



ISLANDS WEST WEEKLY SPECIALS

October 2nd – October 8th, 2021



Brussel Sprouts – B.C. 🇨🇦 🇨🇦	25lb/case	Please contact your Sales Representative or our Order Desk for pricing!
Carrots Baby Bunched – B.C. 🇨🇦 🇨🇦	2 doz./case	
Cranberries Fresh – Canada/U.S.	24/340g/case	
Yams Jumbo – California	40lb/case	
Potatoes Yellow Large – Vancouver Island 🇨🇦 🇨🇦	50lbs/case	
Beets Red – Matchstick Cut – Vancouver Island 🇨🇦 🇨🇦	2lb/bag	
Spice- Poultry Seasoning	750g/ctn.	
Frozen- Saskatoon Berries 🇨🇦 🇨🇦	5lbs/case	

Ingredients:

- 3 cups Brussel sprouts
- 5 tbsp olive oil
- 5 tbsp maple syrup
- ½ tsp ground cinnamon
- ½ cup pumpkin seeds
- 1 cup fresh cranberries

Instructions :

- Preheat oven to 400 F.
- Trim sprouts and cut in half. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt and toss to combine. In another medium bowl, combine cubed yams with 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix. Arrange two foil-lined baking sheets, add Brussel sprouts, cut side down, and roast in the oven at 400 F for about 20-25 minutes. Place yams in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pumpkin seeds, and cranberries, and mix to combine.

Roasted Fall Salad



Thanksgiving Day Hours

Islands West is OPEN for Thanksgiving, October 11. There will be **NO** local afternoon deliveries. The office will be open for regular hours and we can accommodate any **PICKUP ORDERS** that may be needed.

LOCALLY OPERATED @ 4247 Douglas Street Victoria, BC

OFFICE HOURS: MON – FRI: 5:00 AM – 5:30 PM • SAT: 5:00 AM – 2:00 PM • SUN: 12:00PM-5:00PM- [Open for Customer Pick Ups!!!](#)



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MARKETSCOPE



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As we begin to experience our typical fall weather, thoughts will be moving towards the winter type produce crops. With California experiencing cooler weather conditions and with the seasonal high demand, we are seeing the availability of product tighten due to the crops growing slower which is forcing the prices of the produce higher. The weather conditions on the east coast due to the ongoing hurricane season continues to affect the pricing and availability of product out of Florida and Mexico which is putting a further pressure on the California market. With Thanksgiving just around the corner, for next week we will have a good supply of Brussel sprouts, Cranberries, Yams, Sweet Potatoes, Parsnips, Rutabegas, Carrots, Yellow & Red Potatoes, Russet Potatoes for your planned Thanksgiving dinners. Due to the continued low yields and high demand, several varieties of food service mushrooms will continue to be limited in availability this week.



LETTUCE

Iceberg: The California iceberg market has seen some fluctuation this week. As the weather conditions cool down in California we are seeing the pricing move upward. Quality overall is good, with nice colour and weight. In stock is California 24ct liner and 24ct cello lettuce, as well as our freshly chopped and shredded product that is processed right here in our Victoria facility.

Romaine: The California romaine market has seen some changes this week with good availability but again with demand being strong, we have seen substantial increases in the price. The quality continues to be good. There will be limited offerings of local romaine lettuce this week. We continue to offer chopped romaine that is processed right here in our Victoria facility.

Leaf: Most Red and Green leaf will be out of California this week with the price being on the higher side. As the weather conditions trend towards the cooler side, the quality will continue to improve with good colour and crispness. We will be offering limited quantities of local green leaf this week, as well as our in-house freshly chopped product.

Spring Mix: Supply is good, and quality continues to be good this week.

Arugula: Quality and supply are good.

Artisan/Tuscan: We have good supply & quality continues to be fair to good.

Spinach W&T: Supply is good, and quality is generally fair to good.

CITRUS



Oranges: We continue with offshore product this week. The market is still active, so prices are holding higher than normal. In stock are 88ct (113ct equivalent) from South Africa.

Lemons: We continue to stock offshore lemons this week. Prices are reasonably stable, and the quality is outstanding. We'll be stocking 80ct South African lemons this week.

Limes: Limes are holding steady again this week as the volume of the new crop has caught up with demand. We continue to stock nice quality 200ct from Mexico but we have seen slight increases in the pricing.



ONIONS/ POTATOES



Onions: We continue to stock Washington new crop. They are excellent quality but on the smaller size which is another effect of the heat this summer. We are experiencing price increases due to the lack of growth in size. In stock are Yellow #1 Jumbo, Red #1 Jumbo.

Potatoes: We are stocking almost exclusively Vancouver Island product this week. Our Kennebecs, red and yellow potatoes are all grown locally. Also in stock are great looking Washington russet bakers 100ct, and 80ct. Supply and quality are good.



TOMATOES

Poor weather conditions in Florida and the drought condition in California have caused the tomato market to experience some changes this week. The continued hurricane season along the eastern coast and the gap in supply and drought conditions from California has seen the trend on pricing to increase on the 5X6 and 6X7 tomatoes. The 6x7s continue to be the better value this week. We are stocking Mexican Roma tomatoes but due to continued weather conditions, we are still seeing the increased pricing. Mexican grape tomatoes are coming to an end. There are still a few volume packed cases available with good quality and reasonable pricing. Local on-the-vine and hot-house beefsteak tomatoes remain reasonably priced this week but they will be coming to an end soon..

BROCCOLI/CAULIFLOWER

Broccoli: California broccoli is seeing the highest price of the year. The quality still remains good but the Supply has tightened up.

Cauliflower: We are seeing a fair supply of Californian cauliflower but due to slower growth due to unseasonable weather we are seeing the market climb and we are seeing increases in the pricing. Quality has been good. We have 12ct and 9ct in stock.



PEPPERS

Green Peppers: The California green pepper market is starting to come to an end with approximately 2-3 weeks left. Prices are trending up due to lower volume but they still remain a solid value. We have 25lbs Choice in stock.

BC Jalapeno Peppers: Available in 10lbs cases and good quality.

Red /Coloured Peppers: In support of our local farmers, we continue to have a good supply of coloured peppers. We have red, yellow and orange peppers in the 11lb cases, as well as 5x2lb mixed bell peppers in stock.



MELONS

Cantaloupe: The cantaloupe market continues unchanged. We are still seeing nice quality, although we have seen a slight increase in pricing. In stock: 12ct.

Honeydew: The honeydew market has seen little change again this week. Prices are up slightly due to low volume and the quality remains high. Next week we will be moving to the 6ct California product.

Watermelon: California product is in stock with good quality and availability.



BERRIES

Berries: We continue to stock the 8/1lb Californian strawberries, prices are up due to area closures but the quality remains good. 12/6oz California raspberries are still in stock, quality is good.