



Islands West

ISLANDS WEST PRODUCE WEEKLY SPECIALS

JANUARY 17TH – JANUARY 23RD, 2026

**BEANS GREEN**

28lb Case
Mexico

**CABBAGE GREEN**

50lb Case
Vancouver Island

**GRAPEFRUIT RED**

"PREMIUM"
56/64ct Case
California

**TOMATO SYMPHONY BULK**

10lb Case
Mexico



POTATOES YELLOW NUGGETS (SMALL)
50lb Case
Vancouver Island



CARROTS MATCHSTICK
5lb Bag
Vancouver Island



ALLSPICE GROUND [DRIED SPICE]
500g Ctn.



PEACHES SLICED IQF [FROZEN]
5/1kg Case



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ISLANDS WEST PRODUCE

MARKETSCOPE

JANUARY 17TH – JANUARY 23RD, 2026

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Wow, look at the crazy weather we are having for mid-January, sun and temperatures in the double digits. I wish we could say the same for the growing regions to the south of us. They are still experiencing wide fluctuations in the weather in Arizona, Mexico and southern California. Warm days, cool nights with light ice reported in some areas, excessive rain some days to no rain on others. These conditions are causing unusually high prices, lower than usual quality and volume on items that normally this time of year, there are no issues.

Locally, we are still stocking a few local storage items from the fall harvest. Items like beets (gold, red, candy), coloured potatoes (red & yellow), parsnips (medium & large), rutabaga, cabbage (red, green, savoy). It's great to have the local product so long in the year.



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 continue to 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.

BUTTER: We are now stoking the peter rabbit label field butter lettuce in the 24ct case. We are also seeing limited amounts of the BC hot house living butter lettuce.

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

ARUGULA: We continue to stock the 2x2lbs, we are seeing prorated amounts arriving from the supplier for the week.

ARTISAN: We are seeing the volume of artisan lettuce being very good for the 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 with the price remaining stable.

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 have from Mexico, the 10/2lb bagged peppers available for the week.

COLOURED: We have in stock for the week, 11lb red, orange and yellow Mexican as well as 25lb yellow, orange and green Mexican and 25lb red Californian.



SQUASH

HARD: We will from Mexico, the acorn, butternut, kabocha, and spaghetti available for the week. We will have this week for your zucchini needs, the 40lb large Mexican green zucchini. As with other items, we are seeing the price trend upwards for the week.



BROCCOLI / CAULIFLOWER

BROCCOLI: We will have the Domestic and Asian cut crowns as well as the 14ct bunch in stock for the week. We are seeing the price trend upwards for the week.

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 5X6 Mexican product for the week. Next week we will still have a limited supply of BC On the Vine tomatoes. The beefsteak market remains unstable but we will have some product to start the week. There seems to be a good supply of roma tomatoes available for the week. We are hearing that the pricing will begin to trend upwards on all tomaotes.

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 113, 88 and 56ct Navel California product available for the week. There will also be a supply of 15/2lb mandarin bag oranges and a limited supply of the bulk cases in stock.

LEMONS: We will have the 115 & 140ct choice Californian product for the week.

LIMES: We will have the 175ct Mexican product in stock this week this the price continues to trend upwards.



MELONS

CANTALOUE: We will have the Mexican 9ct product in stock for the week. With product being tight, we are seeing the price trend upwards.

HONEYDEW: As with the cantaloupe, we are seeing the market tighten and the price trend upwards.

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.