



# ISLANDS WEST PRODUCE WEEKLY SPECIALS

JANUARY 24<sup>TH</sup> – JANUARY 30<sup>TH</sup>, 2026



## GREEN LEAF LETTUCE

\$39.95 / 24ct  
California



## YUKON LARGE

\$26.95/50lb Case  
British Columbia



## ANJOU PEARS

\$59.95/90CT  
Washington



## YELLOW ZUCCHINI

\$49.95/40LB  
Mexico



## ONION JUMBO YELLOW

\$19.95/50LB  
Washington



## CHOPPED ROMAINE

\$13.95/5lb Bag  
Made in Victoria



## CHOPPED GARLIC

ROASTED  
[DRIED SPICE]  
14.95/500G



## SLICED APPLES

[FROZEN]  
37.95/5/1kg



## Let's Talk Onions

### SWEET ONION



Best for Frying

USE FOR:  
Onion Rings  
Gratins  
Roasted Vegetables

### WHITE ONION



Crunchiest &  
Sharpest Zing

USE FOR:  
Chutneys  
Salsa's  
Stir Frying

### RED ONION



Best for Eating Raw

USE FOR:  
Guacamole  
Pickled Onions  
Salads  
Sandwiches

### YELLOW ONION



Cooking Onion

USE FOR:  
Soups  
Stews  
Sauces

### SHALLOT



Milder &  
More Subtle

USE FOR:  
Dressings  
Salads  
Garnishes

### GREEN ONION



Sharp &  
Grassy

USE FOR:  
Garnishes

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](http://www.islandswest.com)





# ISLANDS WEST PRODUCE MARKETSCOPE

JANUARY 24<sup>TH</sup> – JANUARY 30<sup>TH</sup>, 2026

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Holly Guacamole the Canucks finally won a game last night last night!! Time to celebrate with some carrots and celery sticks. Our local weather unfortunately looks like we have some rain incoming next week. One of our local farmers sent pics last week of BC Rhubarb starting to appear and even more surprisingly she also sent a picture of Asparagus sprouting up. Unfortunately, the bad news is weather south of the boarder has created havoc on crops. Rain in the Mexico growing region and darks days have created short supplies and pricing trends upwards. There has also been some border protest at entry points from Mexico into the US. The US markets are in the same position with broccoli and cauliflower leading the charge. On the bright side there seems like there will be some relief in the weather in California with no rain in the forecast next week for the two regions.

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, rutabaga, cabbage (red, green, savoy). It's great to have the local product so long in the year.



## LETTUCE

**ICEBERG:** Due to weather issues in the growing region supply has become very tight in a hurry. Price is way up next week and climbing. We will have both the liner and cello wrapped in stock.

**ROMAINE:** Market is up slightly with lighter supplies this week and we are expecting to see prices even higher for next week. We continue to have Peter Rabbit label 24ct in stock. Great deal on chopped romaine this week.

**LEAF:** We continue to have good supplies of both 24ct green and red leaf available. Prices continue to be reasonable.

**BUTTER:** We are now stocking the peter rabbit label field butter lettuce in the 24ct case. We are also seeing better supplies 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, supply has improved and we are not seeing any pro-rates this week.

**ARTISAN:** Supply and quality are both good this week.

**SPINACH W&T:** Quality continues to be only fair again this week with good supplies of the 4x2.5lbs cases in stock.



## ONIONS / POTATOES

**ONIONS:** We are still seeing a strong volume of product being available. In stock for the week, we have the red & yellow jumbo 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, as well as 25lb yellow, orange, green, red 25lb Mexico.



## SQUASH

**HARD:** We will from Mexico, the acorn, butternut, kabocha, and spaghetti available for the week. We will have the 40lb large Mexican green/ yellow 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. Demand exceeds supply for the week resulting in higher pricing. 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. Demand exceeds supply resulting in higher pricing.



## 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 limited for next week. The roma tomato market has tightened for next week. Pricing is trending upwards on all tomatoes.

**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

**CANTALOUPE:** 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, market has become very limited, pricing is strong.



## 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.