



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

MAY 10<sup>TH</sup> – May 16<sup>TH</sup>, 2025



**PEPPERS GREEN  
CHOICE**  
25lb Case  
Mexico



**CANTALOUPE MELON**  
12ct Case  
Mexico



**LETTUCE ICEBERG**  
24ct Case  
California



**LEEKS BULK**  
30lb Case  
Vancouver Island



**ONIONS YELLOW #1  
JUMBO**  
50lb Sack  
Washington



**POTATO RED DICED 3/4"**  
25lb Bag  
Vancouver Island



**LEMON PEPPER  
[DRIED SPICE]**  
650g



**MANGO CHUNKS IQF  
[FROZEN]**  
5x1kg Case

## CANTALOUPE SPOTLIGHT

### HOW TO ENJOY

Originated in the Middle East or India. Ancient Egyptians and Romans enjoyed growing and eating cantaloupe

In Australia, cantaloupe is called "rockmelon".

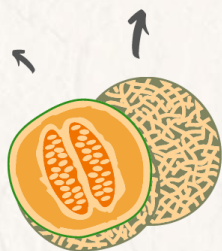
Another name for cantaloupe is muskmelon.

Cantaloupe got its name from Cantalupo, Italy.

The largest cantaloupe on record is 63 pounds.

Good source of vitamin C, which the body uses to heal and vitamin A, which helps protect our eyes – kind of like having super power glasses!

Cantaloupes are sweet fruits that grow on trailing vines that can grow up to 5 feet long.



#### Make your guests feel special...

by wrapping cantaloupe wedges in thin slices of salty, fatty prosciutto.

#### Check all the boxes...

Sweet, salty, acidic and fatty. Add some figs and goat cheese for a stunning and satisfying salad.

#### For something savory...

Cantaloupe gazpacho with shallots, garlic and basil is certainly outside the ordinary, or try curried pork chops with a cooling side of honeydew and cucumber.

#### A sure hit at your next party...

Cantaloupe, lime and toasted coconut shake will hit the spot, or a cucumber melon white sangria.



# ISLANDS WEST PRODUCE

## MARKETSCOPE

MAY 10<sup>TH</sup> – MAY 16<sup>TH</sup>, 2025

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

With all the uncertainty in the produce market, we have been staying away from certain produce items based on current market pricing. We have had to finally step back due to growing seasons in other countries coming to an end and purchase items that are experiencing higher than normal prices, some good examples are Oranges and Tomatoes. We continue to look for the best possible pricing during these extraordinary times.

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 and bulk Leeks, large Parsnip and both sizes of Red Beets. There continues to be good quantities available of Rhubarb and Asparagus. As our local product comes to an end, we continue to purchase any available BC product from our lower mainland suppliers. 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 the price of all Lettuce products remain stable again this week.

**ROMAINE:** We will have good supplies of the 24ct 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 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 jumbo Red & Yellow available as well as a limited amount of the jumbo White product.

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

**POTATOES:** The only BC colored Potatoes available are the Nugget Reds & Yellows. We will be moving to a US product within the week. 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 have in stock for the week, a BC Hot House 10/2lb bagged Pepper.

**COLOURED:** There will be a good supply of the colored Peppers. We will have the BC 11lb Red and Yellow and 25lb Red and Green Peppers from Mexico. We are also getting limited amounts of VI 11lb Yellow and Orange Peppers.



### SQUASH

**HARD:** We are finding the demand for the hard Squash to continue to be strong. All product continues to be from Mexico for this week. We will have the 40lb volume filled cases of green Zucchini available for the week with a limited supply of the 22lb Green and Yellow straight neck.



### 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.

Even with there being a strong demand again this week, we are seeing the price trend downwards.

**CAULIFLOWER:** We will have both the 9ct and 12ct available, the quality remains good. We are seeing the price trend downwards for the week. We still have a good supply of the Orange and Purple available for that different look.



### TOMATOES

**FULL SIZE:** We will have the 5x6 and 6x7 Mexican product for the week but with the volume that is available, we are seeing the price begin to trend upwards. 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 the 12/1pt case. There will also be the 12x1pt and 10lb bulk Symphony product available.



### CITRUS

**ORANGES:** It is that time of the year where we will be seeing a very unstable market for Oranges. We will have available the 56 and 138ct California Navels, 113ct Mexican Valencia along with the China Nadorcott Mandarins. The volume is tight, and pricing remains high.

**LEMONS:** We will have the 115ct Lemons in stock for this week. With the quality remaining good, the price remains stable.

**LIMES:** We will have in stock the 175ct size available this week. Pricing is trending upwards for the week.



### MELONS

**CANTALOUPE:** We will have the 12ct Mexican product this week. With the product from Mexico, we are seeing the price remain stable for the week.

**HONEYDEW:** We will have the 6ct Mexican product available. The price is stable but on the high side.

**WATERMELON:** We are seeing large volumes of Watermelon being available with the quality being good. The price is also trending downwards.



### BERRIES

We are expecting to have all the Driscoll's Berries to start the week. This includes the 12x6oz Blackberries, Blueberries and Raspberries along with the 8x1lb Strawberries.





# ISLANDS WEST PRODUCE LOCAL SHEET

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## LOWER MAINLAND

### BC Fresh

Beets, Gold [Medium]  
Cabbage, Green  
Parsnips [Medium]  
Potatoes, Fingerling  
Potatoes, Kennebec  
Potatoes, Red [Medium]  
Potatoes, Red Nuggets  
Radish, Bunch  
Rhubarb

### Bean Sprout King

Bean Sprouts

### Avina Mushrooms

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

### Rage Farms

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, Granny Smith  
Asparagus

### Van Eekelen

Belgium Endive

### Windset Farms

Cucumber, L.E.  
Lettuce, Butter  
Peppers, Red  
Peppers, Yellow  
Tomatoes, Cherry  
Tomatoes, Symphony



## VANCOUVER ISLAND

### Eatmore Sprouts

Sprouts, Alfalfa  
Sprouts, Clover  
Sprouts, Pea Shoots

### V.I. Farms

Peppers, Orange

### Michells

Chard, Rainbow  
Leeks  
Parsnips [Large]  
Rutabaga

### IVCA

Beets, Red  
Cabbage, Green

### 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: MAY 10<sup>TH</sup> – MAY 16<sup>TH</sup> 2025**

FRUIT FRESH	
APPLES GRANNY SMITH 80/88CT XFCY	CASE
RHUBARB BULK 20lb B.C.	20#/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	
ASPARAGUS CONSUMER B.C.	20#/CASE
BEETS GOLDEN BULK MEDIUM 25lbs V.I.	25#/SACK
BEETS MEDIUM CELLO 10x5# B.C.	10X5#/SACK
BEETS RED LARGE BULK B.C. 25#/SACK	SACK
BEETS RED MEDIUM BULK B.C. 25#/SACK	25#/SACK
CABBAGE GREEN 50lb CANADA	50#/CASE
CHARD SWISS RAINBOW 24CT	24CT
CUCUMBERS L.E. MEDIUM 12CT V.I.	CASE
CUCUMBERS MINI 12/1lbs B.C.	CASE
ENDIVE BELGIUM (WHITE/YELLOW OVAL)	CASE
LEEKs 12CT VANCOUVER ISLAND	CASE
LEEKs 30LB VANCOUVER ISLAND	30#/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
PARSNIPS LARGE VANCOUVER ISLAND	20#/SACK
PEPPER ORANGE XLG GOLD V.I.	11#/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 LARGE #2 FOODSERVICE	50#/CASE
POTATO RED MEDIUM #1 B.C.	50#/CASE
POTATO RED NUGGETS (SMALL) B.C.	
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
POTATOES FINGERLING 20lbs/CASE B.C.	20lbs/CASE
POTATOES KENNEBEC RANDOM CASE B.C.	50#/CASE
RADISHES 48CT B.C	CASE
RUTABAGAS 50lbs B.C. (YELLOW)	50#/SACK
RUTABAGA (YELLOW)25lbs V.I.	25#/SACK
TOMATOES CHERRY RED 12x1pntB.B.	12pnt/FLA
TOMATOES SYMPHONY BULK B.C.	10#/CASE

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