items that we are still seeing from our Island growers are as follows, all three Cabbages, Red Beets, Yellow Onions, Parsnips, Potatoes and Spaghetti Squash. From the lower mainland we have bunch Radish, Brussel Sprouts, Potatoes, Rutabagas and all Mushrooms.

### LETTUCE



**ICEBERG:** We will have in stock for the week, the Cello wrapped and liner product. Due to stronger demand, we will see the prices trend upwards on all Lettuce products this week.

**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 a limited supply of 24ct California Red and Green Leaf available. Green leaf continues to be the best deal.

**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 have good stock of 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:** We are starting to see pressure in the Onion market We could see prices trend upwards. 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 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 continues to be a good supply of the 10/2 bagged Peppers available for this week.

**COLOURED:** We will have both 11lb Yellow and Red Mexican available for this week with a slight decrease in pricing on the Reds. We will have in stock the Red, Orange and Green 25lb Peppers this week. The Green has become tight this week causing a slight increase in the pricing.

### SQUASH



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

### BROCCOLI / CAULIFLOWER



**BROCCOLI:** We are still seeing a tight supply of Broccoli for the next week. We will have a limited amount of the Domestic and Asian cut crowns as well as the 14ct bunch product. Due to low demand, the price remains stable for the week.

**CAULIFLOWER:** We will have both the 9ct and 12ct available, the quality remains good. The market price remains stable for the week due to the low demand. As with the Broccoli, the cooler weather is still causing the slower growth in Cauliflower.

### TOMATOES



**FULL SIZE:** Due to lower needs this week, we still have Florida 6x7 and 5x6 Tomatoes for the week.

Presently from Mexico we have the Beefsteaks, OTV's and Roma's.

**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 remain low on certain sizes, but we will see the price be stable for the week.

**LEMONS:** We will have 140 Californian Lemons in stock. Good quality. The price remains stable for the week.

**LIMES:** We will be stocking the 175ct, we will see the price begin to trend downwards once the super bowl is over.

### MELONS



**CANTALOUPE:** We will be stocking a 12ct offshore product this week. The market is still very tight for Cantaloupe. This is causing the price to continue to be high.

**HONEYDEW:** We will have the offshore 12ct available for this week. The availability is still limited as the volume is still increasing.

**WATERMELON:** We are seeing a stronger volume of Watermelon available for this week with an average size of 10lb. Price will remain stable for the week.

### BERRIES



The variety of Berries available again for the week are the 12/6oz Blueberries and Blackberries as well as the 8/1lb Strawberries.



# ISLANDS WEST PRODUCE

## LOCAL SHEET

FEBRUARY 8TH - FEBRUARY 14TH, 2025

LOCALLY SOWN | LOCALLY GROWN | BUY BC



### LOWER MAINLAND

APPLES, AMBROSIA  
APPLES, PINK LADY  
APPLES, ROYAL GALA  
BEETS, GOLD  
BRUSSEL SPROUTS  
LETTUCE, BUTTER  
MUSHROOMS,  
MUSHROOMS, BROWN JUMBO  
MUSHROOMS, OYSTER  
MUSHROOMS, PORTABELLA #1  
MUSHROOMS, PORTABELLA #2  
MUSHROOMS, WHITE, #1  
MUSHROOMS, WHITE BUTTON

MUSHROOMS, WHITE FOODSERVICE  
MUSHROOMS, WHITE INSTITUTION  
MUSHROOMS, WHITE JUMBO  
MUSHROOMS, WHITE SLICED  
MUSHROOMS, WILD MIX  
POTATOES, FINGERLING  
POTATOES, RED NUGGETS  
POTATOES, RUSSET [LARGE]  
POTATOES, YELLOW [MEDIUM]  
RADISH, BUNCH  
RUTABAGA [MEDIUM]  
SQUASH, KABOCHA



### VANCOUVER ISLAND

BEETS, RED  
CABBAGE, GREEN  
CABBAGE, RED  
CABBAGE, SAVOY  
ONIONS, YELLOW [MEDIUM]  
PARSNIPS [LARGE]  
RUTABAGA [LARGE]  
POTATOES, KENNEBEC  
POTATOES, RED [MEDIUM]  
POTATOES, YELLOW [LARGE]  
POTATOES, YELLOW [MEDIUM]  
POTATOES, YELLOW NUGGETS

SPROUTS, ALFALFA  
SPROUTS, CLOVER  
SPROUTS, PEA SHOOTS  
TURNIP [PURPLE TOP]  
SQUASH, SPAGHETTI

EGGS  
TOFU, FIRM  
TOFU, WET PACK  
WATER [6X2L]  
WATER [24X500ML]

4247 DOUGLAS STREET VICTORIA, BC  
P: 250.727.0744 | T:1-800-477-4088 | F: 250-727-9666  
WWW.ISLANDSWEST.COM | OFFICE@ISLANDSWEST.COM