



ISLANDS WEST PRODUCE WEEKLY SPECIALS

AUGUST 2ND – 8TH, 2025



STRAWBERRIES
"PREMIUM" DRISCOLL'S
8/1lb Case
California



PEACHES RED HAVEN
20lb Case
British Columbia



SQUASH PATTY PAN
MIXED (MEDIUM)
20lb Case
British Columbia



PEPPERS MIXED
RED/YELL/ORANGE
10/2lb Case
British Columbia



TOMATOES
SYMPHONY BULK
10lb Case
British Columbia



CAULIFLOWER BUDS
5lb Bag



PEPPER BLACK 32 MESH
[DRIED SPICE]
2.5kg



MIREPOIX BLEND IQF
[FROZEN]
6x2kg Case

Food-Service Spotlight LOCAL PATTY PAN SQUASH MIX

FRESH, COLOURFUL, AND FULL OF SEASONAL APPEAL!

This colourful mix of tender summer squashes, offers a beautiful variety of shapes, sizes, and colours. With delicate skin and a mild, slightly sweet flavour, these squashes are perfect for roasting, sautéing, grilling, or stuffing. Ideal for seasonal menus, they add freshness and visual flair to any dish.

- Washed and ready for slicing, roasting, grilling, or sautéing
- Offers variety in texture, shape, and colour for stunning plates
- Perfect for seasonal menus, side dishes, vegetable medleys, or skewers
- All varieties are tender-skinned and fully edible
- Rich in vitamins A & C, potassium, and fibre
- A favourite among chefs for eye-catching presentation and mild, buttery flavour
- Locally grown and harvested at peak freshness

BC Day Holiday Hours August 4th: 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



ISLANDS WEST PRODUCE

MARKETSCOPE

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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 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 remain stable 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 a slight increase in the price.



TOMATOES

FULL SIZE: We have in stock, the 5X6 and 6X7 field tomatoes. We are seeing the field tomato market remain stale for the week. 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 as one of our features for the week.



CITRUS

ORANGES: All our oranges are from Australia. We will have for the week, the 138, 125, 56ct and a limited supply of the 113ct. Also available, we have 48ct Cara Cara oranges, bulk and 15/2lb bag Peruvian Satsuma mandarins.

LEMONS: We will have for the beginning of the week, a good supply of the 115 & 140ct Chilean product. We are seeing the price trend downwards slightly for the week.

LIMES: We will have in stock the 175 & 200ct size available this week.



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 5/6ct Californian product available for this week.

WATERMELON: We have a limited supply of the Mexican product for the week. We will also have the Washington product available.



BERRIES

We will be stocking a limited supply of the Driscoll's berries this week as our local berries become unavailable. We will have the 8X1lb US strawberries for the week. We will also have limited local berries available.

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. We are looking at another few weeks before we see a good supply of sweet potatoes and yams to be available.

PEPPERS



BAGGED: We have for the week, a limited 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. We have from California, both the red & green peppers in the 25lb cases in stock.

SQUASH



HARD: Until the fall and our local product becomes available, we only have the spaghetti and butternut squash available for 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

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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

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

Van Eekelen

Belgium Endive

RGR

Beets, Bunch
Bok Choy
Sui Choy
Carrots, Bunch

Windset Farms

Lettuce, Butter
Tomatoes, Avelantino
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**