



ISLANDS WEST PRODUCE WEEKLY SPECIALS

JUNE 7TH – JUNE 13TH, 2025



**PEPPERS #1 ORANGE
EXTRA LARGE**
11lb Case
British Columbia



**CAULIFLOWER CELLO
LARGE**
9ct Case
California



RADISHES BUNCHED
48ct Case
British Columbia



ORANGES NAVEL FANCY
113ct Case
China



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



**FAJITA MIX
SLICED GREEN & RED
PEPPERS AND YELLOW
ONIONS**
5lb Bag



**TACO SEASONING
[DRIED SPICE]**
500g



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

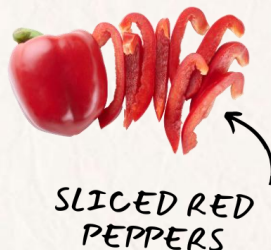
What's in the

FAJITAMIX



Prepared in-house by our Production Team

The best part about fajita veggies is how versatile they are. You can put them front and center of a build-your-own fajita spread, add them to burrito bowls, or pile them in tacos.



Our facility transforms fresh fruits and vegetables into convenient, ready-to-use options. Whether you need anything from diced and sliced to peeled produce, we deliver consistent quality and save you time in the kitchen.

Locally Led & Rooted in the Community @ 4247 Douglas Street Victoria, BC
Office Hours: Mon – Fri: 5:00am – 6:00pm • Sat: 5:00am – 3:00pm • Sun: 9:00am-5:00pm
Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666
www.islandswest.com



ISLANDS WEST PRODUCE

MARKETSCOPE

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Well, it looks like the growing regions of California have hit their stride, temperatures from the low seventies to the low eighties. This is great for growing produce if there is enough water to go along with the heat. All indications show that there are plenty of products available with the quality being good.

We are happy to see that the continued warm weather conditions that we have been experiencing over the past week or so continue to bring on the local produce. From the lower mainland we are still seeing good supplies of Bok Choy, Rhubarb, bunch Spinach, bunch Radish, Zucchini and Strawberries. From the hot houses, we have in stock Cucumbers, Peppers and Roma Tomatoes. From the island growers we have all three head Lettuces and Kale.



LETTUCE

ICEBERG: We will have in stock for the week, the Cello wrapped and liner product. We are seeing the prices on most Lettuce product remain stable.

ROMAINE: We will have good supplies of the 24ct Californian available for the week as well as local Vancouver Island product. We also have our in-house chopped Romaine as a great labor saver.

LEAF: We have 24ct California Green Leaf as well as Green and Red Vancouver Island product 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 have a 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 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. There are also the 50lb bulk cases of Fingerling Potatoes from the Little Potato Company.



PEPPERS

BAGGED: We will have in stock for the week a good supply of BC Hot House 10/2lb bagged Pepper. For something different, we also have the Sweet Tooth Peppers available in a 8/2lb case.

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 have now moved to the Californian Red and Green 25lb product.



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. Local BC product is also now in stock in a 25lb case.



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 continued strong demand, we are seeing the price remain high again this week.

CAULIFLOWER: We will have both the 9ct and 12ct available, the quality remains good. As with the Broccoli, the demand still remains strong for the week, but as you can see from our feature sheet, we are able to pass along a great deal to you.



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 Symphony in the 12/1pt case. There will also be the 10lb bulk Symphony product available.



CITRUS

ORANGES: We have seen the California product come to an end. We will have available for the week, 48, 56 and 113ct China Navels. The quality of this product is good. There will also be a Peruvian Satsuma Mandarin 10kg available.

LEMONS: We will have the 115 & 140ct Lemons in stock for the beginning of the 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 remaining high.

HONEYDEW: We will have the 8ct Mexican product available. Due to the strong demand, we will see the price remain high but stable for the week.

WATERMELON: We are still seeing the market remain tight on Watermelon causing the price to remain strong again this week. Quality has been fair to good.



BERRIES

We will have in stock all Driscoll's 12/6oz Blackberries, Blueberries and Raspberries along with the 8/1lb Strawberries.



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

V.I. Farms

Peppers, Orange
Peppers, Red
Peppers, Yellow

Bean Sprout King

Bean Sprouts

Avina Mushrooms

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

Direct Source

Strawberries

Champs Mushrooms

Mushrooms, Oyster
Mushrooms, Portabella #1
Mushrooms, Shiitake
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, Grape
Tomatoes, Symphony

Fresh Quality Produce

Zucchini, Green



VANCOUVER ISLAND

Eatmore Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

V.I. Farms

Peppers, Yellow

IVCA

Beets, Red
Lettuce, Green
Lettuce, Red
Lettuce, Romaine

Michells

Chard, Rainbow
Leeks
Parsnips [Large]
Rhubarb
Rutabaga

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
