

Joseph's Pick of the Week

Organic Quinoa Grain
1.98
 lb 4.37kg

SAVE \$1.00/LB

Quinoa: Pronunciation: KEEN-wah. It's very easy to digest and has a mild, tasty, slightly crunchy, flavour & texture. Quinoa, known as "the most nutritious grain available", is high in protein, calcium & iron & is a good source of phosphorus, vitamin E & B vitamins. Quinoa is a balanced, complete protein source! It is an excellent source of nutrition for infants and children!
 To cook, use two parts liquid to one part quinoa. Combine the liquid and quinoa in a saucepan, bring to a boil, reduce to a simmer, cover, and cook until the water has been absorbed, about 15 minutes. Tip: Cooks just like Rice! Can use quinoa as a great substitute for rice or Couscous. Cooked quinoa is excellent in hot casseroles and soups, stews, stir-fries, cold in salads or by itself.

(Available in the Organic Produce Section!)

GARDEN BASKET

Happy St. Patrick's

Quality Fresh Produce

Product of USA Lusciously Sweet
Strawberries
1.98
 pint

Product of USA or (Mex) Tender 'N Fresh
Asparagus
1.98
 lb 4.37kg

1/2 PRICE

Product of B.C., Can. No. 1 Crisp 'N Tart
Grannysmith Apples
.78
 lb 1.72kg

Product of USA
Extra Large Field Tomatoes
.98
 lb 2.16kg

SAVE 50/LB

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T & A Bag Salads (All Assorted Varieties)
 Romaine, Baby Spinach, Caesar, European, Gourmet, Italian, Oriental & Coleslaw (Mix & Match)

1/2 PRICE
3/6.00 OR **2.49** ea.

Product of California Tender 'N Fresh
Artichokes
4/3.00
 (OR .99 each)

SAVE \$1.00

Organic
 Product of California
Organic Jumbo Size Broccoli
1.98
 bunch

1/2 PRICE

Product of USA Tender 'N Fresh
Leeks
1.48
 bunch

1/2 PRICE

Bulk Food
 Compass
Dried Turkish Apricots
1.98
 250g pkg.

SAVE .50

Juice Bar
 "Freshly Squeezed Daily"
 Florida Sweet
Orange Juice & Grapefruit Juice
2.98
 1L bottle

SAVE \$1.00

The Flower Garden
 Ontario Greenhouse Grown
 Bright & Colourful
Cyclamen
5.98
 6" pot

SAVE \$3.00

Fresh, Premium Quality Baked Peameal Back Bacon Pieces

1/2 PRICE

SPECIAL INTRODUCTORY OFFER

2.68
 lb 5.91kg

Fresh, Bone-In Air Chilled & Grain Fed Family Pack Chicken Breasts

LESS THAN 1/2 PRICE

1.98
 lb 4.37kg

Made Several Times Daily
Lean Ground Beef

1.98
 lb 4.37kg

SAVE \$1.50/LB

The Butcher Shop

Aquastar, Frozen Tilapia Fillets

3.48
 400g pkg.

SAVE \$1.50

Niagara Fish Norwegian Smoked Salmon

3.48
 85g

SAVE \$1.00

The Delicatessen

Saputo Provolone Cheese
1.68
 /100g

Bitters Black Forest Ham
1.18
 /100g

San Danielle Mortadella
1.10
 /100g

Shopsy's Bacon
2.98
 500g

Gourmet Salads
 • Coleslaw
 • Potato
 • Macaroni