

**Rosemary's Health & Nutrition News**

**GINGER**

- Ginger contains chemicals that prevent inflammation, therefore providing relief from headaches and migraines.
- Chewing thin slices of fresh ginger helps prevent motion sickness.
- Taking ginger along with your meals helps to digest food better.
- A cup of hot ginger tea helps to stimulate your immune system.
- Ginger is a natural blood thinner, it prevents clot formations.

*"Remember, your body is for life take care of it now and it will reward you in the future!"*



# GARDIE

*Quality & Freshness*

Prices in effect Thursday, November 6<sup>th</sup>

"FRESH FROM OUR GARDEN TO YOUR BASKET"

## Quality Fresh Produce

**WOW!**  
Product of California  
Fresh 'N Crisp  
**Head Lettuce** **.78** ea.

Product of USA  
Sweet 'N Juicy  
**Anjou Pears** **.78** lb. (1.72 kg)

Fresh from the Tropics  
Sweet 'N Juicy  
**Mangoes** **.68** ea.

Product of USA  
Crisp 'N Tart  
**Granysmith Apples** **.98** lb. (2.16 kg)

Fresh from the Tropics  
Sweet, Extra Large  
**Papayas** **.98** ea.

California Fresh  
Sweet 'N Tasty  
Hachiya  
**Persimmons** **998** case

Product of U.S.A. & Canada  
Fresh  
**Anise & Rapini (Fennel)** **.98** ea.

Product of Tunisia  
**Dried Dates** **.98** 200 g pkg.

**HOT PRICE** Aged for 21 days. Cut from Canada AAA Beef. Fresh  
**Prime Rib Premium Oven Roasts or Steaks**  
**4.97** lb. (10.96 kg)  
**SAVE \$3.00/lb.**

**HOT PRICE** Florida Grown. Tender 'N Fresh  
**Green Beans**  
**.98** lb. (2.16 kg)

**DELICIOUS • FRESH • CONVENIENT**  
Made to order Party Platters.  
Many more combinations available. Just ask!

**Fruit Platter** **Cheese Platter** **Vegetable Platter** **Sandwich Platter**

## Oven Fresh Bakery

In Store Baked Daily  
**White Bread** **.99** loaf

Schaaf Foods  
**Twin Pack Loaf Cakes** **4.49** 2 x 350 g

In Store Baked  
**Iced Cinnamon Buns** **3.49** 6-pack

Served Hot!  
In Store Made Daily  
**Soup of the Day** **2.99** Large (24 oz.)  
**1.99** small (12 oz.)

Proud supporter of The Markham Stouffville Hospital

**REGULAR BUSINESS HOURS**

<b>MONDAY</b> 8 am - 9 pm	<b>TUESDAY</b> 8 am - 9 pm	<b>WEDNESDAY</b> 8 am - 9 pm	<b>THURSDAY</b> 8 am - 9:30 pm
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• We reserve the right to limit quantities. • No rain checks. • Savings based on regular price. • Both copy and illustrations; errors may occur. We reserve the right to correct any error.