



ISLANDS WEST PRODUCE WEEKLY SPECIALS

APRIL 19TH – APRIL 25TH, 2025



**PEPPERS MIXED
ORANGE/RED/YELLOW**
10/2lb Case
British Columbia



BROCCOLINI BUNCHED
18ct Case
California



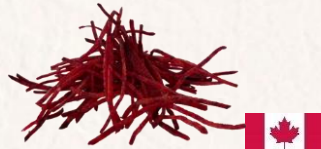
KALE GREEN
24ct Case
Vancouver Island



ORANGES MANDARIN
10kg Case
Morocco



ONIONS RED #1 JUMBO
25lb Sack
Washington



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



**PEPPER BLACK 32 MESH
[DRIED SPICE]**
2.5kg



**BEANS GREEN WHOLE IQF
[FROZEN]**
6x2kg Case

PRODUCE SPOTLIGHT



Kale

Kale, a leafy green vegetable, is packed with all sorts of beneficial compounds. It is one of the healthiest and most nutritious plant foods in the world. It is in the same vegetable family as cabbage, cauliflower, brussel sprouts, and broccoli.

Kale can be used raw in salads, and juices, cooked in stews, stir-fries, soups or baked for kale chips.

Curly Kale is the most common type of kale at the local market. It is usually in bright green, dark green or sometimes purple. The tips are very curvy looking, and has a peppery bitter taste.

BREAKFAST SMOOTHIE



Kale



Lemon



Pear



Matcha



ISLANDS WEST PRODUCE MARKETSCOPE

APRIL 19TH – APRIL 25TH, 2025

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

Well, it's been another successful transition for the producers and packagers of all the leafy greens. We are hearing from them that we may experience smaller size, lighter weights with lighter supplies while the growing area gets back to normal. With the weather in the Salinas Valley still on the mild side and the constant strong demand for product, we will see the pricing remain stable but high. Thinking positively, with the transition to the Salinas Valley, the product is now a day closer to us.

We are now starting to see our local Vancouver Island products come to an end as the storage crops run out. Locally we have bunch Kale, bulk Leeks, large Parsnip and both sizes of Red Beets. As our local product comes to an end, we will be purchasing BC product from the lower mainland as long as it is available. 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: We will be seeing our first of the season BC bagged Peppers this week. Check them out as they are one of our feature items for the week.

COLOURED: There will be a good supply of the colored Peppers. We will have BC 11lb Red and Yellow, 25lb Red, Green and a limited supply of Orange.



SQUASH

HARD: We are finding the demand for the hard Squash to continue to be strong. All product is from Mexico for this week. 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 demand this week, we are seeing the price trend upwards.

CAULIFLOWER: We will have both the 9ct and 12ct available, the quality remains good. We are seeing the price remain stable for the week due to a steadier demand.



TOMATOES

FULL SIZE: We continue to have the 5x6 and 6x7 Field Tomatoes from Mexico for the week. With the strong volume, we are seeing the price remain stable for most Tomatoes this week. We will also have the Beefsteak, OTV's and Roma's this week. The Roma pricing is trending upwards 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 will also have the Moroccan 48ct Navels available this week

LEMONS: We will have the 115 & 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: With the volume of product being available, we are starting to see some relief in the pricing of Watermelon.



BERRIES

We will have to start the week, all 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 [Medium]
- Potatoes, Red Nuggets
- Potatoes, Russet [Large]
- Potatoes, Yellow [Large]
- Potatoes, Yellow [Medium]
- Potatoes, Yellow Nuggets
- Radish, Bunch

BC Greenhouses

- Pepper, Green
- Pepper, Yellow

Bean Sprout King

- Bean Sprouts

Avina Mushrooms

- Mushrooms, Brown Jumbo
- Mushrooms, Portabella #2
- Mushrooms, White Jumbo

Star Produce

- Cucumbers, LE

Champs Mushrooms

- Mushrooms, Oyster
- Mushrooms, Portabella #1
- Mushrooms, White, #1
- Mushrooms, White Button
- Mushrooms, White Foodservice
- Mushrooms, White Institution
- Mushrooms, White Sliced
- Mushrooms, Chefs Mix

Direct Source

- Apples, Ambrosia
- Apples, Granny Smith

Van Eekelen

- Belgium Endive

Village Farms

- Tomatoes, Campari

Windset Farms

- Lettuce, Butter
- Peppers, Red

VANCOUVER ISLAND

Eatmore

Sprouts

- Sprouts, Alfalfa
- Sprouts, Clover
- Sprouts, Pea Shoots

Echo Farms

- Potatoes, Kennebec
- Potatoes, Russet [Large]

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 19TH – APRIL 25TH 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 12/3lbs B.C.	CASE
APPLES GRANNY SMITH 80/88CT XFCY	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 B.C. 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. 8/3's B.C.	CASE
CUCUMBERS L.E. MEDIUM 12CT B.C.	CASE
CUCUMBERS MINI 12/1lbs B.C.	CASE
ENDIVE BELGIUM (WHITE/YELLOW OVAL)	CASE
KALE GREEN 24CT VANCOUVER ISLAND	CASE
LEEKS 30LB 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 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 LARGE #2 FOODSERVICE	50#/CASE
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)