



ISLANDS WEST WEEKLY SPECIALS

March 21st - 27th, 2020



Spring Mix Tuscan Baby – Arizona/California	3lb/case	
Carrots Baby Peeled – California	30/1lb/case	
Pineapple Gold – Costa Rica	8ct/case	*****
Beets Red Medium – B.C. 	25lb/sack	Please contact your Sales Representative or Order Desk for pricing.
Onions Red #1 Jumbo – Washington	25lb/sack	
Spice – Curry Powder Madras	1kg/ctn.	*****
Frozen – Strawberries Whole	5x1kg/case	
Lettuce Iceberg – Shredded	5lb/bag	

You can try a **Tropical Frozen Sangria**....

Ingredients

- 1 1/2 c. white wine
- **1 c. frozen strawberries**
- **1 c. pineapple**
- 1/4 c. lemonade
- 1/4 c. **vodka**
- 2 Tbsp. triple sec
- 2 Tbsp. sugar or more, to taste



We are **OPEN** and happy to still offer delivery/pick up orders from our warehouse.

Instructions

1. Combine all ingredients in a freezer-safe container.
2. Freeze overnight or until solid (note: will not freeze all the way through because of the alcohol).
3. Spoon into a blender and blend until smooth.



OR MAKE DIY HOMEMADE HAND SANITIZER

- ❖ 2 drops tea tree essential oil
- ❖ 3 drops essential oils** with purifying properties (lavender, thyme, peppermint, clove, cinnamon, rosemary, eucalyptus OR Thieves blend)
- ❖ 1 Tbsp liquid (water OR witch hazel OR rubbing alcohol (also called isopropyl alcohol) OR **vodka**)
- ❖ 3 Tbsp aloe vera gel
- ❖ 1 tsp vitamin E oil (a soothing, nourishing oil that acts as a preservative)
- ❖ squeezable tube or glass jar for storage (or re-purpose a suitable container)

Combine ingredients in a small bowl. Pour into the container of choice and use as needed!



LOCALLY OWNED & 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!!!**

Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666 • www.islandswest.com



Poor weather, transition, normal lighter supplies this time of year, mixed in with crazy high demand has driven prices way up in a hurry. We have seen some items double and triple in price in less than a week. All of North America went shopping all at the same time last weekend and everybody bought big, like clear out the stock big. Some growers are saying they are now booking new orders 7-10 days out. Outlook is still uncertain because if demand continues the way it is, growers will struggle to keep up and supplies will start to dry up. On the other hand, if demand does settle down and the weather in the growing region improves as the forecast promises we could see improved supplies possibly translating into lower prices. Ok so now back to the present - supply is fair-good for next week on most items but prices are way up and the slumping Canadian dollar is not helping at all. Next possible issues could be borders, farm labour and trucking but let's hold off on speculating on those until next week. Continued items on Vancouver Island include large red beets, leeks, yellow and Kennebec potatoes. Over on the mainland, items are medium red beets, gold beets, rutabagas, red potatoes, long english cucumbers, and fingerling potatoes.



LETTUCE

Iceberg: Supply is very tight as demand has cleaned out all current supply and with rain in the growing region growers are struggling to catch up. Prices are up and climbing. Some positive news is the weather has improved and supply should get better it will just take some time for supply to catch up to demand and prices to start to level off. Quality is ok and we should see some minor rain and mud damage with 24ct liner and 24ct cello lettuce in stock. It should get better as early as next week. We also have shredded lettuce available that is processed right here in Victoria.

Romaine: Supply is tight, and prices are up and climbing this week due to a combination of crazy high demand and poor weather. The weather is getting better, but we are not sure about the demand. So far it has not eased off so that may keep prices strong for a while. Quality overall is good, but we do expect to see some rain and mud damage at the least. In stock is 24ct "High Yield" and 12/3's hearts. We also have chopped romaine that is cleaned and processed right here in our Vancouver Island facility.

Leaf: Supply is tight, and price is up and climbing due to the perfect storm of very high demand and poor weather. We have 24ct "High Yield" green and red leaf, and 2x5lbs green leaf fillets in stock.

Spring Mix: Supplies on Classic, Tuscan and organic spring mixes are all tight this week due to the rain and more rain.

Arugula: Supply and quality are both tight this week and quality is reported as only fair.

Artisan/Tuscan: Supply and quality are both only fair this week.

Spinach W&T: Supply and quality are both only fair due to the poor weather over the last few days. In stock is 4x2lb Washed & Trimmed.

CITRUS

Oranges: Rain and crazy high demand has pushed this market up. So far prices have not stopped climbing as growers are struggling to keep up with the extra demand that is not normal for this time of year and the rain and crazy high markets. In stock this week are Navels; 113ct fancy, 56ct choice, and 10/4lbs bags. We also continue to have limited supplies of California Blood oranges.

Lemons: Market is up and climbing due to high demand and poor weather. Quality is good with 140ct and 165ct California in stock.

Limes: Price is up again this week due to light supply, and the weak Canadian dollar. Quality is good with 175ct in stock.

POTATOES

Island grown Kennebec's are in stock and quality looks great. Yellow potatoes continue to be from Vancouver Island but are down to the last tonnage. Reds continue to come from the mainland but are also being reported as running out.

Washington russets market went crazy in a hurry due to the high demand and prices have gone way up to the point of pricing is done at time of loading. Quality is good with Washington Snoboy label 100ct, 80ct, & also medium russets.



ONIONS

The Washington onion market continues to be stable but with all the extra demand on staple items we are expecting the onion market to go up as well. Quality is good with; yellow #1 jumbo, yellow #2 jumbo, yellow 16/3lbs, and red #1 jumbo 25lbs, and red #2 jumbo 50lbs in stock. We also have jumbo sweet onions in stock.

TOMATOES

Supply is tight and the market is up. How high is hard to tell as market is day to day and is more about what we can get compared to what price it is. Quality is good on both 5x6 and 6x7's. The roma market is strong with all indications it is going up. Grape tomatoes continue to be the best deal over cherry's again this week are down a little this week. We have good supplies of greenhouse beef tomatoes, but we are still limited on T.O.V's. We have been told around 2 weeks for B.C. greenhouse tomatoes to start, sadly, labour could be an issue.

BROCCOLI/CAULIFLOWER

Broccoli: Supply continues to be tight as this is normally a low volume type of year and with the recent high demand, growers were just not prepared, and supply became scarce in a hurry and prices went up very quickly. This is one of those crazy high markets. Quality is good with 14ct bunched, Asian cut and domestic cut crowns in stock this week.

Cauliflower: Supply continues to be very tight and prices continue to be very high. I did watch some old-time hockey Gretzky vs Lemieux the other day and it did make me think about sports and cauliflower wings. Quality continues to be good with 12ct in stock.

PEPPERS

Green Peppers: Prices continue to be strong again this week. Quality is good with 25lbs Mexican choice in stock.

Red Peppers: Supply has tightened up pushing prices up this week. Quality overall is good with 25lbs Mexican in stock.

Coloured Peppers: Supply is tight, and prices are up this week. We have limited supplies of 11lbs greenhouse red, yellow, and orange in stock this week.

MELONS

Cantaloupe: We have good supplies of 12ct Offshore melons in stock this week and quality is good, and price is reasonable.

Honeydew: Supply is good, quality is good, and price is reasonable again this week. In stock is Mexican 6ct.

Watermelon: Mexican seedless supply is in stock and price continues to be strong.

BERRIES

Strawberry supply continues to be light keeping prices up. Due to the rain in the growing area we decided to delay our pick-up until Monday and could be out of stock for the first few days of the week with new supply arriving on Thursday. Quality should be good with Driscoll berries coming in.