

Joseph's Pick of the Week

Product of USA
Lusciously Sweet
Strawberries

1.98

1 lb
Pkg

SAVE \$1.01

STRAWBERRIES are an excellent source of vitamin C, with 160 percent of the RDI. One serving also provides 20 percent of the RDI of folic acid, more than any other fruit, according to the California Strawberry Commission, Watsonville. Cancer-fighting nutrients in strawberries include ellagic acid and lycopene. Lycopene is an antioxidant that inhibits several types of cancer. A serving of strawberries also provides 14 percent of the RDI of fiber.

The GARDEN BASKET

Putting Quality & Freshness in

Quality fresh Produce

Fresh from the Tropics!
Super Sweet, Golden Ripe
Whole Pineapples

1/2 PRICE

2/5.00

Product of Chile
Sweet
Red Globe Grapes

1/2 PRICE

.98

lb
2.16kg

Fresh Express
Fresh Cut
Garden Salad

1/2 PRICE

.98

1 lb
bag

Product of Spain or USA
Large & Extra Large
Seedless Oranges

SAVE .51/LB

.98

lb
2.16kg

Kellogg's
Corn Pop's (375g)
OR
Froot Loops (425g)

1/2 PRICE

2.48

Each (Limit 6)

Dare
Simple Pleasure Cookies

1/2 PRICE

1.48

300g - 350g (Limit 6)

Product of South America
Sweet 'N Juicy
Bartlett Pears

SAVE .51/LB

.98

lb
2.16kg

Product of USA
Fresh Leeks

SAVE \$1.01

1.98

Bunch

Product of USA or Mexico
Super-Sweet
Grape Cherry Tomatoes

SAVE \$1.01

1.98

Pint

Product of USA,
Fresh
Bunch Spinach

SAVE .51

.98

Each

Product of South America
Sweet 'N Juicy
Canary Melons

1.98

Each

The Butcher Shop

Aged for 21 Days,
Cut from Canada AA Beef

Top Sirloin Grilling Steaks

4.98

lb
10.98kg

SAVE \$2.00/LB

Aged for 21 Days,
Cut from Canada AA Beef

Boneless Beef Stewing Cubes

3.88

lb
8.55kg

Fresh
Tilapia Fillets

6.88

lb
15.17kg

Organic
Product of USA
Organic, Fresh
White Cauliflower

1/2 PRICE

1.48

Each

Bulk Food
California Fresh
Walnuts (In Shell)

SAVE .51/LB

1.48

lb
3.26kg

The Flower Garden
Colourful, Fresh Cut
Tulips

3 Bch / 10.00

(Individual Price 3.99/bch)

The Delicatessen

Mariposa Black Forest Ham

1.18

/100g

Mastro Genoa Salami

1.58

/100g

Sienna Prosciutto Ham

1.18

/100g

Silani Provolone Cheese

1.68

/100g