



# Islands West Produce



Phone: 250-727- 0744 • 1-800- 477- 4088 • Fax: 250-727-9666  
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**WEEK OF: FEBRUARY 4<sup>TH</sup> – 10<sup>TH</sup>, 2011**

<b>Strawberries “Premium” – California</b>	<b>8x# / case</b>	
<b>Tri-Coloured Baby Bunch Carrots - Import</b>	<b>24ct/ case</b>	
<b>Rose Petals Edible – Import (Bookings Only)</b>	<b>½ oz./ pkg.</b>	
<b>Pineapple Gold - Import</b>	<b>7ct/ case</b>	<b>Please see your sales rep for prices**</b>
<b>Green Peppers # 1 Large - Mexico</b>	<b>25# / case</b>	
<b>Spice – Herb Fine Provencalo</b>	<b>800 g/ plastic</b>	
<b>Frozen – Peaches Sliced IQF</b>	<b>5xkg/ case</b>	
<b><u>Labour Saver</u></b>		
<b>Beets Matchstick Cut – Fresh</b>	<b>2# / bag</b>	

## Fruit-Filled Melons

### Ingredients:

- 2 large cantaloupe melons, halved and seeded
- 1 medium orange, peeled and sectioned
- 1 medium apple, cubed
- 1 medium fresh peach, sliced
- 1 teaspoon lemon juice
- 1 cup fresh blueberries
- 1/2 cup fresh strawberries, halved
- 1 (6 ounce) tub fat-free pineapple, lemon or vanilla yogurt
- 2 tablespoons unsweetened applesauce
- 1 teaspoon honey
- 1/4 teaspoon ground ginger
- 4 large lettuce leaves



### Directions:

With a melon baller, scoop out 2 cups of cantaloupe balls; set aside. Cut out and reserve remaining cantaloupe for another use, leaving 1/2-in. thick shells. In a large bowl, combine orange, apple and peach. Sprinkle with lemon juice; toss gently. Stir in cantaloupe balls, blueberries and strawberries. In a small bowl, combine the yogurt, applesauce, honey and ginger. Line melon shells with lettuce; add fruit. Top with yogurt mixture.

**LOCALLY OWNED & OPERATED – ISLANDERS SERVING ISLANDERS**

**OFFICE HOURS: MON – FRI 5:00AM – 5:30PM**

**SATURDAY HOURS 5:00AM – 2:00PM**