



ISLANDS WEST PRODUCE WEEKLY SPECIALS

NOVEMBER 29th – December 5TH, 2025



**BLACKBERRIES
CLAMSHELL**
12x6oz Case
Mexico



HONEYDEW MELONS
8ct Case
Mexico



CARROTS SNAPTOP
MEDIUM BULK
50lb Case
Vancouver Island



LEEKS BULK
30lb Case
Vancouver Island



**ZUCCHINI GREEN
VOLUME FILLED**
40lb Case
Mexico



POTATO YELLOW PEELED
25lb Bag
Vancouver Island



**ONIONS GRANULES
FIRE ROASTED
[DRIED SPICE]**
600g Ctn.



**MANGO CHUNKS IQF
[FROZEN]**
5x1kg Case

FOOD FOR THOUGHT



Tastes like...

With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present.

Looks like...

They look like oversized scallions or green onions, long and cylindrical - with white stems and root and green at the top of the stem.

How can you use them?

They are versatile and can be enjoyed on their own while adding depth to dishes like stews, soups, and pastas.

Is the whole leek edible?

You can only eat its stalk – just above the roots and stem base.



LEEKS



ISLANDS WEST PRODUCE MARKETSCOPE

NOVEMBER 29TH – DECEMBER 5TH, 2025

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We are hearing that the desert growing region is still experiencing cooler than normal temperatures along with low forecasted rain causing the area to still be behind in its available volume of product. This combined with the US Thanksgiving holiday this past week, a partial amount of harvesting crews being available have caused gaps in some of our products. We are expecting these conditions for about the next two weeks or so.

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 leeks. We will continue to stock island products while it is still available.



LETTUCE

ICEBERG: We are still seeing the supply of iceberg being extremely low with the price remaining high. We will have both the liner and cello wrapped in stock for the week.

ROMAINE: We will have the Peter Rabbit label romaine again for this week. With the better supply being available, we are seeing some relief in the price for this week.

LEAF: We will have the 24ct green and red leaf available for the week. The green leaf lettuce will still be the best deal for the week.

BUTTER: We are experiencing low volumes on both the liner and clamshell. We are ordering both weekly.

TUSCAN SPRING MIX: We continue to see the higher cost of this item due to the continued tight supply.

ARUGULA: We continue to stock the 2x2lbs, as with the Tuscan spring mix, we are seeing the supply being tight.

ARTISAN: The artisan head lettuce is the one that we are finding that we are only receiving limited supplies of.

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 are still seeing upwards pressure on the onion market again this week.

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 limited supply of medium sweet potatoes and the medium, large and jumbo yams. We also still have a good supply of the Little Potato Company fingerling potatoes along with other selected little potatoes. Check with your sales rep for what is available.



PEPPERS

BAGGED: We have been told that this could be our last week for the BC bagged peppers. We will then move to a Mexican product.

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. With the volume available, this is the best deal this

week for a winter vegetable, so we were able to offer it as one of our feature items.



BROCCOLI / CAULIFLOWER

BROCCOLI: With the US holiday now over, we are seeing the price trend downwards on broccoli this week. 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 the growing area.

CAULIFLOWER: We will have both the 9 and 12 count in stock this week. As with the broccoli, we are seeing the price of cauliflower trend downwards for this week.



TOMATOES

FULL SIZE: We have Florida 5X6 tomatoes for this week. We will not have the 6X7 again this week due

to the higher cost. We are seeing the market price on Beef & TOV's stable for this week. The roma market is in flux this week with higher prices, low volume and with the quality only being fair.

SMALL: In stock are grape, cherry and symphony in the 12x1pt as well as plenty of the 10 bulk symphony. We are seeing some fluxuation in the pricing on all of the 12/1pt product for this week.



CITRUS

ORANGES: We will have the 138, 113 & 56ct California product available for the week. 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 trend downwards for the week.

LIMES: We will have the 175ct Mexican product in stock this week.



MELONS

CANTALOUPE: We will have the Mexican 12ct product in stock for the week. We are seeing the price trend down on cantaloupe for the week.

HONEYDEW: We are seeing the price remain stable for the week due to a higher volume being available. 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

Due to the continued weather issues and strong demand in the US for fresh berries, we will have a very limited supply of berries for the week. We will have 12/6oz blackberries, blueberries and raspberries.