

OPEN

Roasted Pumpkin Seeds

INGREDIENTS:

- Raw whole pumpkin seeds from Jack O'Lanterns
- Pinch of salt or favourite seasoning (if desired)

DIRECTIONS:

1. Remove seeds from Pumpkin and wash off all pulp.
2. Place seeds in a shallow baking dish and allow seeds to dry for 24 hours.
3. Preheat oven to 170F (75 C)
4. Toss Seeds in a bowl with salt or seasoning. Spread the seeds in a single layer on a baking sheet and bake 20-25 minutes. Stir Occasionally. **NOTE:** By roasting them for a short time at a low temperature you can help to preserve their healthy oils!

Rosemary's Healthy product feature

PhytoBerry - The Whole Body Antioxidant

PhytoBerry is a highly concentrated whole food supplement that is loaded with natural anti-oxidants and phytonutrients. It features a comprehensive blend of over 40 high ORAC value fruit concentrates, phytonutrients, essential fatty acids and herbal extracts.

Most importantly, PhytoBerry offers whole body antioxidant protection by using a harmonized and synergistic combination of nutrients that together target and protect each organ and key body system.

Highlights:

- Highly concentrated whole food supplement
- Outstanding source of botanical antioxidants
- One serving contains 6-8 servings of fresh fruit
- Harmonized to offer whole body protection
- Highly Alkalinizing
- Vegetarian Formula

DEMO SAT. OCT. 27

SAVE \$10.00

24.98 (450g)

will closing Wednesday, October 31, 2007.

Kellogg's Raisin Bran

LESS THAN 1/2 PRICE

Two Scoops Raisin Bran

1.88

475g (Limit 6)

Royale Bathroom Tissue

1/2 PRICE

Royale

1.98

4 Roll (Limit 4)

Brand Name Groceries

Mutti Passata Sauce with Basil **1/2 PRICE** **.98** 700ml

Lefas Kalamata Extra Virgin Olive Oil **SAVE \$4.00** **6.98** 1L

Napoli Wafers **SAVE \$1.00** **1.48** 320g

Perugina Panettone **SAVE \$1.00** **6.98** 750g

Kraft Miracle Whip **SAVE \$1.50** **2.98** 950ml

Billy Bee Squeeze Honey **SAVE \$1.50** **2.98** 500g

Seafood

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

Boneless Stewing Beef Cubes

3.48 lb 7.67kg

SAVE \$1.50/LB

Ocean Classic Seafood Party Pack **1/2 PRICE** **3.48** 500g

Aged for 21 Days, Cut from Alberta or USDA Select Beef

Beef Tenderloin (Filet Mignon) Grilling Steaks

10.88 lb 23.99

SAVE \$7.00/LB

General Mills Cheerios or Honey Nut Cheerios **SAVE \$1.50** **2.48** 330g 400g

McCain Crescendo Rising Crust or International Pizza **SAVE \$2.00** **5.68** 464g 905g

Over Fresh Bakery

SAVE .80 In Store Baked Artisan Rosemary Potato Bread **1.68** Loaf

SAVE \$1.30 In Store Baked Mini Whole Wheat Baguettes **1.48** 6 Pack

SAVE .50 Coby's Individually Wrapped Muffins **2.98** 12 Pack

SAVE \$1.00 Ready To Serve Pumpkin Pie **3.48** 8" Pie

Palmolive Dishsoap 850ml **SAVE \$1.00** **1.88** Each

Scrub Buster 500ml **1.88** Each

Martelli Gnocchi *Reg. or Whole Wheat **SAVE \$1.00** **1.48** 500g

Ara Azzuro Espresso Coffee **SAVE \$1.00** **1.88** 250g

Mott's Fruitsations 6x113g **SAVE UP TO \$1.00** **1.98** Each

Apple Sauce 796ml **1.98** Each

Apple Juice 1.82L **1.98** Each

Welch's Grape Juice **SAVE .70** **3.88** 1.82L

16 piece Sushi Fresh, In Store Made Daily 16 Pcs. Vegetarian Rolls **5.98**

based on regular prices at conventional The Garden Basket Food Markets • Although we strive for accuracy in correct any errors • Specials only available while quantities last • Photos are representational only.

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