



ISLANDS WEST PRODUCE

WEEKLY SPECIALS

MARCH 22ND – MARCH 28TH, 2025



TOMATOES MEDLEY
12/1pnt Case
Mexico



PEPPERS RED CHOICE
25lb Case
Mexico



HONEYDEW MELONS
8ct Case
Mexico



EGGPLANT #1
24ct Case
Mexico



SQUASH ACORN
35lb Case
Mexico



ZUCCHINI GREEN SPIRALIZED (NOODLES)
5lb Bag
Mexico



NUTMEG GROUND [DRIED SPICE]
500g



CAULIFLOWER FLORETS IQF [FROZEN]
6x2kg Case

the many sides of

Zucchini Noodles



How to Cook

- Don't cover the pan or add salt during cooking. This will make the zucchini release more water. You can use a salty sauce instead, or add salt at the end.
- Be careful not to overcook. 3 or 4 minutes is the sweet spot.

Serving Suggestions

- A perfect side dish – they go well with many main courses, including baked salmon, chicken drumsticks, chicken patties, and pork tenderloin.
- They also serve as an excellent bed for saucy dishes such as baked scallops, shrimp scampi, or pulled pork.

BUTTERY ZUCCHINI NOODLES

Ingredients

- 1 lb. zucchini spirals
- 2 tbsp unsalted butter
- 1 tbsp fresh garlic minced
- ¼ tsp of salt
- ¼ tsp black pepper
- ½ tsp red pepper flakes
- 4 tbsp Parmesan grated

Directions

1. Heat the butter in a large, 12-inch skillet over medium-high heat.
2. When melted and foamy, add the zucchini noodles. Cook, stirring often, until just tender, about 4-5 minutes.
3. Add the garlic and cook, stirring, for 1 more minute. Turn the heat off.
4. Mix in the kosher salt, black pepper, red pepper flakes, and parmesan.
5. Serve immediately.



ISLANDS WEST PRODUCE MARKETSCOPE

MARCH 22ND – MARCH 28TH, 2025

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

We still have strong supplies from our Vancouver Island growers, including Red & Green Cabbages, Red Beets, Leeks, Large Parsnips and Potatoes. From the lower mainland we have bunch Radish, Potatoes, LE Cucumbers, Rutabagas, HH clamshell Butter lettuce and all Mushrooms. Look for our more detailed list of local products included with this Marketscope.

What a week it's been with weather challenges continuing to make waves - growing seasons in California and Arizona are facing both favorable conditions and significant challenges. It's a balancing act between taking advantage of the good growing conditions and managing the risks posed by heat, water scarcity, and unpredictable weather.



LETTUCE

ICEBERG: We will have in stock for the week, the Cello wrapped and liner product. We are seeing some stability in the Lettuce market for the week. Most Lettuce will be stable for the 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 both 24ct California Red and Green Leaf available for the week.

BUTTER: We will have limited availability of the 12ct BC Hothouse Living Butter Lettuce for this week. There is also the 24ct field Butter available.

TUSCAN SPRING MIX: We continue to have good stock of the 3lb 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 trending 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, and 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 will be a good supply of the favorite 10/2 mixed Peppers for the week.

COLOURED: There will be a good supply of the colored Peppers for the week. We will have Mexican 11lb Red and Yellow, 25lb Red, Orange and Green. We will also have available, 22lb BC Hot House Green Peppers.



SQUASH

HARD: We are finding the demand for the hard Squash to increase putting the prices into an upwards swing. We are still finding the best deal for the week will be the Spaghetti. We will have both of the 22lb & 40lb volume fill green Zucchini available for the week.



BROCCOLI / CAULIFLOWER

BROCCOLI: We are still seeing a good supply of Broccoli for this week. We will have the Domestic and Asian cut crowns as well as the 14ct bunch product. With there being a stronger volume of Broccoli, we are seeing a bit of a price drop this week.

CAULIFLOWER: We will have both the 9ct and 12ct available, the quality remains good. As with the Broccoli, we are seeing a bit of a price drop in Cauliflower this week.



TOMATOES

FULL SIZE: We will have to start this weekend, 5x6 and 6x7 Field Tomatoes. With the demand increasing, we are seeing an upswing in the pricing for all Tomatoes this week. We will also have the Beefsteak, OTV's and Roma's available.

SMALL: Our small Tomatoes for the week will be the Grape available in both the 12/1pt and 10lb bulk sizes. There will also be the 12x1pt medleys product available.



CITRUS

ORANGES: We will be stocking 56ct, 113ct, and 138ct Californian Navels. We still have available from China, the Nadorcott Mandarins in the 22lb case. We will see the price remain stable for the week.

LEMONS: We will have the 140ct Lemons in stock for this week. With the quality remaining good. We will see the price trend upwards for the week

LIMES: We continue to stock the 175ct, with the price remaining stable for the week.



MELONS

CANTALOUPE: We will start the week off with the 15ct offshore product. With this being the smaller offshore product, we are seeing a downwards trend in the pricing.

HONEYDEW: We will have the 8ct Mexican product available for this week. We are seeing more product available this week.

WATERMELON: The price remains stable but high on the Watermelon for the week with a good volume available.



BERRIES

We will have for this week, all four of our fresh Driscoll's label berries. 12/6oz Blackberries, Raspberries and Blueberries as well as the 8/1lb Strawberries.



ISLANDS WEST PRODUCE LOCAL SHEET

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LOCALLY SOWN | LOCALLY GROWN | BUY BC



LOWER MAINLAND

BC Fresh

Beets, Gold [Medium]
Potatoes, Fingerling
Potatoes, Red Nuggets
Potatoes, Russet [Large]
Potatoes, Yellow Nuggets
Potatoes, Yellow [Large]
Radish, Bunch
Rutabaga [Medium]

BC Greenhouses

Pepper, Green

Bean Sprout King

Bean Sprouts

Avina Mushrooms

Mushrooms, Brown Jumbo
Mushrooms, Portabella #2

Champs Mushrooms

Mushrooms, Oyster
Mushrooms, Portabella #1
Mushrooms, White, #1
Mushrooms, White Button
Mushrooms, White Foodservice
Mushrooms, White Institution
Mushrooms, White Jumbo
Mushrooms, White Sliced
Mushrooms, Wild Mix

Direct Source

Apples, Ambrosia
Apples, Granny Smith
Apples, Royal Gala

Van Eekelen

Belgium Endive

Windset Farms

Cucumbers, LE
Lettuce, Butter

VANCOUVER ISLAND

Eatmore

Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

Echo Farms

Potatoes, Kennebec
Potatoes, Red [Medium]
Potatoes, Russet [Large]
Potatoes, Yellow [Large]
Potatoes, Yellow [Medium]
Potatoes, Yellow Nuggets

IVCA

Beets, Red
Cabbage, Green
Cabbage, Red
Leeks
Parsnips [Large]
Rutabaga [Large]
Turnip, Purple Top [Jumbo]

GROCERY PARTNERS

Bread [Various Varieties] - Portofino
Eggs - Farmer Bens
Mandarin Juice - Joosy [6x1L]
Tofu, Firm - Green Cuisine
Tofu, Wet Pack - Green Cuisine
Water [6x2L] - Icefield Water
Water [24x500ml] - Icefield Water

**Product subject to availability



**BEST
MANAGED
COMPANIES**
Platinum member

CANADIAN GROWN



Prices subject to change due to market conditions | 4247 Douglas Street, Victoria, BC V8X 3Y7 Tel: 250-727-0744 Fax: 250-727-9666 Toll Free: 1-800-477-4088

WEEK OF: MARCH 22ND – 28TH 2025

FRUIT FRESH	
APPLES AMBROSIA 100CT XFCY B.C.	CASE
APPLES AMBROSIA 113CT XFCY B.C.	CASE
APPLES AMBROSIA 12/3LB B.C.	CASE
APPLES GRANNY SMITH 113CT XFCY B.C.	CASE
APPLES GRANNY SMITH 80/88CT XFCY	CASE
APPLES ROYAL GALA 12/3LB B.C.	CASE
MISCELLANEOUS	
EGGS LARGE - VANCOUVER ISLAND	15doz/CS
JUICE MANDARIN ORANGE PURE 6/1L	6/1L
TOFU EXTRA FIRM DRY PACK	12/1#/CASE
TOFU MEDIUM WET PACK	12/1#/CASE
TOFU SMOKED CUTLET DRY PACK****	12PER/CASE
WATER BOTTLED VANCOUVER ISLAND	24X500ML
WATER BOTTLED VANCOUVER ISLAND	6X2L
SPROUTS	
ALFALFA SPROUTS 100g TUB	TUB
ALFALFA SPROUTS FLAT 2#/FLAT	2#/FLAT
BEAN SPROUTS 5LB BAG	5# BAG
CLOVER SPROUTS TUB 100g TUB	TUB
PEA SHOOTS 50g	TUB
VEGETABLES FRESH	
BEETS GOLDEN BULK MEDIUM 25lbs V.I.	25#/SACK
BEETS MEDIUM CELLO 10x5# V.I.	10X5#/SACK
BEETS RED LARGE BULK B.C. 25#/SACK	SACK
BEETS RED MEDIUM BULK V.I 25#/SACK	25#/SACK
CABBAGE GREEN 50lb VANCOUVER	50#/CASE
CABBAGE RED 50lb VANCOUVER ISLAND	50#/CASE
CUCUMBERS L.E. MEDIUM 12CT B.C.	CASE
CUCUMBERS MINI 8/1lb B.C.	CASE
ENDIVE BELGIUM (WHITE/YELLOW OVAL	CASE
LEEKs 12CT VANCOUVER ISLAND	CASE
LETTUCE BUTTER HH CLAMSHELL 12CT	12ct/CASE
MUSHROOMS #1 10LB MEDIUM	10#/CASE
MUSHROOMS #1 BUTTON****	10#/CASE
MUSHROOMS #2 PORTABELLA	5#/CASE

VEGETABLES FRESH	
MUSHROOMS BROWN #1 JUMBO B.C.	5#/CASE
MUSHROOMS EXOTIC MIX 3LB B.C.	3#/CASE
MUSHROOMS FOODSERVICE #2	10#/CASE
MUSHROOMS INSTITUTIONAL #3	10#/CASE
MUSHROOMS OYSTER 5LB	5#/CASE
MUSHROOMS PORTABELLA	5#/CASE
MUSHROOMS SLICED INSTITUTIONAL 1/8	10#/CASE
MUSHROOMS WHITE #1 JUMBO B.C.	5#/CASE
MUSHROOMS WILD MIX FRESH 3LB	3#/CASE
ONIONS YELLOW MEDIUM B.C.	50#/SACK
PARSNIPS LARGE VANCOUVER ISLAND	20#/SACK
PEPPER GREEN GREENHOUSE B.C.	22#/CASE
POTATO CELLO RUSSET 5/10# BALE B.C.	5\10#/BALE
POTATO CELLO RUSSET B.C. 10/5# BALE	10\5#/BALE
POTATO CELLO YELLOW #2 B.C. 5/10#	5\10#/BALE
POTATO FINGERLINGS B.C. CELLO	10/5LBS
POTATO RED MEDIUM #1 V.I.	50#/CASE
POTATO RED NUGGETS (SMALL) B.C.	50#/CASE
POTATO SMALL RED B.C. CELLO 10x5lbs	10/5LBS
POTATO SMALL YELLOW B.C. CELLO	10/5LBS
POTATO YELLOW NUGGETS (SMALL) B.C.	50#/CASE
POTATO YUKON GOLD LARGE	50#/CASE
POTATO YUKON GOLD MED. V.I.	50#/CASE
POTATOES FINGERLING 20lbs/CASE B.C.	20lbs/CASE
POTATOES KENNEBEC RANDOM CASE B.C.	50#/CASE
POTATOES RUSSET LARGE 50lbs B.C.	50#/CASE
RADISHES 48CT B.C	CASE
RUTABAGAS 50lbs B.C (YELLOW)	50#/SACK
TOMATOES MEDLEY 12/1pnt	CASE
TURNIPS JUMBO PURPLE TOP (WHITE)	50#/SACK

SPECIALTY ORDER ITEMS: *=24HR NOTICE | **=48HR NOTICE | ***=72 HR NOTICE
****=LIMITED PAR LEVELS (FIRST COME, FIRST SERVE BASIS)