



ISLANDS WEST PRODUCE WEEKLY SPECIALS

MARCH 8TH – MARCH 14TH, 2025



CUCUMBERS L.E.
#1 MEDIUM
12ct Case
British Columbia



BEETS GOLD MEDIUM
25lb Sack
British Columbia



CAULIFLOWER CELLO
LARGE
9ct Case
California



STRAWBERRIES
"PREMIUM" DRISCOLL'S
8lb Case
California/Mexico



POTATOES YELLOW
YUKON GOLD LARGE
50lb Case
British Columbia



CABBAGE GREEN
SHREDDED 1/8"
5lb Bag
Vancouver Island



SEA SALT FLAKE
[DRIED SPICE]
1kg
Vancouver Island



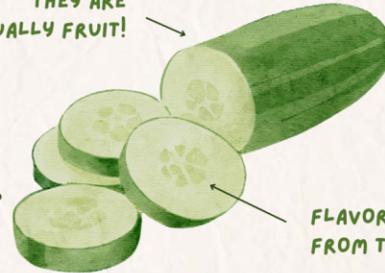
APPLES SLICED IQF
[FROZEN]
2x2.5kg Case



CUCUMBERS

Have you ever wondered why your cucumbers are bitter?
Or whether or not you can freeze cucumbers?
Look no further - FAQ Guide to Cucumbers.

THEY ARE
ACTUALLY FRUIT!



95% WATER!

FLAVOR COMES
FROM THE SEED!

When are cucumbers in season?

Due to their high temperature and sunlight needs, peak growing season for cucumbers is from May to August.

Can cucumbers be frozen?

Cucumbers, like lettuce and radishes, become rubbery and unpalatable once thawed. To preserve cucumbers, instead consider pickling or fermenting.

Why are cucumbers bitter?

The actual cause of bitterness in cucumbers is due to a compound known as cucurbitacin. You can cut the skin off a bitter cucumber to soften the flavor. You can also salt your cucumbers to help even out the taste.

How can cucumbers be used?

Cucumbers can be spiralized or cut into julienne strips to create "noodles". Or they can be cut into rounds or half moons for salad, sandwiches or on their own.

Which cucumbers make the best pickles?

Pickling cucumbers, smaller variety and they are very crunchy and crisp. The most popular varieties of cucumber are English, Persian, and Pickling.

Can cucumbers be cooked?

Like radishes, we typically eat cucumbers raw because of their crisp watery texture. But they can be cooked! For best results, use firmer varieties, such as pickling cucumbers, and cook them with high heat cooking methods, like sautéing, only until crisp tender.



ISLANDS WEST PRODUCE

MARKETSCOPE

MARCH 8TH – MARCH 14TH, 2025

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

With all the uncertainty in the North American produce industry, we are seeing more items being offered to us from places such as North Africa, Australia, South America and China. As you can imagine what effect this is having on the world market and the cause and effect it has on pricing. Here at Islands West, we are trying to source the best possible quality of product at the best possible price available in order to supply to you, all your requirements for produce.

Items that we are still seeing from our Island growers, red & green Cabbages, Red Beets, Large Parsnips and Potatoes. From the lower mainland we have bunch Radish, Potatoes, LE Cucumbers, Rutabagas and all Mushrooms. Look for our more detailed list of local products included with this Marketscope.



LETTUCE

ICEBERG: We will have in stock for the week, the Cello wrapped and liner product. Due to lower demand and higher volume, we will see the prices continue to remain stable on all Lettuce products again 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 both 24ct California Red and Green Leaf available for the week.

BUTTER: We will have available the 12ct BC Hothouse Living Butter Lettuce for this 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 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 White available, 22lb BC hot house Green Peppers (first of the season).



SQUASH

HARD: We are finding the demand for the hard Squash to increase putting the prices into an upwards swing. The best deal for the week will be Spaghetti. Zucchini this week will only be available in the 22lb case - volume is tight and the price is trending upwards.



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. Due to the increased demand, we are seeing the price trend upwards slightly this 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 and steady volume.



TOMATOES

FULL SIZE: We will have to start this weekend, 5x6 Field Tomatoes with the smaller 6x7 arriving early next week. With all the unease in the market, we are seeing the price trend upwards on the Field product. We will also have the Beefsteak, OTV's and Roma's available for the week

SMALL: Our small Tomatoes for the week will be the Grape available on both the 12/1pt and 10lb bulk.



CITRUS

ORANGES: We will be stocking 56ct, 113ct, and 138ct Californian Navels. We still have available the 113ct Cara Cara and Blood Oranges. The weather remains cool in the Bakersfield area, so the volume remains low on certain sizes, we will see the prices remain stable for the week.

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

LIMES: We will be stocking the 175ct, we will see the price begin to creep upwards as the volume has become a bit tight.



MELONS

CANTALOUPE: We will start the week off with the 12ct, then move into the larger 9ct. With a lighter volume available, the price is trending upwards.

HONEYDEW: We will have the 6/8ct Mexican product available for this week. We are seeing more products being available this week, allowing the price to remain stable.

WATERMELON: We are seeing the price trend upwards 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. We will also have a limited supply of the organic Strawberries in the 8/1lb size.



ISLANDS WEST PRODUCE LOCAL SHEET

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LOCALLY SOWN | LOCALLY GROWN | BUY BC



LOWER MAINLAND

Apples, Ambrosia
Apples, Granny Smith
Apples, Pink Lady
Apples, Royal Gala
Bean Sprouts
Beets, Gold [Medium]
Belgium Endive
Carrots, Nante
Cucumbers, LE
Lettuce, Butter

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
Pepper, Green
Potatoes, Fingerling
Potatoes, Red Nuggets
Potatoes, Russet [Large]
Potatoes, Russet [Medium]
Potatoes, Yellow Nuggets
Radish, Bunch
Rutabaga [Medium]

VANCOUVER ISLAND

Beets, Red
Cabbage, Green
Cabbage, Red
Cabbage, Savoy
Leeks
Parsnips [Large]
Rutabaga [Large]
Potatoes, Kennebec
Potatoes, Red [Medium]

Potatoes, Russet [Large]
Potatoes, Yellow [Large]
Potatoes, Yellow [Medium]
Potatoes, Yellow Nuggets
Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots
Turnip, Purple Top [Jumbo]

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

**Product subject to availability