

Product of Chile Sweet 'N Juicy

Freestone Peaches

1.48
lb 3.26kg

1/2 PRICE

PEACHES ARE PACKED WITH A SURPRISING AMOUNT OF NUTRITION!
A medium peach has about 465 IU of beta carotene, which is thought to be a powerful anti-aging agent. Beta carotene is important for your immune systems, as it helps to prevent damage from free radicals. Not only that, but one medium peach has: B vitamins, 3 mcg of folic acid, 5.7 mg of vitamin C, 4.3 mg of calcium, 1.4 grams of fiber, 171 mg of potassium, 6 grams of protein and a touch of zinc.

The GARDEN BASKET

Putting Quality & Freshness into

Quality fresh Produce

Fresh from the Tropics Super Sweet, Golden Ripe

Pineapples **1.98** ea. **LESS THAN 1/2 PRICE**
(\$2.98/Gored)

Product of USA Luscious 'N Sweet

Strawberries **1.98** pint **SAVE \$1.00**

Product of B.C., Can No. 1 Crisp 'N Tart

Granny Smith AND Sweet Red Delicious Apples **.78** lb 1.72kg **SAVE .50/lb**

Product of USA or (Mex.) Tender 'N Fresh

Asparagus **1.98** lb 4.37kg **1/2 PRICE**

Aged for 21 Days, Cut from Canada AAA Beef

Boneless Cross Rib Pot Roasts

2.68 lb 5.91kg **SAVE \$2.30/lb**

AGED FOR 21 DAYS

Aquastar 31/40 Size Raw Easy-Peel Shrimps

7.98 (Limit 4) **SAVE \$7.00**

HUGE 908g BAG

Product of B.C., Can No. 1 Grade Sweet 'N Juicy

Anjou Pears **.98** lb 2.16kg **SAVE .50/LB**

Product of Mexico Fresh, Hass

Avocados **.78** ea. **SAVE .20**

Product of California Fresh 'N Juicy

Lemons **1.48** Bag of 7 **SAVE .50**

Aged for 21 Days Cut from Canada AAA Beef

Boneless Stewing Beef Cubes

3.48 lb 7.67kg **AGED FOR 21 DAYS**

SAVE \$1.50/LB

The Butcher Shop

Fresh Extra Lean Ground Turkey **2.48** lb 5.47kg

Fresh Pork Side Ribs **2.48** lb 5.47kg **SAVE \$1.00/LB**

Product of USA, Sweet Andy Boy

Cactus Pears **9.98** case **SAVE \$3.00**

Organic

"Organic Mushroom Mania!"

Baby Bella, Portabella Caps, White & Sliced White Mushrooms **2.98** 6.8oz pkgs **SAVE \$1.00**

The Delicatessen

Linea Snella Prosciutto Ham **1.10** /100g

Maple Leaf Black Forest Ham **1.10** /100g

Tre Stelle Havarti Cheese **1.68** /100g

Bari Ricotta Cheese **2.68** 400g **SAVE \$5.96**

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Bulk Food

Eda's Sugar Free Candy (Assorted Flavours) **3.38** lb 7.45kg **1/2 PRICE**

Dry Roasted & Sea Salted Hazelnuts **7.78** lb 17.15kg **SAVE \$2.00/LB**

The Flower Ontario Greenhouse Grown Bright & Colourful Cyclamen **5.98** 6" pot **SAVE \$3.00**

Regular Hours: Mon.-Wed. 8am-9pm; Thurs.-Fri. 8am-9:30pm; Sat. 7am-8pm; Sun. 8am-7pm

www.thegardenbasket.ca

• We reserve the right to limit quantities • No rainchecks • Savings based in both copy and illustrations, errors may occur. • We reserve the right to

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