



ISLANDS WEST PRODUCE WEEKLY SPECIALS

JULY 5TH – JULY 11TH, 2025



BROCCOLINI BUNCHED
18ct Case
California



**TOMATOES 5x6
EXTRA LARGE**
25lb Case
California



HONEYDEW MELONS
6ct Case
Mexico



MANGO T.A.
10ct Case
Mexico



ZUCCHINI GREEN
25lb Case
Vancouver Island



**CABBAGE GREEN
SHREDDED 1/8"**
5lb Bag
Vancouver Island



**MASSALA
[DRIED SPICE]**
500g



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



Prepared in-house - designed to save you time and enhance your culinary creations. From pre-cut fruits and vegetables to ready-to-use mixes, we provide convenient, recipe-ready solutions.

GREEN CABBAGE SHREDDED

Available year-round - with its vibrant, tightly packed layers, green cabbage is more than just a nutritious staple in coleslaws and stews. Its versatile nature allows it to comfortably fit into a variety of dishes—from crunchy coleslaws and refreshing salads to hearty stews and comforting stuffed cabbage rolls.

Once cooked, the peppery zing green cabbage softens, and its earthy notes become more pronounced. Depending on the cooking method, its texture can range from tender-crisp in quick sautés to meltingly soft in slow-cooked dishes. Whether it's braised with apples and onions, incorporated into soups, or simply steamed, cooked green cabbage offers a warmth and comfort that's hard to resist.



Sauteed Cabbage

- Step 1: Heat the olive oil in a 12 or 13-inch pan with tall sides over medium-high heat. Add the garlic and sauté for about a minute, until fragrant.
- Step 2: Add the sliced cabbage. Saute for 10-15 minutes, until cabbage is caramelized. Use tongs to stir the cabbage every 1-2 minutes during sauteing, but not constantly, as constant stirring will prevent browning.
- Step 3: Reduce heat to medium-low during the last minute or two of cooking. Stir in the butter, until melted, and/or the balsamic.
- Step 4: Remove from heat. Season with salt and pepper to taste.

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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Demand remains strong in California as the region moves through the U.S. holiday, with conditions expected to stabilize over the next week. Weather across key growing areas has improved, with Salinas Valley seeing more moderate temperatures in the low 70s – a welcome change from the extreme heat still affecting parts of Central California. Pricing continues to climb on certain items, notably all head lettuces. Meanwhile, the high temperatures in the Bakersfield area are limiting harvests and leading to reduced volumes.

Closer to home, BC production is going strong. Farms in the Lower Mainland are offering plenty of local berries, though strawberries remain in a gap. On Vancouver Island, the warm weather has boosted supplies of both lettuce and berries. We'll continue to monitor conditions closely as the season progresses.



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.

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

POTATOES: The coloured Potatoes available for this week are Red Mediums, Nuggets and creamers, 25lb Yellow creamers 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 still 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 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 winding down. We are now out of Kabocha squash. We will be moving to the Californian products which will cause pricing to rise. 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 9ct 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

Star Produce

Tomatoes, Vine

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

IVCA

Beets, Red

Michells

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

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**