

### Joseph's Pick of the Week

#### Stir-Fried Asparagus with Ginger Cashews

**Peruvian Tender-Fresh Asparagus** **1/2 PRICE**

**1.98**  
lb  
4.37kg

**INGREDIENTS:**

- 1-1/2 pounds asparagus, cleaned and cut into 1-1/2" pieces
- 1 tablespoon fresh ginger, finely chopped
- 1 tablespoon vegetable oil
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil
- 1/2 cup cashews, chopped

**DIRECTIONS:**  
Heat the oils together in a wok or fry pan. Cook the ginger for 1 minute, stirring often. Add the asparagus and cook for 4 minutes until barely tender and still bright green. Stir in soy sauce and cashews and continue cooking for 2 more minutes to heat through. Makes 6 servings

# GARDEN BASKET

® Putting Quality & Freshness into you

Prices in effect Thursday, November 29, 2007

## Quality fresh Produce

Product of Central America  
**Super Sweet Golden Ripe Pineapples** **1/2 PRICE**

**1.98** Each

Product of British Columbia  
**Extra Fancy Crisp N' Sweet Spartan Apples** **1/2 PRICE**

**2.98** Cored

**.64** lb  
1.41kg

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

**SAVE \$3.00/LB**

**Family Pack Beef Leg Cutlets** **AGED FOR 21 DAYS**

**3.98** lb  
8.77kg

Fresh **Boneless Centre Cut Pork Loin Roasts** **LESS THAN 1/2 PRICE**

**1.98** lb  
4.37kg

Our Lowest Price of the Year!

(Limit 4 Roasts)

Product of South America  
**Sweet, Jumbo Red Cherries** **1/2 PRICE**

**3.98** lb  
8.77kg

"Peak of the Season" **Sweet N' Juicy Seedless Navel Oranges** **1/2 PRICE**

**1.48** lb  
1.06kg

Product of USA or Mex.  
**Plump N' Sweet Raspberries** **SAVE \$3.00**

**2/5.00**

Product of USA  
**Fresh Organic White Cauliflower OR Jumbo Broccoli** **1/2 PRICE**

**2/3.00**

Product of USA  
**Sweet N' Juicy Organic Honeydew Melons** **1/2 PRICE**

**2.98** Each

Product of USA  
**Tender-Fresh Baby Spinach** **SAVE \$2.00**

**3.98** 1lb Tub

Aged for 28 Days, Cut from Canada AAA or USDA Select Beef

**AGED FOR 28 DAYS**

**Boneless Inside Round Oven Roasts**

**2.98** lb  
6.57kg

**SAVE \$2.00/LB**

### The Butcher Shop

Aged for 28 Days, Cut from Canada AA or USDA Select Beef

**AGED FOR 28 DAYS**

**Boneless Top Sirloin Premium Oven Roasts** **SAVE \$3.00/LB**

**3.98** lb  
8.77kg

Niagara Smoked Salmon **SAVE \$4.00**

**7.88** 300g Board

Product of USA  
**"Great in Salads" Radicchio** **1/2 PRICE**

**2/3.00** Or **1.99** Each

Product of Mex.  
**Tender-Fresh Zucchini** **SAVE .50/LB**

**.98** lb  
2.16kg

Product of USA or Mex.  
**Tender-Fresh Eggplants** **1/2 PRICE**

**.98** lb  
2.16kg

### The Delicatessen

Mini Babybel Semi-Soft Cheese 6x22g **SAVE \$1.50**

Or Lavash Cheese Dippers 4x35g **2.98** Each

Brandt Garlic Roast Beef **1.28** /100g

Silani Provolone Cheese **1.68** /100g

Siena Prosciutto Ham **1.18** /100g

In-Store Breads Several Times Daily Artisan Tuscan Bread **1.98**

Sweet "Sundried" All Natural Greek Figs **SAVE \$1.00**

**1.98** 284g pkg

Organic Sunview Organic Snack Pack Raisins **1/2 PRICE**

**2/4.00** Or **2.99** Each 14x14g

The Flower Garden Ontario Grown XMAS Poinsettias Large 6" Pot **SAVE \$5.00**

**2/10.00** Or **6.98** Each