

QUALITY FRESH PRODUCE

IT'S
BBQ
TIME!

Grilling fresh fruits and vegetables alongside meat, fish, or poultry is an easy way to add colour, flavour and nutrition to barbecue meals.

"Thrill your grill" with the following tasty and nutritious entrees:

GRILLED VEGETABLES

- Approx. 2 lbs. of your favourite prepared vegetables
- 1/3 to 1/2 cup of olive oil, salad oil, melted butter or margarine, or basting sauce used on an accompanying entree
- (If desired), add 2 tablespoons chopped fresh thyme, rosemary, oregano, or tarragon (or 2 tsp. dry herbs) to oil or melted butter.
- If using small vegetables, thread on thin metal or bamboo skewers, making sure vegetables lie flat. (If using bamboo skewers, make sure you soak them in hot water before threading vegetables).
- Coat prepared vegetables with oil, butter, or basting sauce. Place on a lightly greased grill 4 to 6 inches above coals. Cook, turning frequently, until vegetables are streaked with brown and tender when pierced.
- Makes 6 - 8 servings.



SALSA RIBS

- 2 lbs. Pork back or side ribs.

SALSA MARINADE

- 2 cups mild or hot salsa
- 1/2 cup soy sauce
- 4 cloves garlic, minced
- 1/2 cup honey
- 1/4 cup finely chopped jalapeno peppers (optional)
- Place ribs in a large pot and cover with water
- Bring water to a boil, reduce heat and simmer 45 minutes to 1 hour.
- Remove from water and discard water. Place in a large baking dish.
- In a bowl, combine salsa, soy sauce, garlic, honey and jalapeno peppers (if using); mix well and pour over ribs.
- Marinate at room temperature 1 hour or up to 2 days in refrigerator. Grill over medium-low heat for 10 to 15 minutes brushing with remaining marinade.

Fresh from The Tropics

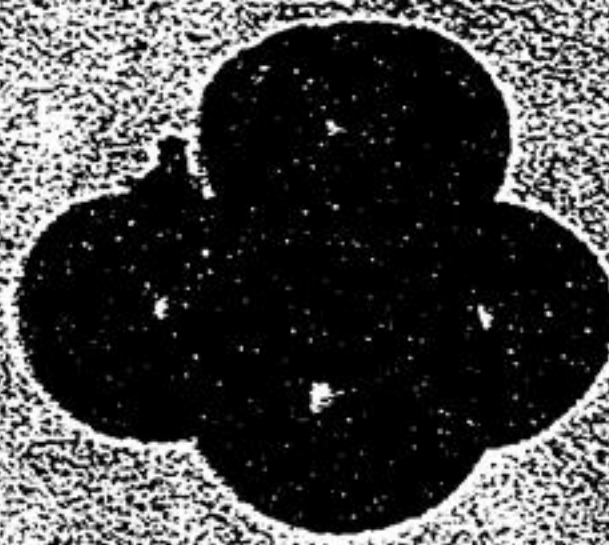
BANANAS



.39 lb.
.86 kg

Fresh from Ontario

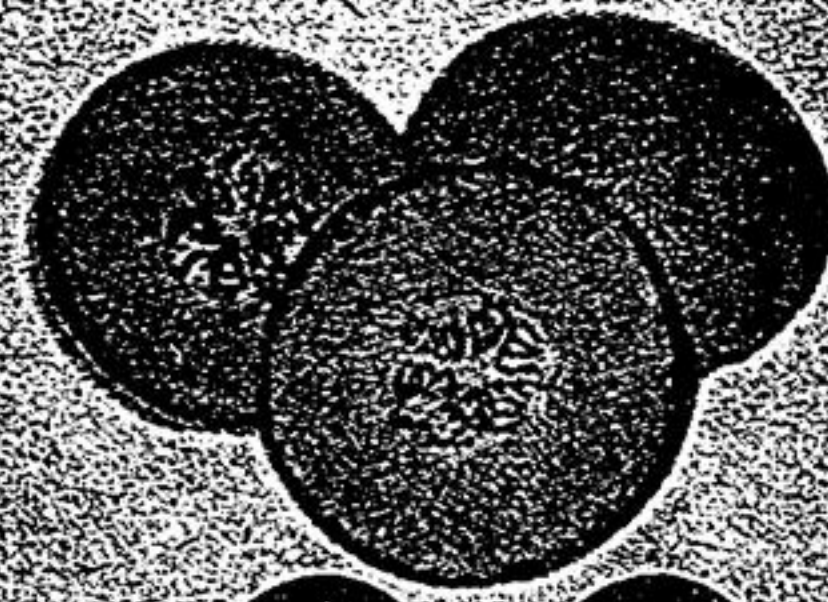
HOT HOUSE TOMATOES



.99 lb.
2.18 kg

Product of Central America

No. 1
Sweet 'N' Juicy
Large
CANTALOUPE



.99 ea.

From Florida
Fresh 'N' Tender

GREEN BEANS



1.49 lb.
3.29 kg

From Ontario Greenhouses
Fresh

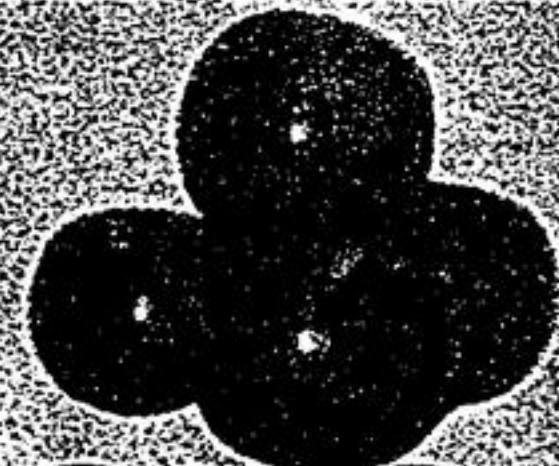
ENGLISH CUCUMBERS



.99 ea.

Product of British Columbia
Fresh

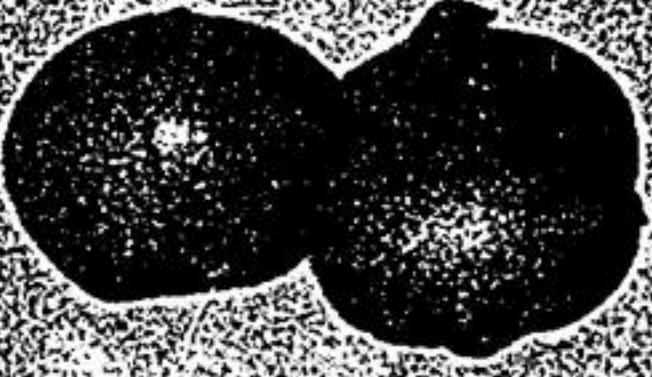
EXTRA FANCY SPARTAN APPLES



.99 lb.
2.18 kg

From Georgia
Fresh 'N' Sweet

VIDALIA ONIONS



.99 lb.
2.18 kg

California
Fresh

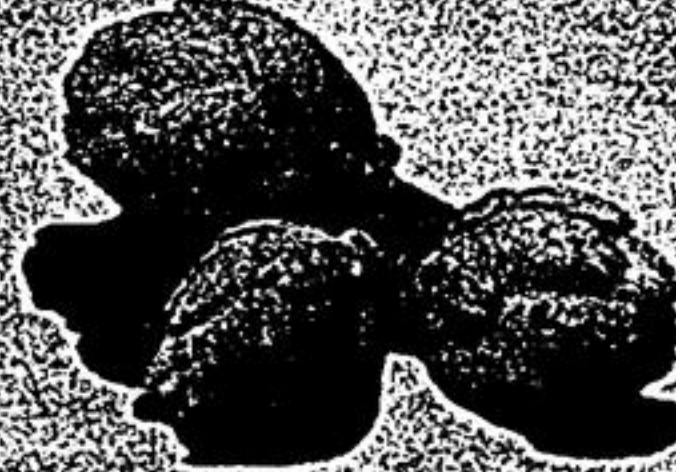
CELERY STALKS



.99 ea.

California
Fresh
Tender

ARTICHOKES



2/1.00

Product of California
Fresh

GREEN ONIONS



2/1.00



Visit Our Outdoor
Garden Centre
(under the big top)