


QUALITY FRESH PRODUCE

P12 ECONOMIST & SUN/THE TRIBUNE, TUESDAY/JUNE 16, 1998

Product of Mexico No. 1
Sweet 'N' Juicy Haden Mangoes

.69 ea.

Product of U.S.A. No. 1
Field Tomatoes

.99 lb. 2.18 kg

Product of U.S.A. No. 1
White New Potatoes

.69 lb. 1.52 kg

Ontario Grown No. 1
Fresh Tender Romaine Lettuce

.99 ea.

Product of U.S.A. No. 1
Fresh 'N' Sweet Peaches & Cream Corn


1.99 pkg. of 5

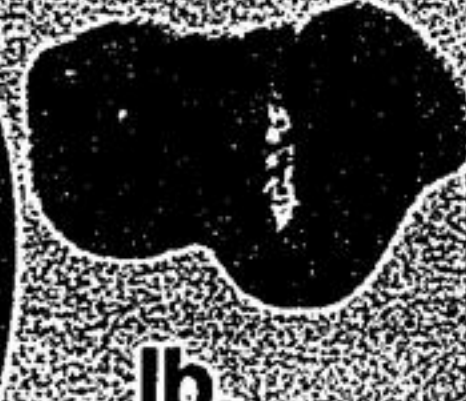
Product of U.S.A. No. 1
New Crop Blueberries

2.99 pint

Product of U.S.A.
Sweet 'N' Juicy Sliced Watermelons


.39 lb. .86 kg

Ontario Grown No. 1
Seedless English Cucumbers

.99 ea.

Product of U.S.A. No. 1
Green or Suntan Peppers

.99 lb. 2.18 kg

Product of Canada
Fancy Spartan Apples

.99 lb. 2.18 kg

Ontario Grown
Fresh Tender Green Onions & Radishes

2/1.00

GARDEN CENTER CLEARANCE SALES
 WHILE SUPPLIES LAST

Hillview Black Earth	30L	1.99	ea.
Garden Treat Potting Soil	10L	1.49	ea.
Potted Geraniums		.99	ea.
Selected Box Plants		.69	ea.
Hanging Flower Baskets from		7.99	ea.

Berries
 The berry is a simple fruit, yet it encompasses a wide variety of crops. Of the fruits classified as berries, the blueberry, raspberry and strawberry are among the most widely cultivated. Select full coloured berries as they don't further ripen after picking. Store berries loosely covered in the refrigerator for up to two days and wash carefully before use.

Basil
 Most people know basil as the key ingredient in pesto sauce, but it is so much more. Throw a handful of basil leaves in an ordinary salad and your taste buds will rejoice. Sprinkle sliced tomatoes and slices of mozzarella with basil, oil and vinegar and you have an appetizer. Put the mixture on French bread, broil and you have a tasty bruschetta.

Stone Fruit
 Stone fruit, or drupes, include peaches, plums, nectarines and many other fruits that feature a pit or "stone" inside. Be sure to include them in your meals and snacks. Top low-fat yogurt with peach or nectarine slices for a healthy, low-cal dessert.