



ISLANDS WEST PRODUCE WEEKLY SPECIALS

MAY 24TH – MAY 30TH, 2025



STRAWBERRIES
"PREMIUM"
8/1lb Case
California



RHUBARB BULK
20lb Case
British Columbia



BEANS GREEN
30lb Case
California



CORN BI-COLOUR
48ct Case
California



TOMATOES
SYMPHONY BULK
10lb Case
British Columbia



CARROT MATCHSTICK
5lb Bag



SRIRACHA LIME
[DRIED SPICE]
550g



PEACHES SLICED IQF
[FROZEN]
5x1kg Case



RHUBARB

Rhubarb is tart and a bit sweet, with a crisp, celery-like texture. Despite being a vegetable, it is usually seen in desserts paired with sweet fruits like strawberries.

Rhubarb is surprisingly versatile and has a lot to bring to the table beyond the classic pie or crumble. Here are some of our tasty ways to use rhubarb:

- Roast or grill and add to a salad instead of roast carrots or beets.
- Use fresh in a salsa and pair with meat like pork.
- Stew alongside chicken and bold spices for a rainy spring day.
- Pickle with warm aromatics like cloves or star anise and pair with cheese or grilled steak.

However you eat them, enjoy them grown right here in British Columbia.

Locally
Grown!

Rhubarb Crisp

INGREDIENTS:

- 6 cups Rhubarb
- 2/3 cup Sugar
- 1/2 tsp Cinnamon
- 3 tbsps All Purpose Flour
- 3/4 cup Brown Sugar
- 1/3 cup Shredded Coconut
- 6 tbsps Butter
- 1/2 tsp Cinnamon
- 3/4 cups Rolled Oats
- 3 tbsps All Purpose Flour

TOPPING

1. Preheat oven to 375°F.
2. Wash and rinse rhubarb and cut into 1/2" pieces.
3. Toss rhubarb with sugar, flour, and cinnamon. Place in a 2 qt baking dish.
4. In a separate bowl, combine topping ingredients with a fork or pastry cutter. Sprinkle over rhubarb mixture.
5. Bake for 35 minutes or until rhubarb is tender and topping is golden.
6. Cool 5-10 minutes before serving. Top with ice cream or cream.



ISLANDS WEST PRODUCE

MARKETSCOPE

MAY 24TH – MAY 30TH, 2025

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

Continuing with our efforts to supply a constant supply of products to you, our customers, we have been working with our partners in the industry to bring to you items such as, Navel Oranges from China, Grapes from Chili, Mandarin Oranges from Peru and Berries from Mexico along with other items from North America and around the world to fill your produce needs.

As we see our local weather change for the better, we are still seeing from our local and Vancouver growers, winter grown Rutabaga's, bunch Radish, bunch Spinach, bunch and bulk Leeks, all coloured Bell Peppers, L.E. Cucumbers and Rhubarb. We are also expecting this week, first of the season locally grown Romaine, Green Leaf and Red Leaf Lettuce.



LETTUCE

ICEBERG: We will have in stock for the week, the Cello wrapped and liner product. Due to a stronger demand and cooler weather, we are seeing the prices of the head Lettuce products trend upwards for the 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.



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.

Due to the strong demand and cooler weather, we are seeing the price trend up again for the week.

CAULIFLOWER: We will have both the 9ct and 12ct available, the quality remains good. As with the Broccoli the cooler weather and high demand is forcing the price higher for the week.



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 and Cherry available in the 12/1pt case. There will also be the 12/1pt and as one of the feature items, the 10lb bulk Symphony product will be available.



CITRUS

ORANGES: We are seeing the California product come to an end. We will have available for the week, 48, 56 & 113ct China Navels. All signs show that the quality is good on this product. There will also be a Peruvian Satsuma Mandarin 10kg available.

LEMONS: We will have the 115& 140ct 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 will remain stable but high again for the week.



MELONS

CANTALOUPE: We will have the 12ct Mexican product this week, with the price increasing.

HONEYDEW: We will have the 6ct Mexican product available. Due to a stronger demand, we are seeing the price trend upwards again for this week.

WATERMELON: We are seeing the market tighten up on Watermelon causing the price to trend upwards again this week. Quality has been fair to good.



BERRIES

It appears that everything is looking good for Driscoll's label product next week. We will have in stock all 12/6oz Blackberries, Blueberries and Raspberries along with the 8/1lb Strawberries.

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 medium Yellow. White Onions are now finished.

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

POTATOES: The coloured Potatoes available for the week are Red Mediums and Nuggets, Yellow Nuggets as well as the Tri-colour Creamers. Look for the complete listings of items from "The Little Potato Company".

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, Orange and Yellow. With the Mexican season coming to an end, we will be moving to the Californian product over the week.

SQUASH



HARD: We are now finding that the Mexican product is starting to wind down. We will then move to Californian products which will cause pricing to rise. We will have the both, the 22lb and 40lb volume filled cases of green Zucchini available for the week. The product remains goods at a reasonable price.



ISLANDS WEST PRODUCE LOCAL SHEET

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LOCALLY SOWN | LOCALLY GROWN



LOWER MAINLAND

BC Fresh

Beets, Gold [Medium]
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

Direct Source

Asparagus

Champs Mushrooms

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

Van Eekelen

Belgium Endive

Windset Farms

Cucumber, L.E.
Cucumber, Mini
Lettuce, Butter
Tomatoes, Cherry
Tomatoes, Symphony



VANCOUVER ISLAND

Eatmore Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

V.I. Farms

Peppers, Orange
Peppers, Red
Peppers, Yellow

IVCA

Beets, Red

Michells

Chard, Rainbow
Leeks
Parsnips [Large]
Rutabaga

Echo Valley

Potatoes, Red [Large]

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



CANADA

The Little Potato Company

Potato, Creamers Mixed
Potato, Creamers Red
Potato, Creamers Yellow

Potato, Fingerlings Little
Potato, Red Little
Potato, Red Size "B"

Potato, Trios Little
Potato, Yellow Little
Potato, Yellow Size "B"

**Product subject to availability



ISLANDS WEST PRODUCE



CANADA POST STRIKE NOTICE

Dear Valued Customers,

In the event of a postal strike and you have cheques ready to go out, we have options!

- Contact the Order Desk or your Sales Representative to arrange for pick up.
- Alternative options for payment are also available: Visa, Mastercard, Direct Deposit or eTransfer.

Call Accounts Receivable to arrange for alternative payments.

Nancy Norbury - Accounts Receivable
Ph: 250-727-0744 or 1-800-477-4088 (ext.105)

Thank you,
Your Islands West Produce Team
