



ISLANDS WEST PRODUCE WEEKLY SPECIALS

JULY 12TH – JULY 18TH, 2025



**BLACKBERRIES
OPEN TOP**
12/1pnt
Vancouver Island



**BEETS GOLD MEDIUM
BULK**
25lb Sack
British Columbia



**WATERMELON
SEEDLESS**
Mexico



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



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



**ONIONS GREEN
CHOPPED**
2lb Bag



**ONION GRANULES FIRE
ROASTED
[DRIED SPICE]**
600g



**CHERRIES RED SOUR
PITTED IQF
[FROZEN]**
5x1kg Case

Superfood Spotlight SOUR PITTED FROZEN CHERRY BOWL

CONVENIENCE

Frozen, pitted sour cherries are a convenient and delicious way to enjoy superfood cherries year-round. They're picked and frozen at peak ripeness, locking in flavour and nutrition while saving you prep time—no pitting needed!

INGREDIENTS:

- 2 cups frozen, pitted sour cherries (slightly thawed)
- 1 frozen banana (sliced, slightly thawed)
- 1 avocado (peeled and cubed)
- 1 tablespoon chia seeds
- ½ cup plain Greek yogurt (or use coconut/almond yogurt for vegan)
- ½ cup milk of choice

DIRECTIONS:

- Add cherries, banana, avocado, chia seeds, yogurt, and milk to a blender.
- Blend for 1-2 minutes, until smooth and creamy. The texture should be thick, like soft-serve.
- Pour into a bowl and top with your favorite toppings: granola, coconut flakes, cacao nibs, or fresh fruit.
- Serve immediately and enjoy!

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 remain a key factor across growing regions. In the U.S., elevated temperatures in certain areas are causing harvesting delays and slowing down warehouse loading times. However, with the U.S. holiday now behind us, volume is beginning to recover, leading to a gradual easing of pricing across multiple categories.

On the local front, favourable weather conditions on Vancouver Island and the Lower Mainland have accelerated crop development. We expect local corn to begin arriving this week—earlier than usual. Berries are now plentiful, with strong availability both locally and from the mainland. Local production of lettuce, carrots, and bunch items is also ramping up.

As always, we'll continue monitoring conditions closely and keep you informed as the supply landscape evolves. We appreciate your continued partnership and understanding during this dynamic period in the season.



LETTUCE

ICEBERG: This week, we will have 24ct Cello wrapped and liner product from California in stock. We will also have our locally grown head lettuce available 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 still seeing some changes in the onion market this week. All yellow onions will continue to arrive from Washington. All of the red onions are now new crop and they are arriving from California. We also have 25lb white onions in stock.

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

POTATOES: The coloured Potatoes available for this week are red mediums, nuggets and creamers. We will have medium and nugget yellow potatoes as well as the yellow 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 still have the Mini Sweet Peppers available in a 12/1lb case.

COLOURED: We will have to start the week, the BC 11lb Red, Orange and Yellow peppers. The only 25lb pepper available to start the week is the Californian green.



SQUASH

HARD: We are now down to only the Mexican butternut and spaghetti squash being available until our local product comes on line. We will have available for the week, the 25lb local medium & large green zucchini as well as a limited supply of yellow. 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.

Now that the US holiday has passed, we should start to see the market for broccoli stabilize.

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 remaining strong.



TOMATOES

FULL SIZE: We are now stocking the 5X6 and 6X7 field tomatoes from California. We will also have a limited supply of Beefsteak and BC roma tomatoes. There also seems to be a plentiful amount of On the Vine Tomatoes for the week.

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 and 113ct China Navels. The overall quality of this product is very good. There will also be the bulk Peruvian Satuma oranges available. We will see Australian product next week.

LEMONS: We will have for the beginning of the week, a limited supply of the Argentinian lemons in the 115ct. We will then move to the Californian product.

LIMES: We will have in stock the 200ct size available this week. We are seeing the price remain stable 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 6ct Mexican product available for this week.

WATERMELON: We are still seeing watermelon arriving from Mexico. While being available, we are seeing the price remain stable. Once we move to Californian product, we will see the price increase



BERRIES

As we move into July, we will see more availability of the local berry product. We will have 12X1pt blackberries, 12X1pt raspberries and 12X1pt & 5lb blueberries. We will also have a limited supply of the Driscoll products



ISLANDS WEST PRODUCE LOCAL SHEET

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LOCALLY SOWN | LOCALLY GROWN



LOWER MAINLAND

BC Fresh

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

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

Blueberries
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

Fesh Quality

Raspberries

RGR

Beets, Bunch
Bok Choy
Corn on the Cob
Sui Choy
Spinach, Bunch
Carrots, Bunch

Windset Farms

Lettuce, Butter
Tomatoes, Grape
Tomatoes, Cherry
Tomatoes, On the Vine
Tomatoes, Symphony



VANCOUVER ISLAND

Eatmore Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

IVCA

Beets, Red

V.I. Farms

Cucumbers, LE
Cucumbers, Mini

Gobind Farms

Blackberries

Michells

Lettuce, Cello Head
Lettuce, Green
Lettuce, Red
Lettuce, Romaine
Parsnips [Large]
Rutabaga
Zucchini, Green
Zucchini, Yellow

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**