

**Joseph's Pick of the Week**

Product of USA  
Tender 'N Fresh  
**Artichokes**

**SAVE \$1.00**

**4/3.00**

**Nutritional Information:**  
Artichokes are a good source of vitamin C and contain folate and potassium. They also contain cynarin, a chemical thought to improve liver functioning and possibly lower blood cholesterol. Artichoke leaves have been used as blood cleansers, choleric, to improve bile production and secretion, and to detox the liver and the skin.

**The GARDEN BASKET**

Putting Quality & Freshness

Prices in effect Thursday, March 30, 2006

**Quality Fresh Produce**

Product of California  
Fresh 'N Crisp  
**Romaine Lettuce**

**SAVE .50**

**.98** ea.

Fresh from Ontario Greenhouses  
**Seedless English Cucumbers**

**SAVE .50**

**.98** ea.

Product of USA  
Fresh  
**Extra Large Field Tomatoes**

**SAVE .50/LB**

**.98** lb 2.16kg

Product of USA or (Mex.)  
**Sweet Grape Cherry Tomatoes**

**SAVE \$1.00**

**1.98** pint

Product of Canada,  
No. 1 Grade  
Sweet  
**Butternut Squash**

**LESS THAN 1/2 PRICE**

**.48** lb 1.06kg

Product of Canada,  
No. 1 Grade, Fresh  
**Baby Portabella Mushrooms**

**2.98** 12 oz basket

**SAVE \$1.00**

Product of Chile or Argentina  
Fresh, Sweet 'N Juicy  
**Bartlett Pears**

**.98** lb 2.16kg

**SAVE .50/LB**

**Bulk Food**  
Roasted with Sea Salt  
**Extra Large Cashews**

**SAVE \$1.50/LB**

**7.48** lb 16.49kg

**Bulk Food**  
Sweet (Deglet nour)  
**Dried Tunisian Dates**

**1/2 PRICE**

**.98** 200g pkg

**The Flower Garden**  
Ontario Greenhouse Grown  
Colourful, Large Potted  
**Tulips & Daffodils**

**SAVE \$2.00**

**3.99** 6" pot

**Porta Villa Extra Virgin Olive Oil**

**SAVE \$3.00**

**4.88** 1L

(Limit 4)

**Breyers Maple Walnut Ice Cream Bars**

**1/2 PRICE**

**2.48** 5 x 85g

(Limit 6)

Fresh  
Boneless Centre Cut  
**Pork Loin Chops**

**2.98** lb 6.57kg

**1/2 PRICE**

**The Butcher Shop**  
Aged for 21 Days,  
Cut from Canada AAA Beef  
**Top Sirloin Grilling Steaks**

**SAVE \$2.00**

**5.88** lb 12.96kg

Aquastar, 51/60 size  
**Raw Easy Peel Shrimps**

**6.88** 680g bag

**SAVE \$2.00**

**The Delicatessen**

**Mastro French Ham** **1.28** /100g

**Bitters Black Forest Ham** **1.18** /100g

**San Daniele Mortadella** **1.10** /100g

**Emma Canadian Emmental Cheese** **1.68** /100g