



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

SEPTEMBER 27<sup>TH</sup> – OCTOBER 3<sup>RD</sup>, 2025



**ASPARGUS GREEN  
LARGE**  
11lb Case  
Mexico



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



**APPLES GRANNY SMITH  
EXTRA FANCY**  
100/113ct Case  
British Columbia



**ROASTER AUTUMN  
BLEND – BEETS,  
CARROTS, PARSNIPS,  
RUTABAGA, TURNIPS**  
20lb Bag



**BEETS GOLD MEDIUM**  
25lb Sack  
Vancouver Island



**SEA SALT FLAKE  
[DRIED SPICE]**  
4/1kg Case  
Vancouver Island



**SQUASH BANANA**  
50lb Case  
Vancouver Island



**TRI FRUIT MIXED IQF  
[FROZEN]**  
2x2.5kg Case

## PRODUCE SPOTLIGHT

### ***BANANA SQUASH!***

Banana squash is a type of winter squash, and is the offensive lineman of the vegetable garden, a behemoth that frequently tops 35 pounds and can easily grow to more than 3 feet long.

Banana Squash tastes wonderful combined with butter and fresh herbs, and is good source of vitamins A and C, potassium and iron. Banana Squash may be cooked whole, split lengthwise (removing seeds), or cut into small cubes.

In addition to serving it as a side dish, roasted, baked, or pureed, it can also go in soups, stews and risottos, pasta dishes, curries, and even sliced thinly as a pizza topping.



#### *What Does It Taste Like?*

Banana squash has a sweet, unassuming flavor, similar to butternut squash. You can use it in any recipe that calls for an orange-fleshed winter squash, such as butternut, acorn, and kabocha. It pairs well with pork, lamb, and apricots, and herbs such as rosemary, thyme, and sage, and spices like cumin, cinnamon, cloves, curry powder, and nutmeg.



#### **CITRUS GLAZED BANANA SQUASH**

6 servings

1 1/2 lbs. diced banana squash  
1/4 cup butter  
2 tbsp water  
1 tbsp orange juice

3 tbsp apricot preserves  
1/8 tsp ground cloves  
1/5 tsp salt  
1 pinch black pepper

1. Melt butter in a large skillet over medium heat. Add squash cubes and water. Cover, and cook for about 5 minutes, or until squash is tender. Stir occasionally, and add more water if necessary to prevent squash from sticking to the pan.
2. Reduce heat to low, and stir in the orange juice, apricot preserves, cloves, salt and pepper. Cook and stir uncovered until squash is evenly glazed.





# ISLANDS WEST PRODUCE

## MARKETSCOPE

SEPTEMBER 27<sup>TH</sup> – OCTOBER 3<sup>RD</sup>, 2025

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

As predicted, we are now seeing the effects of the strange weather conditions that California has been going through, from higher than average temperatures early in the week to massive rainstorms at the end of the week. We are seeing prices on some items more than double in cost from the week prior and as we all know, we will begin to see various quality issues arising from these issues. We have had a great local season but now that we have entered the fall season and the weather is getting cooler, we will start to see the vegetable crops come to an end. Some quickly and some slowly. It will all come down to how cold the nights get and when we see the first bad "F" word (Freeze).

From the island we have all coloured potatoes, Kennebec potatoes, all hard squash, all lettuce product, carrots, corn, green cabbage and red and gold beets. From our mainland growers we are seeing green beans, brussels sprouts, bunch radish, green peppers, large russet potatoes, and LE cucumbers.



### LETTUCE

**ICEBERG:** Due to low supply, we are seeing the price for the Californian head lettuce trend

upwards this week. We will have both the liner and cello wrapped as well as a limited supply of VI head lettuce.

**ROMAINE:** We will have good supplies of the 24ct Californian available for the week and price is moving down slightly this 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:** Supply is peaking on Washington onions right now and prices are down. We do not expect the low market to last very long so let's enjoy it while we can. In stock this week are jumbo red 25lbs sacks, #1 medium and jumbo yellow as well as the #2 production onions. We are also stocking 25lb bags of white onions.

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

**POTATOES:** The coloured Potatoes available for this week are Vancouver Island red mediums and red nuggets. All yellow potatoes are also arriving from VI 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 the 10/2lb mixed bagged peppers in stock with the quality being good but we are seeing the price trend upwards for this week.

**COLOURED:** We have in stock BC #1 Extra Large Red, Orange and Yellow peppers. We have from California, the green and red 25lb cases in stock as well as a good supply of 25lb BC large green peppers.



### SQUASH

**HARD:** We have Vancouver Island acorn, banana, butternut, kabocha and spaghetti available. new this week, we also have the delicata squash. We have 25lb local green zucchini and a limited supplies of yellow zucchini in stock.



### BROCCOLI / CAULIFLOWER

**BROCCOLI:** The supply continues to improve out of California and prices are continuing to come down. We have the Domestic and Asian cut

crowns as well as the 14ct bunch in stock.

Good supplies of broccolini in both iced and iceless in stock ask your sales rep for details on the iceless.

**CAULIFLOWER:** We will have both the 9ct and 12ct in stock with good quality but we are seeing an upswing in the pricing this week.



### TOMATOES

**FULL SIZE:** We have in stock, the 5X6 and 6X7 field tomatoes We are seeing the field tomato market price continue to remain stable for this week. Even with the strong demand, the roma tomato prices are trending down due a stronger supply. Beef tomatoes are stable while tov's are down with both coming from Mexico this week.

**SMALL:** In stock are 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 have 48, 56, 64 and 113 ct navel in stock this week. Also available, we have the Cara Cara bulk and 15/2lb bag Peruvian mandarins.

**LEMONS:** We have 140ct Chilean in stock this week. The price continues to be high due to very good demand this time of year.

**LIMES:** We have 175ct in stock with price continuing to be strong with good demand this time of year. The forecast are that prices will continue to climb as we move into winter supply.



### MELONS

**CANTALOUPE:** We have in stock 12 and 15ct size from Californian. Prices are good this week but as we near the end of the California deal we expect to see higher pricing as early as next week.

**HONEYDEW:** We have 6 and 8ct Californian in stock. Same deal as the cantaloupe market we will see honeydew prices start to move up as early as next week.

**WATERMELON:** In stock is Washington seedless 8ct with that changing to California by the end of the week. We are nearing the end of the California melon season and prices will move up as we transition to Mexico supply for October.



### BERRIES

Due to the warm then wet weather, there will be limited supply of berries from California next week. There will be 8X1lb strawberries and 12/6oz raspberries only. We will have a limited supply of 12/6oz Peruvian blueberries to start the week





# ISLANDS WEST PRODUCE LOCAL SHEET

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## LOCALLY SOWN | LOCALLY GROWN



### LOWER MAINLAND

#### Bean Sprout King

Bean Sprouts

#### Windset Farms

Lettuce, Butter  
Peppers, Sweet Mini  
Tomatoes, Beefsteak  
Tomatoes, Grape  
Tomatoes, Cherry  
Tomatoes, On the Vine  
Tomatoes, Symphony

#### Avina Mushrooms

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

#### V.I. Farms

Peppers, Orange  
Peppers, Red  
Peppers, Yellow

#### Champs Mushrooms

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

#### RGR

Carrots, Bunch

#### Van Eekelen

Belgium Endive

#### BC Fresh

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



### VANCOUVER ISLAND

#### Eatmore Sprouts

Sprouts, Alfalfa  
Sprouts, Clover  
Sprouts, Pea Shoots

#### V.I. Farms

Cucumbers, LE

#### IVCA

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

#### Michells

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

#### Echo Valley Farms

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**