



ISLANDS WEST PRODUCE WEEKLY SPECIALS

OCTOBER 11TH – 17TH, 2025



**TOMATOES 5X6
EXTRA LARGE**
25lb Case
California



**PEPPERS GREEN
CHOICE**
25lb Case
California



CANTALOUPE MELONS
12ct Case
California



LEEKS BULK
30lb Case
Vancouver Island



**POTATOES YELLOW
NUGGETS (SMALL)**
50lb Case
Vancouver Island



**ONION YELLOW
SLICED 3/8"**
5lb Bag



**GARLIC CHOPPED
ROASTED
[DRIED SPICE]**
500g Ctn.



**PEAS FANCY IQF
[FROZEN]**
6x2kg Case



A FALL INSPIRED SOUP JUST FOR YOU! Chunky Potato Leek and Broccoli Soup!



INGREDIENTS

3 med potatoes, peeled and diced
1 cup finely chopped leeks
1 stalk of celery, diced
1 large onion, chopped
3 medium carrots, diced
1 med broccoli cut into florets, stalk diced
1 clove of garlic, minced
1 clove of garlic, minced
2 Tbsp peanut oil

1 teaspoon sesame oil
1 Tbsp butter
a pinch of red chili flakes
2 bay leaves
a pinch of onion, garlic, and paprika powder
1/3 cup heavy cream
5 cups vegetable stock
salt and pepper to taste

DIRECTIONS

In a soup pot, drizzle in peanut oil and sesame oil. Bring to low to medium heat. Toss in onions, carrots, celery. Saute for 2 minutes. Add in leeks, broccoli, and potatoes and stir well. Toss in butter and stir again. Saute for another 2-3 minutes.

Season with onion, garlic, and paprika powder. Add a dash of salt and pepper and stir.

Add bay leaves, and pour in vegetable broth. Taste for seasoning and add if necessary. Simmer on low for 20 minutes.

Add heavy cream and stir well, simmer for another 5 minutes. Take off heat and remove the bay leaves.

With a hand blender blend soup minimally leaving some chunks.

Ladle soup into bowls. Add a pinch of red chili flakes.

Ready to serve and Enjoy!



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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The information that we continue to hear from the suppliers in California is still on the gloomy side. They are saying that the quality is on the rough side due to the rain and humidity that the growing areas have experienced over the last 2 weeks and that they are expecting the quality challenges to continue for the remainder of the Salinas growing season. So, the other downside is that we are still seeing prices continue to remain high on most items with some even increasing again this week as the demand for all produce is remaining very strong.

From the island we have all coloured potatoes, Kennebec potatoes, large russet potatoes, all hard squash, some lettuce product, carrots, green cabbage, parsnips and red and gold beets. From our mainland growers we are seeing limited amounts of green beans, brussels sprouts, bunch radish 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.

ROMAINE: We will have good supplies of the 24ct Californian available for the week, as with the head lettuce, we are seeing the price trend upwards for the week. There will be a limited supply of Vancouver Island product. We also have our in-house chopped Romaine labor saver.

LEAF: We have 24ct California Green Leaf, as well as 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. In stock for the week, we have the jumbo red & yellow as well as the medium yellow. We have 25lb white jumbo as well as local Walla sweets in a 30lb case.

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

POTATOES: The coloured Potatoes available for this week are from Vancouver Island. We have nugget and med red as well as nugget, med and large yellow. We have a good supply 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 remain stable 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.



SQUASH

HARD: We have Vancouver Island acorn, banana, butternut, kabocha and spaghetti available. From the lower mainland we also have the delicata squash. We will have this week for you zucchini needs, the 22lb medium and 40lb large Californian green zucchini as well as a limited supply of the yellow



BROCCOLI / CAULIFLOWER

BROCCOLI: We continue to see the broccoli market this week with tight supply and high prices. We will have the Domestic and Asian cut crowns as well as the 14ct bunch in stock.

We will have a limited supply of broccolini this week in both iced and iceless, ask your sales rep for details on the iceless.

CAULIFLOWER: We will have both the 9 and 12count in stock this week. As with the broccoli, the market has become tight and the price has become high.



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 remaining stable due to a stronger supply. Beef tomatoes are stable while tovs 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 and 64ct navel in stock this week. We have the Cara Cara bulk and 15/2lb bag Peruvian mandarins. Also available, China mandarins in the 15kg bulk and then 4lb personal box.

LEMONS: We will have the 115 & 140ct Californian product in stock this week.

LIMES: We have 175ct in stock with price continuing to be strong with good demand this time of year. The forecast is that prices will continue to climb due to the supply being low.



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, we have both of the Washington and Californian seedless 8ct. We are nearing the end of the California melon season and prices will move up as we transition to Mexico for supply.



BERRIES

There will be 8X1lb strawberries and 12/6oz raspberries and blackberries from Driscoll's. 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, Pointed 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

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, Banana
Squash, Butternut
Squash, Kabocha
Squash, Spaghetti

Michells

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