



ISLANDS WEST PRODUCE WEEKLY SPECIALS

JUNE 21ST – JUNE 27TH, 2025



**PEPPERS GREEN #1
MEDIUM**
25lb Case
California



LIMES BULK
200ct Case
Mexico



**CABBAGE GREEN
MEDIUM**
50lb Case
Vancouver Island



**MUSHROOMS EXOTIC
BLEND**
3lb Case
Import



**TOMATOES
SYMPHONY BULK**
10lb Case
British Columbia



**BEETS RED
MATCHSTICK CUT**
5lb Bag
British Columbia



**GARLIC GRANULES
ROASTED
[DRIED SPICE]**
600g



**SPINACH CHOPPED
[FROZEN]**
12x2lb Case

NEW OFFERING

Exotic Mushroom Blend

White & Brown Shimeji



Mild, nutty, and slightly crunchy, these delicate clusters are perfect for stir-fries, ramen, or roasting whole.

Shiitake



Rich and earthy with a deep umami punch, Shiitakes add gourmet depth to broths, sautés, and rice dishes.

King Oyster



Known for their thick, hearty stems and savory flavour, King Oysters are ideal for grilling, and pan-searing.

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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Weather conditions in the southern growing regions remain consistent with last week, with stable temperatures across most areas. Growers are continuing to see strong demand across the board, putting upward pressure on pricing for several key commodities. As we move further into the summer season, we're seeing a steady increase in local availability. More BC-grown product is making its way into our warehouse each week, with early summer favourites becoming more prominent. Expect continued strong supplies of Bok Choy, Cilantro, Sui Choy, Rhubarb, Bunch Spinach, Bunch Radish, and Zucchini from the Lower Mainland.

Island growers are also contributing to the local push, with fresh Head Lettuces, Kale, and Zucchini in good supply. Hothouse crops like Cucumbers, Peppers, and Roma Tomatoes continue to be well-stocked and consistent in quality. We'll be keeping a close eye on how rising temperatures impact southern crops over the coming weeks, but overall supplies remain strong, and the seasonal transition is well underway.



LETTUCE

ICEBERG: This week, we will have 24ct Cello wrapped and liner product from California in stock. We will have our locally grown head lettuce additionally for this coming week.

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 labor saver.

LEAF: We have 24ct California Green Leaf, as well as Green and Red Vancouver Island products 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 the 24cts.

SPINACH W&T: We have a good supply of the 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. We may have to move onto Californian products if there are any gaps in the Washington product.

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

POTATOES: The coloured Potatoes available for this 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 Mini Sweet Peppers available in a 12/1lb 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 finding that the Mexican product is starting to wind down. We will be moving to Californian products which will cause pricing to rise. We will have available for the week, the 25lb BC green zucchini. The product remains good at a reasonable price.



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 remains strong again for the week and cauliflower is the better deal for this week.



TOMATOES

FULL SIZE: We are hearing that this could be the last week of the mexican product. We will switch over to the Californian product soon. We have both the 6X7 and 5X6 available. We will also have the Beefsteak, OTV's and Roma's available.

SMALL: We will have grape, cherry and symphony in the 12X1pt as well as the 10 bulk symphony for the week.



CITRUS

ORANGES: We will have available for the week, 48, 56 and 113ct China Navels. The overall quality of this product is very good. There will also be a Peruvian Satsuma Mandarin in the 10kg bulk and 15/2lb bag.

LEMONS: We will have for the week, the 95 & 115ct Argentinian lemon.

LIMES: We will have in stock the 200ct size available this week. We are seeing the price drop to the point we can offer it as one of our feature items for the week.



MELONS

CANTALOUPE: We will have the 12ct Mexican product this week, with the price remaining stable but high.

HONEYDEW: We will have the 8ct Mexican product to start the week then we will move to the 6ct.

WATERMELON: We will begin to see the availability of Mexican watermelon tighten as their season begins to wind down. We will then switch over to a Californian product.



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]
Radish, Bunch
Rhubarb

V.I. Farms

Peppers, Orange
Peppers, Red
Peppers, Yellow

Star Produce

Beefsteak Tomatoes
Tomatoes, Vine

Bean Sprout King

Bean Sprouts

Avina Mushrooms

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

Direct Source

Cherries
Raspberries

Van Eekelen

Belgium Endive

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

Fresh Quality Produce

Zucchini, Green
English Peas

RGR

Beets, Bunch
Bok Choy
Sui Choy
Spinach, Bunch
Zucchini, Green
Carrots, Bunch

Windset Farms

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



VANCOUVER ISLAND

Eatmore Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

V.I. Farms

Peppers, Yellow

IVCA

Beets, Red
Lettuce, Cello Head
Lettuce, Green
Lettuce, Red
Lettuce, Romaine

Michells

Leeks
Parsnips [Large]
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