

ENJOY

Longo's

MENU PLANNERS

Specials effective Tuesday, August 8, 1989 thru Saturday, August 12, 1989.

GREEN 'N' GROWING



Elaine Gordon

Rockery adds an artistic touch

Is the grass greener on the other side of the fence because you have an area that's too steep to maintain with a mower? Is there a slope on your front garden that needs a facelift but you don't quite know what to do in the way of cosmetic surgery? For those who are caught between a rock and a hard place, a rock garden might be an idea to toss around. And you'll be smitten with the delicate-looking miniature flowers that thrive in the sun. Rock plants — trailing, creeping, spreading, clump- and mound-forming — mainly bloom in spring. But they are heavyweights. For sure.

Consider pockets of low-growing perennials with pizzazz, like maiden pink, dwarf phlox, edelweiss, primrose, coral bells, creeping baby's breath, pale blue forget-me-not (which means true love), bellflower, creeping phlox (my favorite for embroidering the edge of a raised bed) and pasqueflower. How about some herbs for culinary purposes, too? And don't forget about creeping evergreens to drape over rocks.

You can always extend the flowering times by choosing the little fellows selectively and letting a relaxed mix of small annuals accessorize the empty spaces during summer and fall.

Introduce annuals like sweet allyssum, portulaca, ageratum and dwarf marigolds to blanket the hills and valleys. They'll bloom their tiny hearts out 'til the frost carries them away.

You could plant a little bit of Holland, too. Use those hard-working little spring bulbs like dwarf iris, crocus, tiny daffodils and grape hyacinth. These eye-stoppers will wait patiently for warmth and sun and then burst into a celebration of flowers to put a lilt in your heart.

Choose a color scheme to unify the appearance, and start with simple beginnings to achieve a skilful blending. Variety is the spice of life, but it's more effective to plant a solid mass of one kind and color in chosen spots, rather than a plant here and a plant there.

Space fast growers well so they won't encroach on each other; they like to be in cohorts, but need elbow room to multiply over the years.

Large and small weathered rocks that are all the same kind, buried deeply enough with the tops exposed, should create a natural effect — the way Mother Nature does it. A few boulders with deep fissures are all the better because they're fun to work with when nestling cascading and rosette-forming perennials.

Hens 'n' chickens can peep out and won't feel cooped up (I dared to say it!) in vertical crevices. And those endearing violets (for modesty) and johnny-jump-ups are first rate when tucked into nooks and crannies.

There are a few things you should bone up on should you decide upon a rock garden. For ideas, you could obtain source materials from the library; contact your local garden club and visit a botanical garden. Then, escape in the summer sun to your backyard retreat and explore your exterior decorating on paper before you make things happen. There are bouquets of possibilities.

Fresh From The Bakery
Boston cream pie
3.49
8" pie

PEACH JAM
3 L prepared peaches — 12 cups (about 24 peaches or 1 1/2 baskets)
1 1/2 L sugar — 6 cups
30 ml white vinegar — 2 tbsp. or lemon juice
Wash peaches 1 minute, place in cold water and peel. Cut in pieces. Measure peaches. Add sugar and let stand 1 hour. Add vinegar or lemon juice. Bring to boil and simmer uncovered until of right consistency, about 1 hour. Pour hot peaches into sterilized jars, seal with paraffin.
Yield: 9 — 2 1/2 qt. (7 1/2 L) jars

“Longo's...
bartlett pears
Product of U.S.A. fresh, new crop 1.52 kg
1.69

“...Ingredient”
tender broccoli
fresh from Ontario farms
each
.69

peaches
fresh, sweet & juicy from Ontario farms heaping 4 quart basket
3.99

leaf lettuce
red or green
Product of Ontario each
.49

celery stalks
fresh extra large Product of Ontario each
.69

San Daniele Italian style mortadella
lb. 6.59 kg
2.99

chicken breast roast
freshly sliced lb. 14.30 kg
6.49

cooked ham
extra lean lb.
1.99

Canadian mild havarti
lb. 8.79 kg
3.99

sirloin steaks
Cut from Canada Grade 'A' Beef 9.99 kg
Kikoman Teriyaki Sauce, 205 mL \$1.59
4.49

pork chops family pack
fresh Ontario Pork lb. 5.05 kg
2.29

Canadian mozzarella cheese
lb. 7.69 kg
3.49

ground beef lean
fresh lb. 4.39 kg
1.99

pork chops centre cut
fresh Ontario Pork lb. 6.59 kg
2.99

t-bone steaks
Cut from Canada Grade 'A' Beef 10.99 kg
lb.
4.99

sunflower oil
Unico 3 L jug
3.99

Orange Juice
Old South 100% PURE / UNSWEETENED

SAVE 30¢ WITH THIS COUPON
assorted varieties Longo's own cheese **30¢**
CLIP THIS COUPON AND ENJOY THE FRESHNESS
Only at Longo's Limit one coupon per customer. Coupon expires Aug. 12/89. LON-ME

Allen's vinegar pure white
4 L jug Loretta Pickling Spice, 125 g bag ... \$1.19
1.99

orange juice
Old South frozen concentrated 12.5 oz. tin
Limit 6 tins per family purchase, please.
.99

wieners
Shopsy's regular and all beef 450 g pkg.
1.99

mineral water
San Pellegrino Imported Italian 750 mL bottle
1.19

100% whole wheat bread
fresh daily! Dietrich 675 g loaf
.99

Crisco oil
bonus pack! 1.25 L jug
2.99

unsalted margarine
Lactantia 1 lb. tub
.99

Unico beans
red kidney chick peas romano 19 oz. tin
.79

Nestea iced tea
680 g tin
2.99

Heinz ketchup
bonus pack! 1 L squeezable bottle
2.99

white shrimp
Serve A Seafood Kabob! I.Q.F. shell-on, large 400 g bag
6.99

Unico tuna
3.5 oz. tin
.99

cocktail shrimp
Samul great in salads! 113 g tin
1.39

Italian tomatoes
D'Angelo 28 oz. tin
1.29

Canadian scallops
I.Q.F. 400 g bag
8.99

IF GIVING GIVES YOU A WARM FEELING IN YOUR TOES, WE NEED A LOT MORE WARM TOES.
The giving begins with you.

