

**Joseph's Pick of the Week**

Product of USA or Mexico  
**Fresh Asparagus**

**1.98**  
lb  
4.37kg

**1/2 PRICE**

**ASPARAGUS** leads all other vegetables in its folic acid content. A 5.3oz serving provides 60% of the RDI for folacin, which is necessary for blood cell formation, growth and prevention of liver disease. Asparagus is a source of fibre and a good source of Vitamins A and C, folate and carotenoids. It also contains thiamin and vitamin B6 and is one of the richest sources of rutin, a drug that strengthens capillary walls.

**The GARDEN BASKET**

Putting Quality & Freshness into you

Prices in effect Thursday, February 22, 2007

**Quality fresh Produce**

Product of USA  
**Extra Large Field Tomatoes**

**.98**  
lb  
2.16kg

**SAVE .71/LB**

Product of South America  
**Blueberries**

**1.98**  
per Pkg.

**SAVE \$1.01**

Product of USA  
**Tender-Fresh Broccoli Crown's**

**.78**  
lb  
1.72kg

**1/2 PRICE**

Florida Fresh  
**Juicy, Sweet Pink Grapefruit**

**.68**  
lb  
1.50kg

**SAVE .31/LB**

Product of USA  
**Sweet N' Juicy Bosc Pears**

**.98**  
lb  
2.16kg

**SAVE .51/LB**

Product of Canada  
**Crisp N' Sweet (bagged apples) Fuji, Red & Golden Delicious**

**1.98**  
3lb bag

**SAVE \$1.01**

Product of Mexico  
**Fresh Zucchini**

**.98**  
lb  
2.16kg

**SAVE .71/LB**

Product of South America  
**Jumbo Cantaloupes & Canary Melons**

**2.98**  
ea

**SAVE \$1.01 ea**

Product of USA  
**Organic Broccoli (Extra Large Bunch)**

**1.48**  
lbch.

**1/2 PRICE**

Product of USA or Mexico  
**Fresh Spring Mix Salad**

**4.98**  
lb  
4.37kg

**SAVE \$1.01**

**Bulk Food**  
**Beaver Roasted, Salted Mixed Nuts**

**1.98**  
2.5lb Can

**SAVE \$1.51**

**The Flower Garden**  
**Potted Tulips & Daffodils**

**2/8.00**  
(Individual Price 4.99 ea)

**SAVE \$4.00**

Fresh  
**Extra Lean Ground Chicken**

**1.98**  
lb  
4.37kg

**SAVE \$1.40/LB**

Aged for 21 Days,  
Cut from Canada AA Beef  
**Boneless Cross Rib Pot Roasts**

**2.98**  
lb  
6.57kg

**SAVE \$2.00/LB**

AGED FOR 21 DAYS

**The Butcher Shop**

Fresh  
**Ontario-veal Leg Cutlets**

**6.98**  
lb  
15.39kg

**SAVE \$3.00/LB**

Fresh, New Zealand  
**Lamb Shoulder Chops**

**3.88**  
lb  
8.55kg

**SAVE \$1.00**

Janes  
**Oven Roasted Carved Chicken Breasts**

**9.48**  
550g

**SAVE \$1.00**

**The Delicatessen**

**Guddy Oven Roast Turkey Breast**

**1.78**  
/100g

**Mariposa Montreal Smoked Pastrami**

**1.18**  
/100g

**Brandt Honey Ham**

**1.18**  
/100g

**Silani Baby Friulano Cheese**

**6.98**  
625g

**6.48**  
700g