

### Joseph's Picks of the Week

Product of USA or Mex.  
Tender 'N Fresh  
**Rapini**

**1/2 PRICE**

**.98** Bunch

**Rapini and Garlic**

- 5 cloves garlic, minced
- 3 tablespoons extra-virgin olive oil
- 3 bunches rapini, about 3 pounds, bottom 3 or 4 inches of stems trimmed away
- 1-1/2 cup low sodium, chicken broth

Heat garlic in oil over medium heat in a large skillet until garlic sizzles in oil. Add the rapini, as much as you can fit in pan at a time (as rapini cooks, it will wilt down to 1/3 in volume). Turn and coat with oil as you wilt the greens. Add broth once rapini starts to wilt. Bring to a boil. Cover and reduce heat to low. Simmer 10 to 12 minutes to soften the bitterness of the greens.

# The GARDEN BASKET

Putting Quality & Freshness into you

Prices in effect Thursday, January 31

## Quality fresh Produce

Product of USA Tender 'N Fresh **Broccoli** **SAVE .70** **.78** Bch

Product of USA Fresh **Extra Large Field Tomatoes** **SAVE .50/LB** **.98** lb 2.16kg

Product of USA or Mex. Fresh 'N Sweet **Red Peppers** **1/2 PRICE** **1.48** lb 3.26kg

Ontario Greenhouse Grown Fresh 'N Crisp **Seedless English Cucumbers** **SAVE .50** **.98** Each

Fresh Express **Garden Salad** **SAVE .50** **.98** 1lb Bag

Product of USA Tender 'N Fresh **Organic Jumbo Broccoli** **SAVE .50** **1.98** Bch.

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

**LESS THAN 1/2 PRICE**

**AGED FOR 28 DAYS**

**Cap-Off BONELESS Prime Rib Grilling Steaks**

**SAVE \$6.20/LB**

**5.98** lb 13.18kg

Aged for 28 Days, Cut from Canada AA, AAA Beef

**SAVE \$2.00/LB**

**AGED FOR 28 DAYS**

**Boneless Sirloin Tip Oven Roasts**

**2.98** lb 6.57kg

Product of USA or Mex. Tender 'N Fresh **Regular Black Eggplants** **SAVE .50/LB** **.98** lb 2.16kg

Product of USA Tender 'N Fresh **Cubanelle Peppers** **1/2 PRICE** **.98** lb 2.16kg

Product of USA or Mex. **Super Sweet Grape Cherry Tomatoes** **1/2 PRICE** **2/3.00** Pkgs.

Aged for 21 Days, Cut from Alberta Select Beef

**AGED FOR 21 DAYS**

**Flank Marinating Steaks**

**3.33** lb 7.34kg

## The Butcher Shop

Fresh **Pork Shoulder Butt (Blade) Chops** **1/2 PRICE** **1.58** lb 3.48kg

Product of USA Tender 'N Fresh **Organic Baby Spinach** **SAVE \$2.00** **3.98** 1lb Tub

Product of USA Fresh 'N Crisp **Celery Stalks** **SAVE .50** **.98** Bch.

Product of Mexico Tasty **"Hass" Variety Avocados** **SAVE .30** **.98** Each

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

**SAVE \$3.00/LB**

**AGED FOR 28 DAYS**

**Top Sirloin Grilling Steaks**

**4.98** lb 10.98kg

**1/2 PRICE**

**Bulk Food**

Beaver Brand **Salted & Roasted Cashews** **SAVE \$1.00** **3.98** 255g Can

**Fire Wood**

Premium Burning **Aged Birch Firewood** **SAVE \$2.00** **5.98** Bag (1cu. ft.)

**The Flower Garden**

Ontario Greenhouse Grown **Variety of Colours Tulips, Daffodils & Hyacinths 6" Pot** **1/2 PRICE** **3/10.00** Or **3.98** Each

## The Delicatessen

Schneiders **Black Forest Ham** **1.18** /100g

Cold Springs **Cooked Turkey Breast** **1.48** /100g

Parma **Genoa Salami** or Schneiders **Smoked Ham** **1/2 PRICE** **1.48** Each 125g Pkg.

Summerfresh **Hummus Toppers** **SAVE \$1.00** **2.98** 300g

**Gourmet Summerfresh Gourmet Fresh Soups**

**BUY 1 GET 1 FREE**