

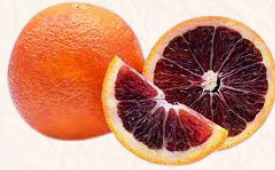


ISLANDS WEST PRODUCE WEEKLY SPECIALS

OCTOBER 25TH – 31ST, 2025



PUMPKINS BIN
50-60ct Bin
Vancouver Island



ORANGES BLOOD FANCY
20lb Case
Australia



GOURDS ASSORTED
25lb Case
Vancouver Island



SQUASH SPAGHETTI
35lb Case
Vancouver Island



**POTATOES
FINGERLINGS**
50lb Case
Canada



BEETS RED DICED 3/4"
5lb Bag
Vancouver Island



**GARLIC CHOPPED
[DRIED SPICE]**
600g Ctn.



**BLACKBERRIES IQF
[FROZEN]**
5x1kg Case

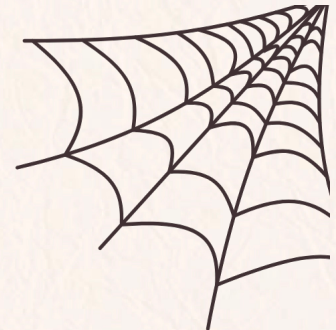


PUMPKINS fun facts



Pumpkins were once thought to remove freckles and snake bites.

Pumpkins are 90% water.



The largest pumpkin pie ever baked was made in 2010 and weighed over 3,699 lbs



46% of adults carve a pumpkin for Halloween.

Pumpkins can be found in orange, white, blue, red, tan, yellow, and green.



Largest pumpkin ever grown in Canada - Lloydminster, AB
October 2022
2,537 lbs.

Pumpkin chucking is the sport of hurling pumpkins by mechanical means.



In 2021 Canadian farmers produced approx. 117,540 metric tons of fresh pumpkins.



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 25TH – 31ST, 2025

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Every week we get closer to transition and it can't come soon enough! We continue to see increased prices on all lettuces and cauliflower out of the Salinas Valley with the transition into Yuma expected at the end of November. The Mexico Season has started on cucumbers and zucchini this week, with larger volume filled cases available.

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.



LETTUCE

ICEBERG: Iceberg supplies are extremely low as we are close to transition in the valley. We will have both the liner and cello wrapped in stock for the week.

ROMAINE: Probably the hardest hit item in California, We are seeing pro rates on our orders. This item will see higher prices and we could see shorts near the end of the week

LEAF: lettuce remains very tight as the season winds down. We have 24ct California Green & Red Leaf.

BUTTER: We will have available 12ct Hothouse Living Butter Lettuce this week and as well as a 24ct Hothouse liner Butter lettuce available.

TUSCAN SPRING MIX: We are now seeing an increase in cost on this item due to the damage in the fields. We have a good stock of the 3lb case.

ARUGULA: We continue to stock the 2x2lbs and are also seeing an increase in cost on this item.

ARTISAN: A possible substitute for the high-priced lettuces.

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 on all peppers 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 Mexican green zucchini.



BROCCOLI / CAULIFLOWER

BROCCOLI: We continue to see issues with the broccoli market this week, with tight supply and high prices however price remains stable so we are hoping this is the peak. 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 12 count in stock this week. The cauliflower market is experiencing quality, availability issues and increased pricing.



TOMATOES

FULL SIZE: We will be transitioning to Florida product this week with the 5x6 & 6x7 and will see an increase in price. We are seeing the market price on Beef & TOV's stable for this week.

SMALL: In stock are grape, cherry and symphony in the 12X1pt as well as the 10 bulk symphony.



CITRUS

ORANGES: With a delay in the California market we will continue to bring in Australia oranges. We have 48, 56 and 64ct navel in stock this week. We have the Cara Cara bulk and 15/2lb bagged, 16.3kg 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 is building, we will see the price trend downwards.

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



MELONS

CANTALOUPE: We are bringing in Arizona product this week and are seeing prices trending upward. We will have in stock for this week, the 12ct product. We will transition to an offshore product as the Arizona product runs out.

HONEYDEW: Same deal as the cantaloupe market we are moving to an Arizona product before transitioning to offshore.

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 and California strawberries in stock



ISLANDS WEST PRODUCE LOCAL SHEET

OCTOBER 25TH – 31ST, 2025

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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]
Kalettes
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

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, Extra 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**