



ISLANDS WEST PRODUCE WEEKLY SPECIALS

OCTOBER 18TH - 24TH, 2025



PINEAPPLE LARGE
5ct Case
Costa Rica



TOMATOES SYMPHONY
BULK
10lb Case
British Columbia/Mexico



CABBAGE GREEN
50lb Case
Vancouver Island



ONIONS YELLOW #1
JUMBO
50lb Sack
Washington



POTATOES BAKERS' RUSSET
80ct/50lb Case
Washington



SQUASH BUTTERNUT
DICED ¾"
5lb Bag
Vancouver Island



STEAK SPICE MONTREAL
[DRIED SPICE]
600g Ctn.



PEACHES SLICED IQF
[FROZEN]
5x1kg Case



Let's Talk Onions

SWEET ONION



Best for Frying

USE FOR:
Onion Rings
Gratins
Roasted Vegetables

WHITE ONION



Crunchiest &
Sharpest Zing

USE FOR:
Chutneys
Salsa's
Stir Frying

RED ONION



Best for Eating Raw

USE FOR:
Guacamole
Pickled Onions
Salads
Sandwiches

YELLOW ONION



Cooking Onion

USE FOR:
Soups
Stews
Sauces

SHALLOT



Milder &
More Subtle

USE FOR:
Dressings
Salads
Garnishes

GREEN ONION



Sharp &
Grassy

USE FOR:
Garnishes

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

OCTOBER 18TH – 24TH, 2025

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All the information that we received from California this week continues to paint a very gloomy picture. Early this week, the Salinas Valley was hit by a severe storm system that brought on heavy rains, thunderstorms, quarter-size balls of hail and damaging winds which included reports of funnel clouds. This storm caused extensive damage across the entire valley, causing widespread challenges on nearly all commodities with the lettuce and cole crops being the most affected (broccoli, cauliflower, cabbage, brussel sprouts).

From the island we have all coloured potatoes, Kennebec potatoes, large russet potatoes, all hard squash, carrots, green cabbage, parsnips and red and gold beets. Our recent cold spell on the island has now brought an end to the local lettuce. From our mainland growers we are seeing limited amounts of 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 remain high for the week. We also have our in-house chopped Romaine labor saver.

LEAF: We have 24ct California Green & Red Leaf, as with the romaine lettuce, we are seeing a higher price this 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 has peaked on Washington onions right now and we are seeing the lowest price of the year. 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 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 a limited supply of the 10/2lb mixed bagged peppers in stock as we see the season wind down. We can expect the price to trend upwards as the supply tightens.

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 your 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 issues with the broccoli market this week, with tight supply, quality issue and high prices. We will have the Domestic and Asian cut crowns as well as the 14ct bunch in stock. Broccolini will be very tight this week due to the weather conditions in California.

CAULIFLOWER: We will have both the 9 and 12count in stock this week. As with the broccoli, the cauliflower market is experiencing quality, availability issues and increased pricing.



TOMATOES

FULL SIZE: This will be our last week with the 5x6 & 6x7 Californian tomatoes. We will be transitioning to the Florida product over the next week or so. We are seeing the market price on Beef & TOV's trend upwards for 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 bagged, 15kg bulk and the 4lb personal box of China Mandarins available for the week.

LEMONS: We will have the 115 & 140ct Californian product in stock this week. As the volume builds, we should see the price trend downwards.

LIMES: We will have the 175ct in stock for this week with price continuing to be strong but stable.



MELONS

CANTALOUPE: We will have in stock for this week, the 12&15ct Californian product. This is the last week for the Cali product. We will transition to an offshore product as the Californian runs out.

HONEYDEW: We have 6ct Californian in stock. Same deal as the cantaloupe market we are in our last week of Cali product, transitioning to off shore.

WATERMELON: In stock this week, we have both the Washington and Mexican seedless 8ct. with quality being good and the process remaining stable.



BERRIES

With the weather conditions in California, we are seeing a very limited amount of fresh berries being available. There will be raspberries in the 12x6oz and 6x12oz sizes. We could also have a limited supply of the Peruvian 12x6oz blueberries. We will make all efforts to have strawberries when available.



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]
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

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**