



ISLANDS WEST PRODUCE WEEKLY SPECIALS

DECEMBER 13TH – December 19TH, 2025



BROCCOLINI BUNCHED
9/18ct Case
California



BEETS CANDY CANE
MEDIUM BULK
25lb Sack
British Columbia



CRANBERRIES FRESH
24/340g Case
U.S.



CARROTS BABY BUNCHED
2doz. Case
Mexico



POTATOES YELLOW
MEDIUM BULK
50lb Case
British Columbia



SQUASH BUTTERNUT
LARGE CUT ¾"
5lb Bag
Vancouver Island



SAGE RUBBED
[DRIED SPICE]
175g Ctn.



BRUSSEL SPROUTS IQF
[FROZEN]
6x2kg Case



BRUSSEL SPROUTS

Brussels sprouts are easy to identify because they look like little mini-cabbages, which just adds to their charm. These cruciferous vegetables are wonderful roasted, shaved, or on their own as a filling, flavorful side dish.

The secret to preparing good Brussels sprouts is to not overcook them. Overcooked Brussels sprouts have a pungent, sulfurous odor and bitter flavor. Properly cooked Brussels sprouts have a crisp, dense texture and a slightly nutty taste; they are best sautéed or roasted.

To prepare Brussels sprouts for cooking, trim the stem and cut them either in half lengthwise or in quarters, or shred them in a food processor.

"GLAZED BRUSSELS SPROUTS WITH CRISPY ONIONS"



- 1: Preheat the oven to to 400°F. Trim the Brussels sprouts and place them on baking sheets. Toss with the oil and season with salt and pepper.
- 2: Roast sprouts 20–30 min., until almost tender. In a small bowl, whisk together vinegar and honey. Drizzle over sprouts and stir to coat. Bake another 10 min., until sprouts are tender.
- 3: Roast in the lower third of the oven until just tender and browned in spots, about 10 minutes.
- 4: Transfer sprouts to a large serving plate. Sprinkle the sesame seeds and crispy onions over sprouts.



ISLANDS WEST PRODUCE MARKETSCOPE

DECEMBER 13TH – DECEMBER 19TH, 2025

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Weather reports from Arizona "Sunny skies and no rain is in the forecast in the desert for the week", great news for the growth of all produce. We are still seeing strong demand for all products arriving from this growing area and we anticipate this to remain through the holiday season. We are still seeing some of our items being pro-rated based on the strong demand.

We are beginning to see our local produce slow down as we get further into the wet winter season. We still have available the usual fall crop items like beets, rutabagas, cabbages, carrots and parsnips when they can get out to harvest.



LETTUCE

ICEBERG: We are seeing the supply of iceberg improve with heavier weights. 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 in the 24ct case.

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

BUTTER: We will have product to start the week, but it could be hit and miss near the end.

TUSCAN SPRING MIX: We are seeing a strong supply of the Tuscan being available for this week.

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

ARTISAN: We are seeing the artisan lettuce being tight this week.

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



ONIONS / POTATOES

ONIONS: We are still seeing a strong volume of product being available. In stock for the week, we have the jumbo red & yellow as well as the medium yellow.

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 both, large and 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.



PEPPERS

BAGGED: We will have a supply of the BC bagged peppers for this week. We are being told that this will be the last week.

COLOURED: We have in stock BC #1 extra-large 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: We have had a roller coaster ride on the availability this week for broccoli. We will have the Domestic and Asian cut crowns as well as the 14ct bunch in stock.

We are seeing a stronger volume of broccolini being available for this week. We should have both iced and iceless.

CAULIFLOWER: We will have both the 9 and 12 count in stock this week with the volume and quality being good.



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 BC on the vines and Mexican beefsteaks for this week. We are seeing a downward trend in pricing on the roma tomatoes for this week.

SMALL: In stock are grape, cherry and symphony in the 12x1pt as well as plenty of the 10 bulk symphony.



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. Quality remains good.

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 remain stable on cantaloupe for the week.

HONEYDEW: As with the cantaloupe, we are seeing the price remain stable for the week. 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

We will have 8/1lb strawberries and the 12/6oz blackberries & raspberries from Driscoll's. We are still waiting for the first offering of 12/6 oz blueberries. We will continue to purchase these from secondary suppliers when possible.



Happy Holidays

Thank you for being part of our 2025 journey.
We are grateful for your continued partnership, for choosing to support local,
and for the opportunity to bring fresh produce to your shelves and menus.

Warmest wishes from our family to yours.

HOLIDAY HOURS

WEDNESDAY, DECEMBER 24TH

Office open for pick ups until 12:00pm
Morning deliveries only

WEDNESDAY, DECEMBER 31ST

Office open for pick ups until 4:00pm
Regular deliveries

THURSDAY, DECEMBER 25TH

Office closed
No deliveries

THURSDAY, JANUARY 1ST

Office open for pick ups 12:00pm - 6:00pm
No deliveries

FRIDAY, DECEMBER 26TH

Office open for pick ups 12:00pm - 6:00pm
No deliveries

FRIDAY, JANUARY 2ND

Regular hours
Regular deliveries



Locally Led & Rooted in the Community @ 4247 Douglas Street, Victoria, BC

Regular Office Hours: Mon To Fri 5:00am - 6:00pm | Sat 5:00am - 12:00pm | Sun 12:00pm - 6:00pm

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