



Islands West Produce

WEEK OF: July 31- August 6, 2010

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



Lettuce Romaine "High Yield" - California	24ct/case	
Grapes Red Flame Seedless Large - California	19#/case	
Tomatoes Cherry – California	12x1pnt/case	
Cabbage Green – B.C. 	50#/case	Ask Sales Rep
Squash Baby Assorted – B.C.  <i>*baby patty pan and zucchini squash *</i>	5#/case	For prices
Spice – Blackened Seasoning	500g plastic	
Frozen – Asparagus Spears IQF	5x1kg/case	
<u>Labour Saver</u>		
Onions Yellow Diced 3/8"	5#/bag	

Summer Squash Soup

Ingredients:

- * 8 baby green zucchini, washed and sliced
- * 1 medium yellow zucchini, washed and sliced
- * 3 baby patty pan squash, quartered
- * 1 cup diced yellow onions
- * 1 tsp minced garlic
- * 2 cups chicken broth, defatted
- * Salt and ground white pepper to taste
- * 2 tbsp fresh basil, finely chopped
- * 2 tbsp fresh parsley, finely chopped
- * 1 tbsp lemon juice
- * 1 cup plain non-fat yogurt

Place squash, onion, garlic, broth, salt and white pepper in a large saucepan. Bring to a boil. Cover, reduce heat, and simmer for 20-25mins or until vegetables are tender. Remove from heat and allow to cool slightly. Puree the squash mixture in a blender or food processor until smooth. Set aside a small amount of basil and parsley for garnishing. Add the remaining basil and parsley as well as the lemon juice and puree again. Stir in the yogurt. Store soup in a covered container in the refrigerator for at least 6 hours or over night. Whisk the soup until smooth just before serving. Add salt and pepper to taste and garnish with remaining chopped parsley and basil. Serve chilled.

Summer squash is an especially beneficial vegetable during the hot summer months as its high water content prevents dehydration. This low calorie squash also provides vitamin C, potassium and carotenes which protects against the damaging effects of the sun and prevents cell mutation.



Islands West wishes you a Happy BC Day!

**Open BC Day August 2 Holiday Hours:
Order Desk open 5:00am – 12:00pm**

LOCALLY OWNED & OPERATED – ISLANDERS SERVING ISLANDERS
OFFICE HOURS: MON – FRI 5:00AM – 5:30PM
SATURDAY HOURS 5:00AM – 2:00PM