

Rosemary's Health & Nutrition News
PISTACHIOS
 Pistachios are a great snack to have on hand for any occasion!
 • Pistachios stored in an air tight container in the refrigerator have a shelf life of one year, in the freezer, they have a shelf life of two years.
 • To restore pistachios that have lost their crispness toast at 200° for 10 to 15 minutes.
 • Pistachios can add flavour to any of your favourite recipes. Try pistachios in all sorts of dishes, from appetizers to entrées, soups to desserts. They add taste, texture and colour as well as good nutrition!
"Remember, your body is for life take care of it now and it will reward you in the future!"



The GARDEN

Quality

Prices in effect Thurs

Quality Fresh Produce

"FRESH FROM OUR GARDEN TO YOUR BASKET"

Product of Morocco
 Sweet 'N Juicy
Seedless Clementines **4.98**
 5 lb. case

Florida Fresh
 Indian River Sweet
Ruby Red Grapefruit **.48**
 lb. 1.06 kg

Fresh from the Tropics
 Super Sweet
Golden Ripe Pineapples **3.98**
 ea. (\$4.98 cored & peeled)

Product of USA
 Crisp 'N Sweet
Royal Gala & Grannysmith Apples **.98**
 lb. 2.16 kg

Product of USA
 Fresh 'N Crisp
Green Peppers **.98**
 lb. 2.16 kg

Fresh from Italy
 Sweet & juicy
Abate Pears **.98**
 lb. 2.16 kg

Ontario Fresh
 "Great for Roasting!"
Mini Red, White & Yukon Gold Potatoes **.78**
 lb. 1.72 kg

Product of Iran
 Freshly Roasted,
 Lightly Salted
Pistachios **4.98**
 lb. 10.98 kg

HOT PRICE Fresh **Pork Tenderloins** **3.97**
 lb. 8.76 kg **1/2 PRICE SAVE \$4.00**

HOT PRICE Keebler **Fudge Shoppe Cookies** **1.75**
 Limit of 4 **1/2 PRICE**
 226 g - 354 g

SAVE \$5.00 **Fruit & Vegetable Platter** **Starting at 29.95**
 ea. Please allow 24 hours notice prior to pick up or delivery. (Delivery charge extra)

Oven Fresh Bakery

In Store Baked
White or Whole Wheat Baguettes **.99**
 ea.

In Store Baked
Apple Pie **2.99**
 8" pie

Saxby
Chocolate Fudge Black Forest & Almond Cake **7.99**
 7" cake

In Store Baked
Shortbread Cookies **3.99**
 20 pack

Proud supporter of The Markham Stouffville Hospital	REGULAR BUSINESS HOURS			
	MONDAY 8 am - 9 pm	TUESDAY 8 am - 9 pm	WEDNESDAY 8 am - 9 pm	THURSDAY 8 am - 9:30 pm

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