

# Joseph's Pick of the Week

Product of USA.  
Can. No. 1 Grade  
**Red Globe Grapes**

**98**  
lb  
2.16kg

**SAVE .71/LB**

## DID YOU KNOW??

The seeds in grapes are capturing the interest of researchers! Besides providing good fibre, the seeds contain another type of flavonoid called proanthocyanidin which is reported to be 20 - 50 times more potent an antioxidant than vitamins C or E. Preliminary evidence is linking this flavonoid to healthier connective tissues such as tendons, ligaments and cartilage, as well as positive affects on heart health.

## Quality fresh Produce

Ontario Fresh No. 1 Grade Firm 'N Tasty Field Tomatoes

**SAVE \$1.01**

**2.98**  
3L Basket

Product of USA Can. No. 1 Grade Sweet 'N Juicy Seedless Watermelons

**SAVE \$2.01**

**2.98**  
Each

Product of Peru Can. No. 1 Grade Fresh 'N Tender Asparagus

**SAVE \$1.01/LB**

**2.98**  
lb  
6.57kg

Product of Chile Can. No. 1 Grade Organic Kiwi Fruit

**1/2 PRICE**

**.98**  
lb  
2.16kg

Product of USA or Canada No. 1 Grade NEW CROP Sweet 'N Juicy Bartlett Pears

**SAVE .51/LB**

**.98**  
lb  
2.16kg

Ontario Fresh Extra Fancy Crisp 'N Juicy MacIntosh Apples

**SAVE .51/LB**

**.98**  
lb  
2.16kg

Product of USA or Guatemala Can. No. 1 Grade Crisp Radicchio

**1/2 PRICE**

**1.48**  
Each

Ontario Fresh No. 1 Grade Crunchy Field Pickles (Excellent For Salads)

**1/2 PRICE**

**.48**  
lb  
1.06kg

Product of USA, Can. No. 1 Grade Vidalia Sweet Onions

**SAVE .51/LB**

**.98**  
lb  
2.16kg

Product of USA., Can. No. 1 Grade Sweet 'N Fresh Black Figs

**SAVE \$3.01**

**6.98**  
Case

Product of Mexico Can. No. 1 Grade Sweet Catus Pears

**SAVE \$3.01**

**6.98**  
Case

The Flower Garden Ontario Grown Multi-Colour Fresh-Cut Gladiolus

**SAVE \$2.00**

**3/10.00**  
or 3.99/bunch

Bulk Food Organic Quinoa Grain (High in Protein & Easy to Digest)

**1/2 PRICE**

**1.99**  
lb  
4.37kg  
(Random Weight Pkg.)

Maple Leaf Prime Vegetable Grain Fed Family Pack Whole Chickens

**30% OFF**

**1.98**  
lb  
4.37kg

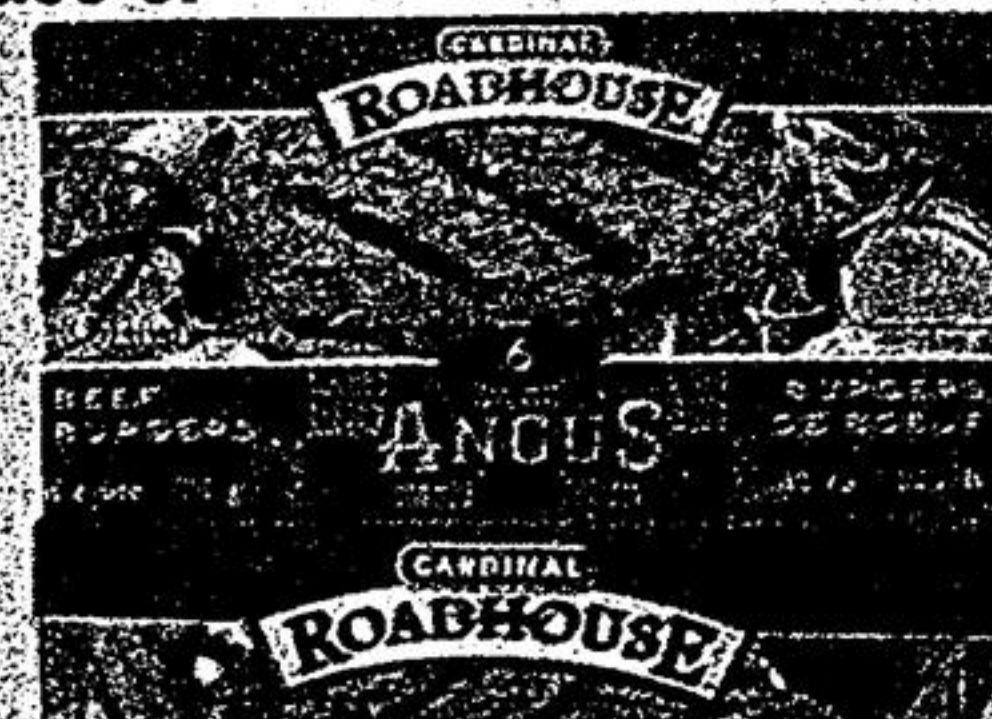
Aged for 21 Days, Cut from Canada AA or USDA Select Beef Family Pack Strip Loin Grilling Steaks

**SAVE \$5.00/LB**

**6.98**  
lb  
15.39kg  
Great on the GRILL!

## The Butcher Shop

Cardinal Meats Roadhouse or Angus Burgers



**7.98**  
1.02kg  
1.21kg

**SAVE \$2.00/LB**

In Store Made Extra Lean Pork Sausages

**3.48**  
lb  
7.67kg  
Great on the GRILL!

Aged for 21 Days, Cut from Canada AA or USDA Select Beef Beef Leg Cutlets

**4.88**  
lb  
10.76kg  
Great on the GRILL!

## The Delicatessen

Schneiders Fat Free Chicken Breast or Louisiana Blackened Beef

**1.48**  
/100g

Carvers Choice Bacon

**2.68**  
500g Pkg.

Schneiders Old Fashioned Ham

**1.18**  
/100g

Woolwich Goat Brie

**3.98**  
Each 180g

Schaaf's Coffee Cakes



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 on both copy and illustrations, errors may occur. • We reserve the right to