



ISLANDS WEST PRODUCE WEEKLY SPECIALS

SEPTEMBER 13TH – 19TH, 2025



BEANS GREEN
\$49.95/20lb Case
British Columbia



**PEPPERS ORANGE #1
EXTRA LARGE**
\$16.95/11lb Case
British Columbia



CANTALOUPE MELON
\$29.95/12ct Case
California



ORANGES NAVEL FANCY
\$49.95/113ct Case
Australia



**TOMATOES 5x6
EXTRA LARGE**
\$39.95/25lb Case
California



**BÉETS RED
MATCHSTICK CUT**
\$24.95/5lb Bag
Vancouver Island



**SEASONING SALT
[DRIED SPICE]**
\$10.25/750g



**PINEAPPLE DICED IQF
[FROZEN]**
\$39.95/5x1kg Case

PRODUCT SPOTLIGHT

ORANGE BELL PEPPERS



Orange Bell Peppers are full of great health benefits—they're packed with vitamins and low in calories! Brimming with alpha- and beta-carotenoids they boost the immune system, amp up bone and eye health, and make the skin glow.

Bell peppers are super versatile, adding a lively crunch when raw and a mellow sweetness when cooked.

Peppers can be sliced and enjoyed raw in salads, diced and sautéed until silken in texture and even sweeter in flavor, roasted or grilling for antipasti platters and sandwiches, or baked whole and filled with savoury stuffings. Try them in salads and soups!



Farm Fresh THE SEASONAL PRODUCE CYCLE

Did you ever wonder why produce is in-season when it is? Mother nature provides all the right foods at the right times.

Spring vegetables and fruits are focused on cleansing, packed with nutrients and fiber that help your body release toxins after a long winter of heavy comfort foods.

Summer produce is all about hydration. Fruits and vegetables grown throughout the summer contain high amounts of water to hydrate you in the heat. They also have a higher sugar content to provide extra energy.

Fall. These fruits and vegetables are packed with Vitamin A, which is beneficial when there are fewer hours of sunlight. Fall produce helps transition our bodies from hot to cold.

Winter. In the height of cold and flu season, seasonal produce offers an extra boost of Vitamin C for your immune system. This season is ripe with citrus fruits like oranges, grapefruits, and clementines.



ISLANDS WEST PRODUCE

MARKETSCOPE

SEPTEMBER 13TH – 19TH, 2025

Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666 • www.islandswest.com

We are seeing the temperatures in California growing regions drop down for the week. This should help with some of the heat issues they have been experiencing over the past few weeks. The growers are not anticipating any problems with supply as the demand is trending much lower than it has been on most items.

It is that time of year when we take advantage of being able to support our local and lower mainland growers. From the island we have all coloured potatoes, kennebec potatoes, all hard squash, all lettuce product, carrots, corn, green cabbage and red beets. From our mainland growers we are seeing red cabbage, green beans, brussel sprouts, bunch radish, green peppers, large russet potatoes, LE cucumbers and a variety of tomatoes.



LETTUCE

ICEBERG: This week, we are seeing the price for the Californian head lettuce trend down. We will have both the liner and cello wrapped, there will still be a limited supply of VI head lettuce.

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 but still strong 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 this week with the price remaining stable but strong.



TOMATOES

FULL SIZE: We have in stock, the 5X6 and 6X7 field tomatoes. We are seeing the field tomato market price remain stable for the week. We will also have beefsteak and roma tomatoes. We are seeing the price on roma's trend upwards for the week. We will also have on the vine tomatoes available.

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



CITRUS

ORANGES: All our oranges continue to be from Australia. We will have for the week, 48, 56, 64 and 113 ct navel product. Also available, we have the 15/2lb bag Peruvian Satsuma mandarins.

LEMONS: We will have for this week, the 140ct Chilean product. We are seeing the price remain stable but high for the week.

LIMES: We will have the 175ct size available this week. We are seeing the market remain strong on limes again for this week.



MELONS

CANTALOUPE: We will have in stock for the week, the 12ct size Californian product. We will see the price remain stable for the week.

HONEYDEW: We will have the 6ct Californian product available for this week. As with the cantaloupe, we will see the price remain stable for the week.

WATERMELON: We will have again for the week, the Washington product. We are anticipating that we will have to change over to California product by the end of September.



BERRIES

We will have from Driscoll's this week, 8X1lb strawberries, 12X6oz blackberries & raspberries and 6X12oz raspberries. We will also have the 8X1lb Nature Reward strawberries.



ONIONS / POTATOES

ONIONS: We have available the jumbo red, the medium and jumbo yellow as well as the #2 production product for the week. We are also stocking the 25lb bags of white onions.

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

POTATOES: The coloured Potatoes available for this week are BC red mediums and VI red nuggets. All yellow potatoes are now arriving from Vancouver Island and we have in stock the large, medium and nuggets. We are now stocking the new crop of medium & jumbo sweet potatoes and the medium, large and jumbo yams. We also still have a good selection of the Little Potato Company product in stock including the popular Fingerlings.



PEPPERS

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

COLOURED: We will have for the week, the BC 11lb Red, Orange and Yellow peppers. We have from California, the green peppers in the 25lb cases in stock as well as a good supply of 25lb BC large green peppers. We do have arriving this weekend, the 25lb Californian Red Peppers.



SQUASH

HARD: We have Vancouver Island acorn, butternut, kabocha and spaghetti available. 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

V.I. Farms

Peppers, Orange
Peppers, Red
Peppers, Sweet Mini
Peppers, Yellow

Windset Farms

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

Bean Sprout King

Bean Sprouts

Avina Mushrooms

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

RGR

Carrots, Bunch

Champs Mushrooms

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

BC Fresh

Beets, Gold [Medium]
Carrots [Baby Peeled]
Carrots [Jumbo]
Radish, Bunch

Van Eekelen

Belgium Endive

Direct Source

Bartlett Pears
Grapes, Coronation
Nectarines
Prune Plums
Strawberries



VANCOUVER ISLAND

Eatmore Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

Galey Farms

Corn on the Cob

V.I. Farms

Cucumbers, LE

IVCA

Beets, Red
Carrots, Nantes
Carrots, Standard
Squash, Acorn
Squash, Butternut
Squash, Kabocha
Squash, Spaghetti

Michells

Corn on the Cob
Lettuce, Cello Head
Lettuce, Green
Lettuce, Red
Lettuce, Romaine
Parsnips [Large]
Rutabaga
Zucchini, Green
Zucchini, Yellow

Echo Valley Farms

Corn on the Cob
Potatoes, Kennebec
Potatoes, Red [Med, Nuggets]
Potatoes, Yellow [Lg, Med, Nuggets]

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 Size "B"

****Product subject to availability**