

**FRESH RASPBERRIES**

Raspberries to me are a midsummer thrill. Their tart flavour and delicate texture speak deliciousness to me. There is really no substitute for a bowl of these berries - some heavy cream (or ice cream) and a quiet moment to enjoy them without having to share them - unless you've bought extra!

These fresh local berries are picked daily. They're a large and luscious size and they're in FULL pints for...

...and if you're in the mood to make a pie - this is the time!

**2.99 EA.**

**OUR DELI ROAST BEEF!**

Next to our assortment of hams, this is our best-selling deli meat. The reason is (a) we cook it pink, (b) we use the centre cut of an inside round (rump roast) to make it and (c) we trim it lean. Although most people use it for sandwiches, I eat it like this: take a slightly warmed plate, lay it out so the slices are slightly overlapping and drizzle on a GOOD olive oil and a dash of good balsamic vinegar (not the \$150.00 one - you just smell that one) - salt and pepper and presto -

Al Fresco Roast Beef Dinner. Reg. \$9.95/lb.

**5.95 LB.**

**SMOKED PORK CHOPS (KASSELER)**

Our Smoked Pork Chops are made with well-trimmed racks of pork which have been selected for their leanness. We then cure them in a low-salt brine, smoke them slowly over maple long enough and warm enough to cook them - all you have to do is warm them. Although the traditional way to serve this cut is to steam it whole or in chops on a bed of sauerkraut or prepared red cabbage, it's equally great just steamed or gently warmed on the bar-b-que.

Great flavour! Reg. \$5.99/lb.

**25% OFF THIS WEEK**

**MUSKOKA ORGANIC LETTUCES**

This week we have a good supply of red or green butterhead, red or green leaf and red or green romaine. This lettuce is a) certified organic, b) it keeps longer because it comes with the root and c) has an interesting and different flavour.

Your salads will never die of boredom!

~ Large Size ~

**1.99 EA.**

**EXTRA-LARGE CANTALOUPE**

We have a good supply of extra-large (size '9') lopes this week. They've got good colour, sweetness and really good flavour - and a great price too!

**1.99 EA.**

**COMING NEXT WEEK**

For next weekend we'll be making our wonderful smoked whole Rainbow Trout. If you've been craving one, keep this in mind.

**CALIFORNIA NECTARINES**

We were able to buy some very nice extra-large nectarines from California. Given their recent high price - this is a great price for a gorgeous fruit.

Size '56'

**99¢ lb.**

**WILD BLUEBERRIES**

They're here at last. Wild Northern Ontario Blueberries are now available - fresh. They have a heavenly aroma, abundant taste and they're sweet.

**3.99 FULL PINT**

**SNOW GOAT CHEESE**

This is the Canadian version of Chevre, the goats' milk cheese of recent culinary acclaim. Use a dollop of this on bar-b-que'd or roasted veggies - or warm in a salad.

Reg. \$3.29/100 g

**1/3 OFF THIS WEEK**

**OUR WILD BLUEBERRY SAUSAGES**

When we made these originally and put them on sale, the response was so-so at best, until people tried one or two and returned for quantities - much to our surprise. We use pork, wild blueberries and a touch of maple syrup to make them - they're really good!

Reg. 3.99/lb

**1/3 OFF THIS WEEK**

**SO HOW DO YOU COOK A FLAT CHICKEN?**

Our baseball team was gathered around the bar-b-que the other night and the topic was - flat chickens. Mark Barbara was saying that while shopping in the store, he sold the next person in line on one of our flat chickens - and he was then offered a job behind the counter given his consummate skill as a salesman (good ball player too!). He went on to say that most all of his friends have never heard of them - and why don't I promote them again. The fact is that we can't promote them because we couldn't begin to make enough of them. The second thing is that the recent Canadian Living article on flat chickens and how to cook them was a bit complicated. The best way is this: Turn one side of your B.B.Q. on high. Put the chicken on the other side (the cold side), skin side up. Close the lid and come back in 1 hour, that's it! If you have recently moved into our area a flat chicken is one of our free-range chickens that we have de-boned (mostly) and seasoned - its like a chicken steak. It's worth getting!

**1/2 PRICE THIS WEEK**

Reg. 1.09/100g

**AND THE WINNER IS...**

As you are reading this on Thursday evening, we will be drawing the winning ballot in our 'You Could Win' Raffle. The fact is though, we are all winners by supporting the charity - and we would like to thank all those who bought raffle tickets for this cause. We'll announce the winner and what revenue was generated in our next ad.

Thank you again. And a special thanks to the Economist & Sun and Monarch Construction for their kind assistance.

**SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, JULY 11TH.**

Hours: Mon. - Thurs. 9:00 - 7:00, Fri. 9:00 - 8:00, Sat. 9:00 - 6:00, Sun. 10:00 - 5:00

**548 Carlton Road, Unionville**

**940-1770**

**PEOPLE: Glen Reed raising funds for Make A Wish Foundation**

# Cyclist stops in York Region on cross-Canada trek

BY LISA QUEEN  
Staff Writer

Tuesday was one of the more relaxing days Glen Reed has spent this summer. Well, as relaxing as it gets when you're cycling across Canada.

After pedalling to York Region from Orangeville, the 24-year-old hit Newmarket's Upper Canada Mall after 11 a.m.

Having been out on the road for two months, Reed was thrilled to have a small family reunion with his uncle Darryl Bartlett, aunt Patricia and cousin Brett.

Reed and his girlfriend Alexa Smyth, who joined him in his hometown of Stratford for the final leg of the journey to St. John's Nfld., spent a couple of hours at the Bartletts' Holland Landing home before hitting the road again.

Tuesday marked Day 60 on Reed's quest to cycle across Canada to raise money for the Make A Wish Foundation, an agency that grants wishes to dying children.

So far, he has raised \$4,000, mostly donated by cycle shops along the route. He's shooting for \$7,000.

"The average wish costs \$3,500. So, hopefully I can get two wishes out of it," said Reed, who began May 8 and hopes to wrap up his trek at the end of August.

Reed doesn't know any children with terminal illnesses but thought the foundation was a worthy cause because a friend has worked for the agency.

While York Region provided a peaceful interlude for Reed, he's had his share of harrowing days.

Day 3 was grueling - 10 hours of pedalling uphill through the Coastal Range, just east of Vancouver.

He averaged only six kilometres an hour, compared to the 20 km/h he maintained until he hit southern Ontario's blistering heat wave last weekend.

In fact, he suffered from mild heat stroke Monday after leaving his parents' Stratford home.

Reed, who just graduated from the University of British Columbia's forestry program, was chased from his camp site by bears in Marathon, Ont.

"I figured the best thing to do was get out of there and stay in a motel at that point."

While Ontario residents have welcomed him, Reed said the friendliest people he encountered were on the Prairies.

"I had trouble sticking to my timetable. You'd go in somewhere for a muffin in the morning and you'd end up standing around talking."

Brett Bartlett isn't surprised by his cousin's cross-country adventure.

"He's always been an adventurous guy. I think it's great. I think it's fabulous."

And while Reed has enjoyed his travels, he doesn't plan on using his bike to get back to B.C.

"I won't be biking back, that's for sure."

**THE ARTHRITIS SOCIETY**

**Richmond Hill**

**508-5177**

This message brought to you as a community service of The Economist/Tribune

**WE'RE OPEN**

**M & H Fish Market**

**SUPER SPECIALS**

MANY MORE IN-STORE SPECIALS

A special thank you to our valued customers for your continued patronage during our fire renovations. Sorry for the inconvenience.

Sincerely, Mike & Helen

**WHOLE ATLANTIC SALMON 4-6 LBS. \$4.99 lb.**

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**LOBSTER TAILS ANY SIZE \$26.99 lb.**

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Across from Markville Shopping Centre

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