



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

JUNE 28<sup>TH</sup> – JULY 4<sup>TH</sup>, 2025



**BLUEBERRIES  
CLAMSHELL**  
8/1lb Case  
British Columbia



**BEANS GREEN**  
25lb Case  
British Columbia



**BOK CHOY**  
50lb Case  
British Columbia



**ZUCCHINI YELLOW**  
25lb Case  
Vancouver Island



**POTATOES NUGGETS  
EARLIES (WARBA)**  
50lb Case  
Vancouver Island



**CARROTS MATCHSTICK  
CUT**  
5lb Bag



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



**SQUASH BUTTERNUT  
DICED 3/8" IQF  
[FROZEN]**  
6x2kg Case

## LET'S CELEBRATE CANADA

### FUN FACTS ABOUT THE FOOD WE EAT



There are more than 10,000 maple farms in Canada, producing close to 10 million gallons of syrup per year.

The largest lobster ever caught, which was snagged off the coast of Nova Scotia in 1977; it was estimated to be 100 years old.



44lb 6oz



Alberta is home to 40% of the beef cattle in Canada.

48% of Canada's strawberries are grown in Quebec.



British Columbia produces 95% of Canada's cherry crops.



P.E.I. is the potato capital of Canada, with almost 100,000 acres devoted to growing spuds.



Canada is the third-largest blueberry producer in the world, with more than 800 growers in B.C. alone.



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](http://www.islandswest.com)





# ISLANDS WEST PRODUCE

## MARKETSCOPE

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Weather conditions have shifted across key growing regions, bringing a mix of high daytime temperatures, cooler nights, and high winds. These variable conditions, combined with increased disease pressure, are beginning to impact yields and limit product availability in several commodities. Strong demand driven by the up-n-coming U.S. holiday has added further pressure, contributing to price increases across multiple categories. With less acreage being planted this season and no significant deals on offer, we are seeing tighter supplies overall. Additionally, Mexican product is winding down as their season comes to a close.

On the positive side, local production is in full swing. BC and Vancouver Island farms are ramping up, bringing an abundance of fresh local product. Local berries availability is limited as the season ramps up. We'll continue monitoring conditions closely as these challenges evolve, and we appreciate your understanding as we navigate this dynamic period in the supply chain.



### 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 some changes in the onion market this week. All yellow onions will continue to arrive from Washington, whereas we will see our first of the season red onions arrive from California by mid week.

**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:** We will have limited supply the BC 11lb Red, Orange and Yellow as the growers are in a two week transition time. We will have the Californian choice red, medium green and Mexican choice in the 25lb cases.



### 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 local medium & large 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, cooler weather and the US holiday, we are seeing the price surge upwards again for 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 with the price has doing an about face and has reached the levels of the broccoli.



### TOMATOES

**FULL SIZE:** We are in our last week of the Mexican product. We will see the Californian product arrive during the week. We will have both the 6X7 & 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 lemons.

**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. We will also have limited supplies of most local BC berries.





# ISLANDS WEST PRODUCE LOCAL SHEET

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## LOCALLY SOWN | LOCALLY GROWN



### LOWER MAINLAND

#### BC Fresh

Beets, Gold [Medium]  
Potatoes, Burbank  
Potatoes, Red [Medium]  
Radish, Bunch  
Rhubarb

#### V.I. Farms

Peppers, Orange  
Peppers, Red  
Peppers, Yellow

#### Star Produce

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

#### RGR

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

#### Windset Farms

Lettuce, Butter  
Tomatoes, Grape  
Tomatoes, Cherry  
Tomatoes, Symphony



### VANCOUVER ISLAND

#### Eatmore Sprouts

Sprouts, Alfalfa  
Sprouts, Clover  
Sprouts, Pea Shoots

#### V.I. Farms

Cucumbers, LE  
Cucumbers, Mini

#### Michells

Leeks  
Parsnips [Large]  
Rutabaga  
Zucchini, Green

#### IVCA

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

#### 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**





# CONGRATULATIONS!

## You've Hit The Jackpot.

### Islands West Now Delivers 7 Days a Week!



#### Areas of Service

Victoria • Saanich • Colwood  
Langford • Sidney • Esquimalt



#### Ordering Deadlines

**Sunday Morning Deliveries :**  
Ordering Cutoff - 1 pm Saturday

**Sunday Afternoon Deliveries :**  
Ordering Cutoff - 11:30 am Sunday

Call the Order Desk to Place Your Order  
**Saturday** 5 am - 3 pm | **Sunday** 9 am - 5 pm  
→ 250.727.0744