



ISLANDS WEST PRODUCE WEEKLY SPECIALS

NOVEMBER 15TH – 21ST, 2025



CARROTS JUMBO
50lb Sack
Vancouver Island



CABBAGE SAVOY
40lb Case
Vancouver Island



TOMATOES SYMPHONY
BULK
10lb Case
British Columbia



SQUASH KABOCHA
35lb Case
Vancouver Island



**POTATOES RUSSET
BAKERS**
80ct/50lb Case
Washington



NACHO TOPPING MIX
2.5lb Pkg



TACO SEASONING
[DRIED SPICE]
500g Ctn.



SPINACH CHOPPED IQF
[FROZEN]
12x2lb Case

Food-Service Spotlight NACHO TOPPING MIX

SAVE TIME. CUT COSTS. SERVE FRESH.

Our Nacho Topping Mix combines freshly diced yellow onion, red bell pepper, and green bell pepper — ready to use straight from the pack.

Whether you're running a high-volume kitchen or a quick-serve operation, this mix eliminates prep time while delivering fresh flavor, vibrant color, and consistent sizing.

- **Washed, diced, and ready to use**
- **Saves prep time and labour**
- **Consistent sizing for even cooking**
- **No waste, no spoilage**
- **Adds fresh flavour and colour**
- **Perfect for nachos, wraps, omelets, pizzas & more**
- **Fresh-cut locally for maximum shelf life**
- **Available in foodservice pack sizes**

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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Great news, it's moving week for all the growers and processors from the Salinas Valley. This is the time that they pick up all their equipment in California and move it to Yuma Arizona. This move is happening two weeks early this year, but the downside to this move is that most items that arrive from both of these areas will be low in volume and light in size. We are seeing some very heavy proring on some of the standard items such as Tuscan Spring and Broccolini during this time.

From the island, we are still seeing the coloured potatoes, Kennebec potatoes, large russet potatoes, all hard squash, carrots, green, red & savoy cabbage, parsnips, red & gold beets and rainbow chard.



LETTUCE

ICEBERG: Iceberg supplies are extremely low with the price remaining high as we wait for the volume to build. We will have both the liner and cello wrapped in stock for the week.

ROMAINE: We will have the Peter Rabbit label romaine to start the week. With the better supply being available, we are seeing the price remain stable for the week.

LEAF: We will have the 24ct green and red leaf available for the week.

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

TUSCAN SPRING MIX: We are now seeing an increase in the cost of this item due tight availability. We are being prorated while the Yuma area volume builds.

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

ARTISAN: This is still a good substitute for the high-priced lettuces.

SPINACH W&T: We have a good supply of the 4x2.5lbs cases.



BROCCOLI / CAULIFLOWER

BROCCOLI: We will see a bit of an upswing in the pricing this week due to a higher demand. We will have the Domestic and Asian cut crowns as well

as the 14ct bunch in stock.

Broccolini continues to 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. We are seeing the cost of cauliflower remain stable for this week.



TOMATOES

FULL SIZE: We have California 5X6 tomatoes for the beginning of the week. We will then transition to the Florida product. We are seeing the market price on Beef & TOV's stable for this week with the price of romas trending downwards.

SMALL: In stock are grape, and symphony in the 12x1pt as well as the 10 bulk symphony as one of the feature items for the week.



CITRUS

ORANGES: We will have the 138, 113 & 56ct California product as well as a limited supply of the 48 Australian available. Also, in stock 16.3kg bulk mandarins as well as the 4lb individual boxes.

LEMONS: We will have the 115 & 140ct Californian product in stock this week. As the volume has now increased, we are seeing the price remain stable for the week.

LIMES: We will have the 175ct Hawaiian product in stock this week and we will see the price tend upwards as we head into the holiday season.



MELONS

CANTALOUPE: We will have the Mexican 12ct product in stock for the week. The price is remaining strong for the week.

HONEYDEW: Same deal as the cantaloupe market we are seeing the price remain strong. We will have the Mexican product for the week.

WATERMELON: In stock this week, the Mexican seedless 8ct with quality being good and the prices remaining stable.



BERRIES

There will be the 12X6oz & 6X12oz raspberries, 12X6oz blackberries. We could also have a limited supply of the Peruvian 12x6oz blueberries. There will be a very limited amount of 8X1lb strawberries to start the week.



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 will continue to have the 10/2lb mixed peppers if the producers have it available.

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 will have the acorn, banana, butternut, kabocha, delicata and spaghetti available for the week. We will have this week for your zucchini needs, the 22lb medium and 40lb large Mexican green zucchini.