

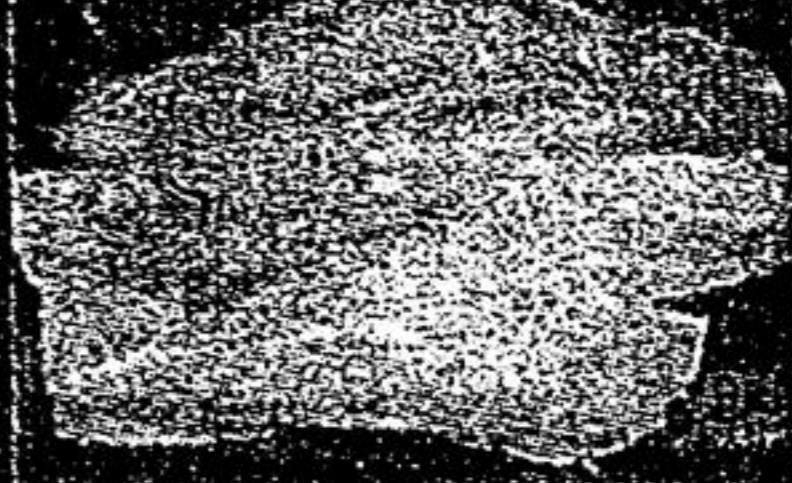
Spring Gardening

The Butcher Shop

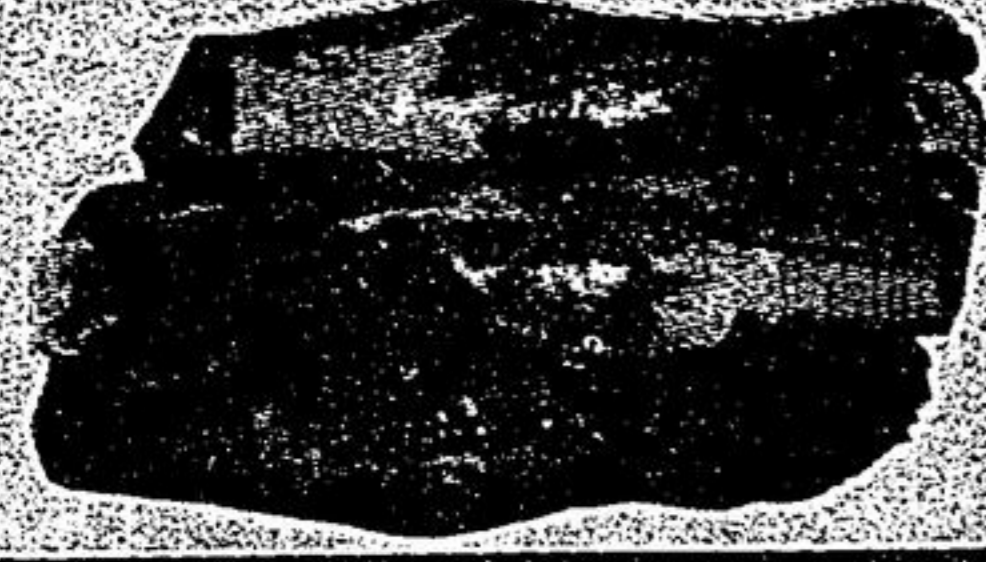
Fresh & Frozen Seafood



Ontario's Finest Poultry  
**Boneless Chicken Breast** **4.49** lb / 9.90 kg



Individually Quick Frozen  
**Sole Fillets** **3.99** lb / 8.60 kg



Ontario's Finest Pork  
 'Fresh'  
**Pork Tenderloins** **5.99** lb / 13.21 kg



Fresh  
**Salmon Steaks** **6.99** lb / 15.41 kg  
 Delivered Fresh Daily



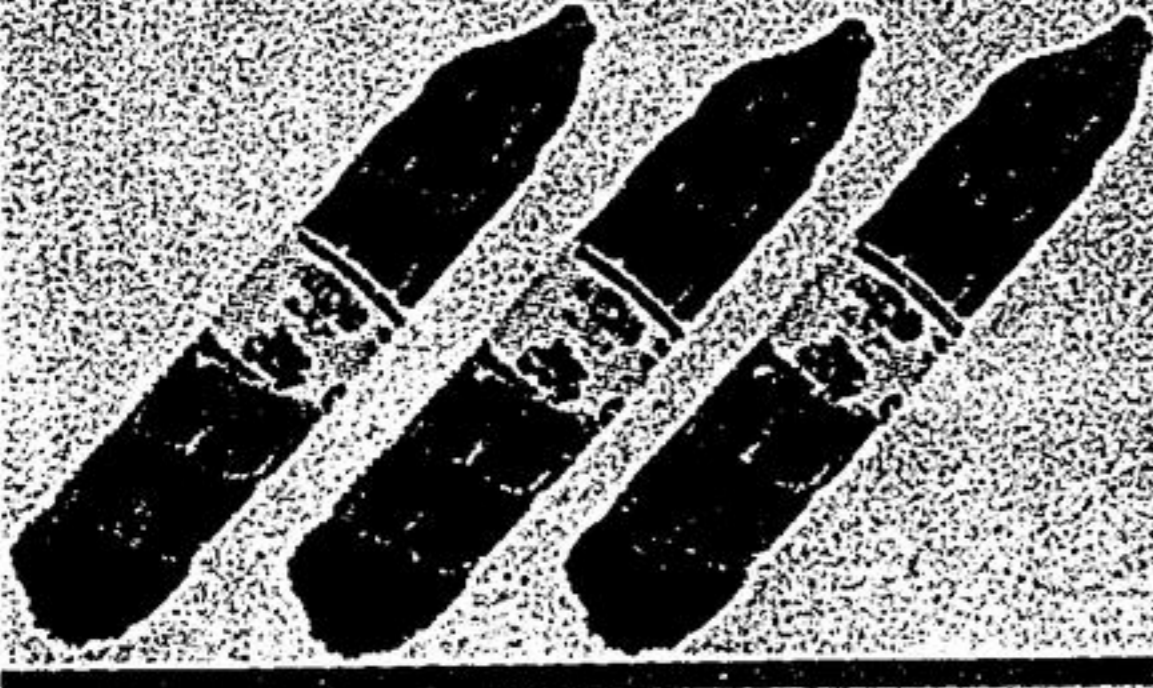
Cut from Canada Grade AA, AAA Beef  
**Beef Striploin Steaks** **8.99** lb / 19.82 kg

**RECIPE**  
**CHICKEN WITH RASPBERRY VINEGAR**  
 6 Single Boneless Chicken Breast  
 1/2 cup flour  
 4 tsp olive oil  
 1/2 tsp salt & 1/4 tsp pepper  
 1/2 tsp rosemary  
 1/4 cup raspberry vinegar  
 1/4 cup dry white wine  
 1/3 lb trimmed snow peas  
 Cooking instructions:  
 Flour & brown chicken in 2 tsp olive oil in frying pan, sprinkle with salt & pepper  
 remove chicken and set aside, add vinegar & wine to same pan, scrape bottom of pan to loosen flavors, cook until sauce thickens slightly  
 return chicken to pan & coat with sauce remove and place in a serving dish  
 in the same pan add the rest of oil, add snow peas & tomatoes, cook for 5 minutes and pour on chicken  
 Buon Appetite!

Pinty's  
**Chicken Chips** **5.99** 500 g box

100% Pure Beef  
**Extra Lean Ground Beef** **2.49** lb / 5.49 kg

The Delicatessen



Mastro  
**Hot or Mild Genoa Salami** **5.99** lb / 1.32/100 g



Domestic  
**Feta Cheese** **3.99** lb / 88/100 g



Schneiders  
**All Beef or Red Hot Wieners** **2.49** 450 g



Brandt  
**Honey Ham** **4.99** lb / 1.10/100 g



Grand  
**Camembert Cheese** **7.99** lb / 1.76/100 g

**GARDENING TIPS**  
**PRUNING ROSE BUSHES: GENERAL MAINTENANCE**

You will need:  
 Pruning shears  
 Gardening Gloves  
 Sharp loppers or pruning saw (for canes thicker than 1/2 in.)

**1** Inspect the Rose bush. If it has grown suckers from the roots, dig down and pull them off at the root.

**2** Prune away all dead, broken, or diseased canes. If the canes are not white or green inside, cut lower.

**3** Cut away thin, straggly canes. These will not be able to support blooms and will waste the bush's energy.

**4** If canes are crossed and rubbing together, cut the smaller one back. This will strengthen the remaining canes.

**Did You Know?**

Although there is no substitute for careful pruning, Rose bushes are able to survive very rough treatment. Roses clipped with hedge trimmers will grow back vigorously.

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