



ISLANDS WEST PRODUCE WEEKLY SPECIALS

FEBRUARY 21st – FEBRUARY 27TH, 2026



BRUSSEL SPROUTS
25lb case
Mexico



BUTTERNUT SQUASH
35lb Case
Mexico



**STRAWBERRIES
DRISCOLL**
8x1LB Case
California



YUKON POTATOES, LARGE
50LB CASE
Vancouver Island



**BLUEBERRIES
DRISCOLL**
12X60Z case
California



HONEYDEW, DICED
1" CUBED
7LB
Made in Victoria



CURRY POWDER MADRAS
[DRIED SPICE]
500g Ctn.



SLICED APPLES
[FROZEN]
2x2.5kg Case



Strawberries, with a unique tangy sweet taste, are one of the most popular fruits in the world. There are more than **600** varieties of strawberries, and they vary in flavour, size, and texture. Strawberries are best eaten raw and their flavor is best at room temperature. They're usually added to salads, used in jams, jellies, and desserts.

Keep unwashed strawberries in the fridge for up to seven days. Avoid washing or removing their caps until ready for use.

Strawberry Banana Bread

INGREDIENTS

½ cup (1 stick) butter, softened
1 cup granulated sugar
2 large eggs, beaten
3 ripe bananas, mashed
2 cups flour
1 teaspoon baking soda
½ teaspoon salt
1½ cups fresh strawberries chopped & tossed in 1 tbsp. of flour



DIRECTIONS:

Preheat oven to 375F°.

Step 1: Spray two 9x5 loaf pans with non-stick spray.

Step 2: In a large bowl, using a hand mixer with paddle attachment, cream butter and sugar together until light and fluffy.

Step 3: In a small bowl, beat eggs using a fork. Add eggs to sugar mixture and beat until combined. Add mashed bananas and mix until combined.

Step 4: Sift all dry ingredients: flour, baking soda, and salt. Slowly add sifted dry ingredients to banana mixture and mix until flour is just combined. **DO NOT OVERMIX!** Fold in floured covered strawberries.

Step 5: Pour batter into prepared loaf pans and bake at 375F° for 15 minutes. **REDUCE** heat to 350F° and bake for an additional 30 minutes until edges are slightly brown or until toothpick inserted into center comes out clean. Let cool completely before removing from loaf pans.





ISLANDS WEST PRODUCE MARKETSCOPE

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With all the doom and gloom over the past few weeks with unseasonable weather, low volumes of product, high-cost prices of what is available and with the usual quality issues, here at Islands West we continue to try to source from different locations to make sure we have your produce needs. Islands West is expecting our first ever load of produce sourced through Texas opening us up to having more availability and new items to choose from. Look for these items as we continue to expand our supply network.

While still available, we continue to see limited product arriving from our local and mainland suppliers.



LETTUCE

ICEBERG: We are seeking the supply on head lettuce increase for the week causing the price to trend down slightly. We will have both the liner and cello wrapped in stock.

ROMAINE: As expected, we are seeing the price continue to trend upwards for the week. We continue to have Peter Rabbit label 24ct in stock. We still have plenty of our in-house chopped product.

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

BUTTER: We are now stocking the peter rabbit label field butter lettuce in the 24ct case. We will have both the clamshell and liner BC butter lettuce available to start the week.

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. We are hearing that there is pressure being placed on the onion market but so far, the price has remained stable.

SHALLOTS: Available in 5lb whole, or 2lb peeled.

POTATOES: The coloured Potatoes available for this week are from Vancouver Island or the lower mainland. The Kennebec and large russet potatoes are still a local VI product. 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. There is still have a very limited supply of the Little Potato Company product.



PEPPERS

BAGGED: We will not have any of the 10X2lb bags this week. There will be a limited supply of the 12X1lb mini peppers available.

COLOURED: We will have in stock for the week, yellow, orange, red and green peppers in the 25lb case.



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 remain strong on most squash product this week apart from the butternut.



BROCCOLI / CAULIFLOWER

BROCCOLI: We will have the Domestic and Asian cut crowns as well as the 14ct bunch in stock for the week. Due to weather conditions, we are

seeing the price remain strong again for this week. We are seeing the volume tighten on broccolini for this week. We will have limited supplies of both iced and iceless to start the week.

CAULIFLOWER: We will have both the 9 and 12 count in stock this week. For this week we are seeing the market continue to remain strong on cauliflower causing the price to trend upwards again for the week.



TOMATOES

FULL SIZE: We have 5x6 Mexican product only for the week. Next week we will still have a limited supply of BC On the Vine tomatoes. There will be a good supply of beefsteak tomatoes for the week. The roma tomato market has tightened again for next week. Prices continue to remain very strong on all tomatoes due to the continued weather and availability issues.

SMALL: In stock are grape, cherry and symphony in the 12x1pt. there will nto be any bulk small tomatoes available to start the week.



CITRUS

ORANGES: We will have the 36, 56, 88, 113 & 138ct Navel California product available for the week. There will also be a supply of 15/2lb mandarin bag oranges and the 25lb bulk mandarins from California. There is also a good supply of Blood oranges available.

LEMONS: We will have the 115 choice Californian product available for the week.

LIMES: We will have the 175ct Hawaiian product in stock this week as one of our feature items.



MELONS

CANTALOUPE: We will have the offshore 12ct product in stock for the week. With product being tight, we are seeing the price remain high.

HONEYDEW: We will be stocking the 6ct Mexican product this week. Honeydew will be the best value on melons this week with it being stable.

WATERMELON: We will have good supplies of Mexican watermelon to start the week.



BERRIES

We will have in from Driscoll's this week, 12X6oz & 6X12oz raspberries and 12X6oz blackberries along with the 8/1lb strawberries. As for the blueberries, we will have a limited supply to start the week.