



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

JULY 26<sup>TH</sup> – August 1, 2025



**AVOCADOES  
"PREMIUM"**  
20ct Case  
Mexico



**CORN BI-COLOUR**  
48ct Case  
Vancouver Island



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



**LIMES**  
200ct Case  
Mexico



**POTATOES YELLOW  
LARGE**  
50lb Case  
British Columbia



**NACHO TOPPING MIX**  
2.5lb Bag



**PAPRIKA HICKORY  
SMOKED  
[DRIED SPICE]**  
500g



**MANGO CHUNKS IQF  
[FROZEN]**  
5x1kg Case

## Food-Service Spotlight NACHO TOPPING MIX

SAVE TIME. CUT COSTS. SERVE FRESH.

Our Nacho Topping Mix combines freshly diced yellow onion, red bell pepper, and green bell pepper — ready to use straight from the pack.

Whether you're running a high-volume kitchen or a quick-serve operation, this mix eliminates prep time while delivering fresh flavor, vibrant color, and consistent sizing.

- Washed, diced, and ready to use
- Saves prep time and labour
- Consistent sizing for even cooking
- No waste, no spoilage
- Adds fresh flavour and colour
- Perfect for nachos, wraps, omelets, pizzas & more
- Fresh-cut locally for maximum shelf life
- Available in foodservice pack sizes

**BC Day Holiday Hours August 4<sup>th</sup>: Office Open Regular Hours / No PM Deliveries**

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

JULY 26<sup>TH</sup> – AUGUST 1<sup>ST</sup>, 2025

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In the southern growing regions, cooler weather in California has brought some relief after recent heat waves. Supply is beginning to catch up to demand, and we're seeing pricing soften slightly on select items. That said, some quality issues—such as mild fringe burn on lettuce—are being reported because of the earlier heat.

Locally, excellent weather continues to drive strong production across Vancouver Island and the Lower Mainland. This week, we're seeing good availability of local zucchini (both yellow and green), lettuce varieties, corn, beans, carrots, and a full assortment of berries. With steady volume and high-quality product, the local season remains in full swing.

*As always, we'll continue to monitor field conditions and market trends closely. Thank you for your ongoing partnership as we navigate the season together.*



## LETTUCE

**ICEBERG:** This week, we will have 24ct Cello wrapped from Vancouver Island and the liner product from California in stock. We are seeing the price trend upwards on the US product for the 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 will have to start the week, Jumbo Red and Yellow onions from California. We are anticipating moving to the new crop Washington product by early next week. There is still a limited supply of 25lb white onions available for the beginning of the week.

**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. We will not have any of the bulk fingerling potatoes available for this week. There is also short supplies of the sweet potatoes and yams for the week.



## PEPPERS

**BAGGED:** Right now, there are no bag peppers available from any of our suppliers. We are hoping to see them over the next week or so.

**COLOURED:** We will have to start the week, the BC 11lb Red, Orange and Yellow peppers. The only 25lb pepper still available to start the week are 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 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. As predicted, the pricing did peak and we are seeing the price trend downwards 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 also remaining reasonable.



## TOMATOES

**FULL SIZE:** We have in stock, the 5X6 and 6X7 field tomatoes. We are seeing the volume tighten for the week causing the price to trend upwards. We will also have a limited supply of Beefsteak and roma tomatoes. There also seems to be a plentiful amount of On the Vine Tomatoes and this will still be the best deal 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 now have in stock the 56 & 113ct Australian Navel oranges. The quality is good. Also available, we have 48ct Cara Cara oranges, bulk Peruvian Satsuma mandarins and 15/2lb bag mandarins.

**LEMONS:** We will have for the beginning of the week, a good supply of the 115, 140 and 165ct Californian product. We are seeing the price trend upwards again for the week.

**LIMES:** We will have in stock the 200ct size available this week. We are seeing a great price decrease for this week as one of our feature items.



## MELONS

**CANTALOUPE:** We will have the 9 & 12ct size Californian product this week, with the price remaining stable but high.

**HONEYDEW:** We will have the 6ct Mexican product available for this week.

**WATERMELON:** This could be our last week for Mexican watermelon. We will then transition to a Washington state product. We will see a price increase due to the change.



## BERRIES

As we move into July, we will see more availability of the local berry product. We will have 12X1pt blackberries, 12X1pt raspberries and 8X 1lb & 5lb blueberries. We will have the 8X1lb US strawberries for the week.



# 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

#### V.I. Farms

Peppers, Orange  
Peppers, Red  
Peppers, Yellow

#### Van Eekelen

Belgium Endive

#### Bean Sprout King

Bean Sprouts

#### Avina Mushrooms

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

#### Direct Source

Blueberries  
Cherries  
Corn on the Cob  
Peaches  
Plums, Gold  
Raspberries

#### 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

#### Star Produce

Apricots  
Peaches

#### RGR

Beets, Bunch  
Bok Choy  
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

Corn on the Cob  
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



### 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**