



ISLANDS WEST PRODUCE WEEKLY SPECIALS

APRIL 12TH – APRIL 18TH, 2025



**APPLES AMBROSIA
EXTRA FANCY**
113ct Case
British Columbia



**PEPPERS YELLOW
EXTRA LARGE**
11lb Case
British Columbia



LEEKS BULK
30lb Case
Vancouver Island



CARROTS #1 JUMBO
50lb Sack
Mexico



**POTATOES RED LARGE
FOODSERVICE**
50lb Case
Vancouver Island



**FRUIT SALAD REGULAR
CANTALOUPE/HONEYDEW/
PINEAPPLE/GRAPES**
7lb CNT.



**CINNAMON PADANG
[DRIED SPICE]**
500g



**ASPARAGUS GREEN
SPEARS IQF
[FROZEN]**
4x1kg Case

Cooking with Spice

CINNAMON FUN FACTS

Cinnamon is an aromatic condiment that derives its flavor from the inner layers of the bark of many evergreen trees belonging to the Cinnamomum family. It is a popular spice grown throughout Europe, North America, and Asia.

After being gathered, the inner bark strips are dried before being folded into cinnamon sticks and cinnamon quills. After that, they can be processed into powder or extracted for easier uses.



When should you use ground cinnamon and when should you use cinnamon sticks?

Use cinnamon sticks in liquid preparations that require you to immerse the stick. Cinnamon sticks are most effective when you use them in applications like mulled wines, stews, and curries. You should also opt for cinnamon sticks over ground cinnamon if the dish that you are making will be cooked for a long time. Ground cinnamon is used when the spice is to be left in, or be present throughout a substance. Use ground cinnamon in applications like cinnamon rolls, cookies and oatmeal.

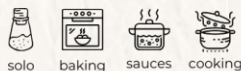
Tip: Use 1/2 to 1 tsp of ground cinnamon for every 1 cinnamon stick called for in a recipe.

SAIGON

FLAVOR

Intensely Sweet and Spicy

BEST USED FOR



PADANG

FLAVOR

Spicy and Slightly bitter

BEST USED FOR



BATAVIA

FLAVOR

Spicy and Earthy

BEST USED FOR





ISLANDS WEST PRODUCE

MARKETSCOPE

APRIL 12TH – APRIL 18TH, 2025

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

This is the weekend for the producers to move their full production facilities from Yuma Arizona back to the Salinas Valley of California. If you can imagine 200+ people, taking down a production facility, loading it onto 45 trucks, moving it 600 miles and resetting it - in less than 60 hours, quite the logistics feat. We might see some items be in lower quantities as the growing regions of California ramp up.

We still have strong supplies from our Vancouver Island growers, including Red Cabbage, Red Beets, Leeks, Large Parsnips and some Potatoes. From the lower mainland we have bunch Radish, Potatoes, LE Cucumbers, Rutabagas, large red beets, Green Cabbage 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. We are seeing some ups and downs in Lettuce pricing for this week.

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

LEAF: We have both 24ct California Red and Green Leaf available for the week.

BUTTER: We will have available 12ct Hothouse Living Butter Lettuce 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 seeing the market remain stable on Onions this week. We will have the med & jumbo Yellow as well as the jumbo Red and White products available.

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

POTATOES: All Potatoes are still arriving from either our Vancouver Island or 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 the Sweet Potatoes and three sizes of the Yams.



PEPPERS

BAGGED: There continues to be a good supply of the favorite 10/2 mixed Peppers for this week.

COLOURED: There will be a good supply of the colored Peppers. We will have Mexican 11lb Red and Yellow, 25lb Red, Orange and Green available. We are starting to see BC hot house 11lb colored Peppers become available.



SQUASH

HARD: We are finding the demand for the hard Squash to continue to be strong. All product is from Mexico for this week. The best deal for the week continues to 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. We will have the Domestic and Asian cut crowns as well as the 14ct bunch product.

With there being a strong volume of Broccoli, the price will remain stable for the week.

CAULIFLOWER: We will have both the 9ct and 12ct available, the quality remains good. We are seeing the price trend upwards for the week due to weather conditions in the growing area and a strong demand.



TOMATOES

FULL SIZE: We will have to start this weekend, 5x6 and 6x7 Field Tomatoes. With the volume increasing, we are seeing a bit of a downswing in the pricing for all Tomatoes this week. We will also have the Beefsteak, OTV's and Roma's available with these still being the best value for the week.

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 Medley product available.



CITRUS

ORANGES: We will have for the beginning of the week, 56, 113 & 138ct Californian Navel Oranges. We still have available from China, the Nadorcott Mandarins in the 22lb case. We are seeing an upswing in all Orange pricing this week due to the season winding down.

LEMONS: We will have the 140ct Lemons in stock for this week. With the quality remaining good. We will see an upswing in pricing for the week due to a stronger demand for the product.

LIMES: We will have in stock both the 175ct and 200ct sizes available this week, with the price remaining stable.



MELONS

CANTALOUPE: We will have the 12ct offshore product available for this week. With this being the larger offshore product, the price remains strong again for this week.

HONEYDEW: We will have the 8ct Mexican product available for this week. The price is stable but on the high side.

WATERMELON: The price continues to remain stable but high on Watermelon this week with the quality and volume being good.



BERRIES

We will have to start the week, all of our fresh Driscoll's label Berries. 12/6oz Blackberries, Blueberries, Raspberries 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]
Cabbage, Green
Onion, Yellow [Medium]
Parsnips [Medium]
Potatoes, Fingerling
Potatoes, Red Nuggets
Potatoes, Russet [Large]
Potatoes, Yellow Nuggets
Potatoes, Yellow [Large]
Radish, Bunch

BC Greenhouses

Pepper, Green
Pepper, Yellow

Bean Sprout King

Bean Sprouts

Avina Mushrooms

Mushrooms, Brown Jumbo
Mushrooms, Portabella #2

Village Farms

Tomatoes, Campari

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, Chefs Mix

Star Produce

Apples, Pink Lady
Cucumbers, LE

Direct Source

Apples, Ambrosia
Apples, Granny Smith

Van Eekelen

Belgium Endive

Windset Farms

Lettuce, Butter
Peppers, Red

VANCOUVER ISLAND

Eatmore

Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

Echo Farms

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

IVCA

Beets, Red
Cabbage, Green
Cabbage, Red
Kale, Green
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: APRIL 12TH – APRIL 18TH 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 12/3lbs B.C.	CASE
APPLES GRANNY SMITH 80/88CT XFCY	CASE
APPLES PINK LADY 113CT XFCY 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
MIXED BEAN SPROUTS BULK*	5#/BAG
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 V.I. 25#/SACK	SACK
BEETS RED MEDIUM BULK B.C. 25#/SACK	25#/SACK
CABBAGE GREEN 50lb B.C.	50#/CASE
CABBAGE RED 50lb VANCOUVER ISLAND	50#/CASE
CUCUMBERS L.E. MEDIUM 12CT B.C.	CASE
CUCUMBERS L.E. STND HH 12CT B.C.	CASE
CUCUMBERS MINI 12/1lbs B.C.	CASE
ENDIVE BELGIUM (WHITE/YELLOW OVAL)	CASE
KALE GREEN 24CT VANCOUVER ISLAND	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 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
ONIONS YELLOW MEDIUM B.C.	50#/SACK
PARSNIPS LARGE VANCOUVER ISLAND	20#/SACK
PEPPER GREEN GREENHOUSE B.C.	22#/CASE
PEPPER RED XL GOLD HH B.C.	11#/CASE
PEPPER YELLOW XLG GOLD B.C.	11#/CASE
POTATO CELLO MED 5/10# BALE B.C.	5\10#/BALE
POTATO CELLO RED B.C. 10/5#	10\5#/BALE
POTATO CELLO ROASTERS 10/5# BALE	10/5LBS
POTATO CELLO RUSSET B.C. 10/5# BALE	10\5#/BALE
POTATO FINGERLINGS B.C. CELLO	16/3LBS/CS
POTATO RED MEDIUM #1 B.C.	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) V.I.	50#/CASE
POTATO YUKON GOLD LARGE	50#/CASE
POTATO YUKON GOLD MED. B.C.	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 CAMPARI 10X1lb	10X1
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)