



WEEKLY SPECIALS

WEEK OF: February 17th – 23rd, 2018



Red Peppers Choice – Mexico	25lbs/case
Brussel Spouts – California/Mexico	25lb/case
Grapes Green Seedless - Import	18lb/case
Cherry Tomatoes – Mexico	12x1pnt/case
Potatoes Yellow Nuggets – B.C. 	50lb/case
Spice – Chinese 5 Spice	750g/ctn.
Frozen – Peaches Sliced IQF	5x1kg/case
Kale Crunch Salad – kale, endive, broccoli, brussel sprouts, red cabbage, & carrots	2.5lb/bag

Please see your sales rep or call the order desk for pricing

Roasted Potatoes with Bacon & Brussel Sprouts

- 1 tablespoon olive oil, divided
- 1 tablespoon whole grain mustard
- 1 teaspoon coarse kosher salt
- Freshly ground black pepper
- 1 1/2 pounds yellow nugget potatoes, quartered
- 1/4 pound (about 3 slices) thick-cut bacon, diced
- 1 shallot, sliced
- 1/2 pound brussel sprouts, trimmed and halved



Preheat the oven to 425°F. In a large bowl, whisk together the 1/2 tablespoon olive oil, mustard, and salt. Toss the potatoes, shallot, and bacon in the bowl until evenly coated with the mustard and oil.

Spread the potato mixture evenly on a large, heavy baking sheet. Roast for 25 to 40 minutes, or until potatoes are tender, stirring every 10 minutes.

Turn the oven up to 475°F. Toss the Brussels sprouts with the remaining 1/2 tablespoon of oil. Push the potatoes to one side of the pan, and arrange the Brussels sprouts on the other half of the pan, cut sides down.

Continue roasting for about 15 more minutes or until the sprouts are tender and browned, and the bacon is crisp. Salt to taste.

LOCALLY OWNED & OPERATED

OFFICE HOURS: MON – FRI: 5:00 AM – 5:30 PM • SAT: 5:00 AM – 2:00 PM • SUN: 12:00PM-5:00PM

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MARKETSCOPE



February 17th – 23rd, 2018

Weather continues to be nice in Arizona and California again this week making for good supplies and a “supply exceeds demand” market once again. Prices continue to be reasonable and quality continues to be good. Just the kind of market we like ☺. One item that is not cooperating with this theory is bananas with a shortage due to poor weather in Central and South America including heavy rains and flooding. This is making for a usually stable market to be turned upside down with higher prices, shortages, and no colour – green, green, green with some shippers predicting it could get worse before it gets better and it may not get better for 3-4 weeks ☹. Mexico is also seeing extra supply this week and prices on most items are down. The extra supply seems to be caused by more of a lack of demand than extra produce but hey we will take lower markets any way we can get them right? Some local items are still available but even those are winding down and are in light volumes. Items available that are Island include; cabbage, beets, potatoes, and leeks.

LETTUCE

Iceberg: Supply continues to be good and price continues to be reasonable with good quality. In stock we have 24ct liner and cello.

Romaine: Good supply and good quality again this week. I don't know how long this low market will last so let's keep enjoying it before it goes away ☺. Quality continues to be good with 24ct “High Yield” Snoboy label, Church Brothers 12/3 romaine hearts, and Islands West foodservice romaine hearts in stock.

Leaf: Supply continues to be good keeping prices reasonable and quality good again this week. In stock is Snoboy 24ct “High Yield” Snoboy label green & red leaf, and foodservice 2x5lbs leaf fillets.

Spring Mix: Supply and quality are both good this week.

Arugula: Supply and quality are both good this week.

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

Spinach W&T: Supply and quality are both good again this week.

CITRUS **Attention**

Oranges: Prices are down just a little this week but don't get me wrong this is still a very high market with a slight adjustment down due mainly to low demand. Unfortunately this market is predicted to stay high throughout the Navel season. Best value for us continues to be on the 56ct if you can use that size. We are continuing to carry California blood oranges, limited Cara Cara oranges, and this week we are also carrying mandarin clementine “cuties”. Ask your sales rep for details. Quality continues to be good with fancy 138ct, 113ct, & 56ct choice in stock.

Lemons: More talk this week about what is going to happen to supply and price when we move into the next growing region in March and that is the region that the California wild fires were in this fall and the talk is not good ☹. Supply continues to be tight and price continues to be high with no relief expected anytime soon. We have 115 and 165ct in stock.

Limes: Light supply due to some poor weather in the growing region is pushing prices even higher this week. Quality is good with Mexican 175ct in stock.

TOMATOES

Good supply again this week with the exception of 6x7 tomatoes where supply is tight this week and price is up. Quality continues to be good overall with 6x7 now higher priced than 5x6, this does not happen very often and it is happening because the size profile is peaking on larger sizes making them cheaper than the smaller sizes. So let's re-cap quality is good overall 5x6 price stable and 6x7's are up – clear as mud??? Mexican roma supply continues to be very good and prices continue to be reasonable. Grape tomato price continues to be reasonable but is now slightly higher than cherry because cherry prices are down this week. Mexican greenhouse supply has improved this week.

ONIONS

Market continues to be stable this week because of continued light demand due time of year and poor weather in B.C. & Washington. Quality is good with Yellow #1 & #2 jumbo, #1 yellow medium, 16/3lbs medium, and Red Jumbo #1 25# in stock this week.

PEPPERS

Green pepper: supply is good this week and prices are down. Quality is good with Mexican 25lbs choice in stock.

Red pepper: supply has improved and prices are down this week. Quality is good with Mexican 25lbs in stock.

Coloured pepper: Mexican greenhouse supply continues to be tight and prices continue to be strong again this week on both yellow and red 11lbs large.

POTATOES

Yellow potatoes are all B.C. mainland this week with nugget, medium, and large in stock. **Attention**

Red nuggets are Vancouver Island this week but this will be the last week for our Vancouver Island supply. Red medium and large is B.C. mainland supply and there continues to be good supplies.

Washington baker demand continues to be strong and price continues to stay high with growers warning of higher prices coming. In stock this week are “Premium” Snoboy 100ct, 80ct, 40ct and medium russets.

MELONS

Cantaloupe: Offshore melon supply has tightened up slightly pushing prices up this week. Quality is good with 12ct in stock.

Honeydew: Supply continues to be tight and price continues to go up with Mexican 8ct in stock.

Watermelon: Supply continues to be fair, quality continues to be good and price is stable again this week. Not too bad for non-watermelon season.

BROCCOLI/CAULIFLOWER

Broccoli: I am just not getting tired of saying this but supply continues to be good again this week keeping the market stable and the prices reasonable. All indications are that demand will come soon and when it does, prices will start to rise but that is not right now so let's keep enjoying the “normal” prices while we can. In stock we have California 14ct bunched, 20lbs Lu Jin Asian cut crowns and Green Gold domestic cut crowns all are good quality.

Cauliflower: Price is reasonable again this week. The continued good weather is making for good supplies and keeping prices reasonable – cauliflower steak for everybody!!! Quality continues to be good with 12ct and 9ct in stock.

BERRIES



Strawberry quality continues to be good but growers are continuing to dig out of the huge demand from Valentine's day last week, Demand exceeded supply in a big way last week with some growers being forced to pro-rate as much as 80% in some case. The demand is not as great this week but until growers get caught up to demand, prices will stay high. In stock this week is 8/1lbs “Premium” California Giant label. We also have limited supplies of Mexican Raspberries and Blueberries in stock. Quality is good and price is reasonable for this time of year.