

# The GARDEN

Quality & Fresh

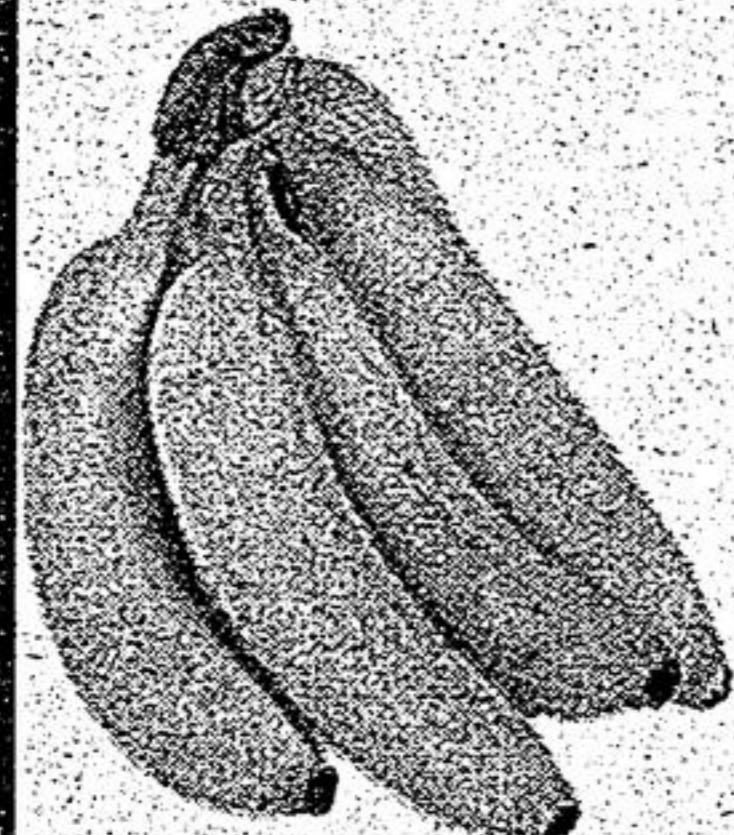
Prices in effect Wednesday, January 9<sup>th</sup>, 2002

Outside maybe cold, but our SU

## Quality Fresh Produce

Fresh from the Tropics

**Bananas**



**.39**  
lb.  
.86 kg

Product of Spain or Morocco

**Seedless Clementines**



**.79**  
lb.  
1.74 kg

California Tender Fresh

**Broccoli**



**1.49**  
bunch

Product of U.S.A.

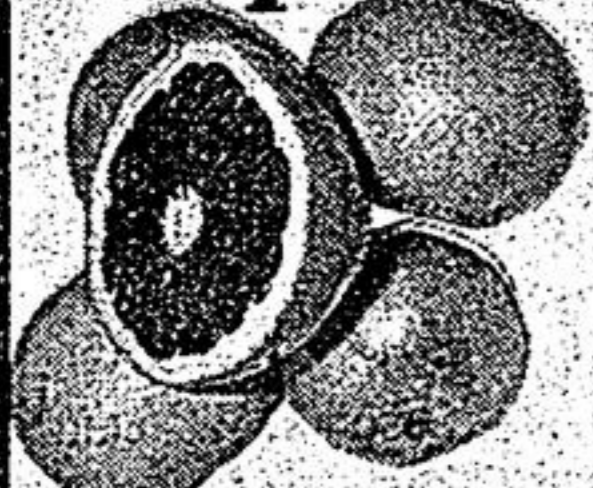
**Sweet Red Peppers**



**1.49**  
lb.  
3.28 kg

Florida Fresh Sweet 'N Juicy

**Ruby Red Grapefruit**



**.39**  
lb.  
.86 kg

Fresh from Chile Sweet 'N Juicy

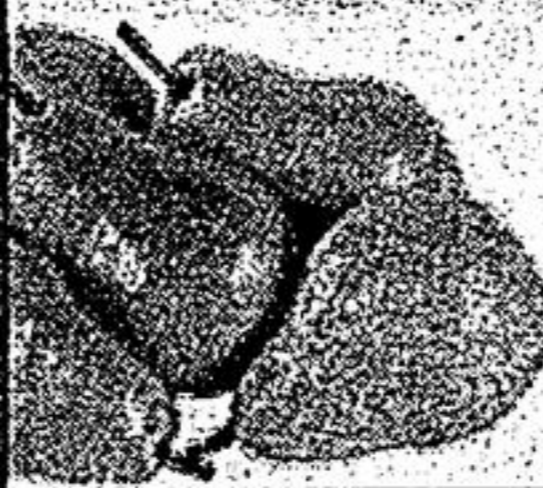
**Nectarines**



**1.49**  
lb.  
3.28 kg

Product of U.S.A. Sweet and Juicy

**Bartlett Pears**



**.99**  
lb.  
2.18 kg

California Fresh "Great for Salads!"

**Radicchio**



**1.99**  
lb.  
4.39 kg

Ontario Winter Crop

**Green Head Cabbage**



**.69**  
each

California Fresh

**Napa & Bokchoy**



**.49**  
lb.  
1.08 kg

## Oven Fresh Bakery

In Store Baked **100% Whole Wheat Bread**



**.99**  
loaf

Tradition Foods **Low Fat Muffins**



**1.99**  
4 pack

Ace Bakery **Rosemary Focaccia Quarters**



**1.99**  
loaf

Schaaf Foods **Loaf Cakes**



**2.49**  
390 g loaf

## The Flower Garden



Ontario Grown **Freshly Potted Tulips & Daffodils**

**3.99**  
6" pot

## Bulk Food



Product of California **Freshly Roasted Peanuts**

**.88**  
lb.  
1.94 kg

## Organic Produce



California Fresh Sweet **Organic Mini Carrots**

**1.99**  
1 lb. bag

### GENERAL NUTRITIONAL INFORMATION:

**\*\*OBTAINING ESSENTIAL NUTRIENTS**

**WATER - Why is water so important?**

Between 50 - 60 percent of our total body weight is water. The water in our system bathes cells, aids in fluid and electrolyte balance, maintains pH balance, and transports molecules and cells throughout the body. Water is the major component of the blood, which carries oxygen and nutrients (like vitamins and minerals and even carbohydrates) to the tissues and is responsible for maintaining cells in working order.

**REDEEM THIS COUPON FOR a 4 litre bag**

**SEALTEST MILK**  
Skim, 1% & 2% Only



**1.99**  
4-L Bag

With \$5 minimum purchase, not including this item. Limit 2 bags per family. One coupon per purchase.

Offer expires January 15/02

Stouffville Tribune

FRESH FROM OUR GARDEN TO YOUR BASKET