



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

AUGUST 16<sup>TH</sup> – 22<sup>ND</sup>, 2025



**BLUEBERRIES BULK**  
5lb Case  
British Columbia



**PEACHES FREESTONE**  
20lb Case  
British Columbia



**HONEYDEW MELON**  
6ct Case  
California



**ZUCCHINI YELLOW**  
25lb Case  
Vancouver Island



**ONIONS RED #1 JUMBO**  
25lb Sack  
Washington



**FRUIT SALAD  
REGULAR BLEND**  
7lb CTN.



**ROSEMARY GROUND  
[DRIED SPICE]**  
375g



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



## PEACHES SPOTLIGHT



August provides an abundant amount of local food in Canada. One of our favourite summer fruits, peaches, are officially in season! Since summer fruits aren't here for long, take full advantage of them while they're here!

Did you know that peaches and nectarines are the same species of fruit? The only difference is the gene that causes the fuzzy peach exterior. It is thought that the fuzzy exterior of peaches helps protect it against bruising.

Peaches are versatile in both sweet and savoury dishes, which makes them a staple in our kitchens over the summer. They taste amazing in a wide range of recipes including salads, entrees, desserts and even drinks.

We hope you enjoy them as much as we do!

### PEACH RECIPE IDEAS

#### Grilled Peach & Sweet Potato Salad

BBQ season is here, so why not grill your fruit too?! Crisp greens, hearty sweet potatoes and sweet grilled peaches make this a delicious summer salad.

#### Roasted Peach & Tomato Gazpacho

Gazpachos are great in the summer, especially ones featuring peaches!

#### Peach & Burrata Salad

Peaches and burrata are a match made in heaven, especially with a drizzle of balsamic.

#### Peach Lemonade

Lemonade is a classic refreshing drink to enjoy in the summer. Especially with the addition of sparkling water and peaches in this recipe.

#### Peach Sorbet

Cool off in the summer heat with this sorbet!







# ISLANDS WEST PRODUCE MARKETSCOPE

AUGUST 16<sup>TH</sup> – 22<sup>ND</sup> 2025

Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666 • [www.islandswest.com](http://www.islandswest.com)

It's hard to believe that we are already halfway through August. After many weeks of hot warm weather, we welcome the little bit of wetness that we have experienced over the past day. Locally we are still seeing plenty of green zucchini, red & green cabbage, kale, all lettuce varieties and corn. It appears that we will be working with local suppliers for a number of our potato items such as Kennebec and all sizes of yellows.

From the mainland, we are seeing bunch carrots radishes and beets, green and yellow beans and berries (weather permitting). It is great this time of year as we support as many local producers as possible.

To the south, we are seeing tighter availability of items due to strong demand, lighter yields in the growing regions, weather issues and some quality issues. This is predicted to last through the week.



## LETTUCE

**ICEBERG:** This week, we will have a limited amount of 24ct Cello wrapped from Vancouver Island and the liner product from California in stock. We are seeing the price remain high 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.



## 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. We are seeing the price trend upwards for the 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, causing us to see the price trend upwards slightly again this week.



## TOMATOES

**FULL SIZE:** We have in stock, the 5X6 and 6X7 field tomatoes. We are seeing the field tomato market price trend upwards for the week. We will also have the Beefsteak and roma tomatoes. There also seems to be a plentiful amount of small On the Vine Tomatoes and this will remain the best deal on tomatoes for the week.

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



## CITRUS

**ORANGES:** All our oranges are from Australia. We will have for the week, the 125, 113, 64 and 56ct navels for the week. Also available, we have the bulk and 15/2lb bag Peruvian Satsuma mandarins.

**LEMONS:** We will have for the beginning of the week, a good supply of the 115, 140 Chilean product. We are seeing the price remain stable but high for the week.

**LIMES:** We will have in stock the 175 & 200ct size available this week. We are seeing a bit of an upwards trend in the price for this week.



## MELONS

**CANTALOUPE:** We will have in stock for the week, the 9&12ct size Californian product. The price has trended upwards for the week.

**HONEYDEW:** We will have the 5/6ct Californian product available for this week.

**WATERMELON:** We have the Washington watermelon for the week with the price remaining stable.



## BERRIES

We will have from Driscoll's this week, 8X1lb Strawberries, 12X6oz & 6X12oz Raspberries and 12/6oz Blackberries. From the local producers, we will have the 5lb, 8X1lb and 12X1pt blueberries.



## ONIONS / POTATOES

**ONIONS:** We have now moved to the new crop Washington state onions. We have available the jumbo red, the medium and jumbo yellow product for 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 the large, medium and nugget yellow potatoes as well as the yellow creamers. We have to start the week, new crop fingerling potatoes in the 20lb case. The sweet potatoes & yams are tentatively due by the end of the week. We will keep you updated as we hear more.



## PEPPERS

**BAGGED:** We have for the week, a good supply of the 10/2lb mixed bagged peppers in stock.

**COLOURED:** We will have to start the week, the BC 11lb Red, Orange and Yellow peppers. The market on the 11lb has tightened for this week causing the price to trend upwards. We have from California, both the red & green peppers in the 25lb cases in stock as well as a limited supply of 25lb BC large Green.



## SQUASH

**HARD:** Until the fall when our local product becomes available, we will only have the spaghetti and butternut squash available from Mexico. We will have for the week, the 25lb local medium green zucchini as well as a limited supply of yellow.





# ISLANDS WEST PRODUCE LOCAL SHEET

AUGUST 16<sup>TH</sup> – 22<sup>ND</sup>, 2025

Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666 • [www.islandswest.com](http://www.islandswest.com)



## LOCALLY SOWN | LOCALLY GROWN



### LOWER MAINLAND

#### BC Fresh

Beets, Gold [Medium]  
Carrots [Jumbo]  
Potatoes, Red [Medium]  
Radish, Bunch

#### Direct Source

Blueberries  
Cherries  
Corn on the Cob  
Peaches  
Strawberries

#### Bean Sprout King

Bean Sprouts

#### Avina Mushrooms

Mushrooms, Brown Jumbo  
Mushrooms, Exotic Mix  
Mushrooms, Oyster  
Mushrooms, Portabella #2  
Mushrooms, Shiitake  
Mushrooms, White Jumbo

#### Van Eekelen

Belgium Endive

#### Champs Mushrooms

Mushrooms, Portabella #1  
Mushrooms, White, #1  
Mushrooms, White Button  
Mushrooms, White Foodservice  
Mushrooms, White Institution  
Mushrooms, White Sliced  
Mushrooms, Chefs Mix

#### V.I. Farms

Peppers, Orange  
Peppers, Red  
Peppers, Yellow

#### RGR

Beets, Bunch  
Bok Choy  
Sui Choy  
Carrots, Bunch

#### Windset Farms

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



### VANCOUVER ISLAND

#### Eatmore Sprouts

Sprouts, Alfalfa  
Sprouts, Clover  
Sprouts, Pea Shoots

#### Galey Farms

Corn on the Cob

#### 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

#### IVCA

Beets, Red  
Carrots, Nantes

#### 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, Red Little  
Potato, Red Size "B"

Potato, Trios Little  
Potato, Yellow Little  
Potato, Yellow Size "B"

**\*\*Product subject to availability**



# NEW SPICES JUST IN!

PREMIUM QUALITY | FOOD-SERVICE READY

We're pleased to announce the latest additions to our *Islands West Spice Collection*:



**Cracked  
Coriander**



**Roasted  
Chopped Garlic**



**Roasted Garlic  
Granules**



**Fire Roasted  
Onion Granules**



**Smoked Minced  
Onions**



**Toasted  
Chopped Onions**



**Ancho Chili  
Flakes**



**Chickpea  
Flour**

From expertly roasted aromatics to rich, smoky blends and essential pantry staples, *this expanded lineup is designed to elevate culinary creations with premium quality and depth of flavour.* Perfect for food service and retail, each product reflects our continued commitment to freshness, consistency, and exceptional taste.



**Nutritional  
Yeast**



**Cornstarch**

ISLANDS WEST PRODUCE | [www.islandswest.com](http://www.islandswest.com)

*Locally Led. Quality Ingredients. Food Service Ready.*