

**Joseph's Pick of the Week**

Product of South America  
Plump 'N Sweet  
**Black Seedless Grapes**

**1.48**  
lb  
3.26kg

**SAVE .50/lb**

**How to Use:**  
Wash grapes carefully in cool water before using. Grapes are a great snack, wine & cheese complement, or garnish. Excellent for salads, mixed into yogourt and cereals.

**How to Freeze:**  
Wash and pat dry. Place a single layer on a baking sheet. Freeze until solid. Once frozen, pack in airtight freezer containers. These are a great snack!

**How to Store:**  
Grapes store best unwashed in a clear plastic bag separate from other fruit and vegetables in the crisper bin of your refrigerator.

**The GARDEN BASKET**

Putting Quality & Freshness into

Prices in effect Thursday, February 28, 2008

**Quality fresh Produce**

Product of USA  
Tender 'N Fresh  
**Broccoli**

**.78**  
bch

**SAVE .70**

Product of USA  
Crisp 'N Fresh  
**Romaine Hearts**

**1.98**  
Pkg. of 3

**SAVE \$1.00**

Aged for 21 Days,  
Cut from Canada AA, AAA Beef  
**Boneless Rump Oven Roasts**

**2.88**  
lb  
6.35kg

**SAVE \$2.10/LB**

AGED FOR 21 DAYS

Product of New Zealand  
**Wild Caught Orange Roughy Fillets**

**6.55**  
lb  
14.44kg

**1/2 PRICE**

Product of South America  
Plump 'N Sweet  
**Nectarines**

**.98**  
lb  
2.16kg

**1/2 PRICE**

Florida Fresh  
Juicy, Ruby Red  
**Grapefruit**

**.68**  
lb  
1.50kg

**SAVE .30/LB**

Product of USA  
Can. No. 1 Grade  
Sweet 'N Juicy  
**Honey Tangerines**

**.64**  
lb  
1.41kg

**1/2 PRICE**

Product of Guatemala  
Fresh  
**Radicchio**

**2/3.00**

**1/2 PRICE**

"Fresh from the Island!"  
Can. No. 1 Grade  
P.E.I.  
**Potatoes**

**1.48**  
10lb Bag

**SAVE .70**

Fresh, New Zealand  
**Lamb Loin Chops**

**8.88**  
lb  
19.58kg

**SAVE \$2.00/LB**

**The Butcher Shop**

Fresh  
**Chicken Breast Cutlets**

**6.48**  
lb  
14.29kg

**SAVE \$2.50/LB**

Northern King  
31/40 Size  
**Cooked Shrimps**

**4.98**  
340g Bag

**SAVE \$1.50**

Product of Chile  
Plump 'N Sweet  
**Organic Blueberries**

**1.98**  
pkg.

**1/2 PRICE**

Product of USA  
Can. No. 1 Grade  
Tender 'N Fresh  
**Jumbo Organic Broccoli**

**.98**  
bch

**LESS THAN 1/2 PRICE**

Product of USA  
Tender 'N Fresh  
**Zucchini**

**.98**  
lb  
2.16kg

**SAVE .50/LB**

**The Delicatessen**

Casa Italia  
**Dry Cured Prosciutto**

**2.88**  
/100g

Fontaine Sante  
**Dips or Spreads**

**1.98**  
260g

Schneiders  
**All Beef Bologna**

**.88**  
/100g

Black Forest  
**Ham**

**1.18**  
/100g

Gourmet  
Sabatini  
Gourmet  
**Fully Cooked Pasta**

\*Assorted Varieties

Product of USA  
Fresh 'N Crisp  
**Celery Stalks**

**.98**  
ea.

**SAVE .50**

Product of USA  
Tender 'N Fresh  
**Bunch Spinach**

**.98**  
bch.

**SAVE .70**

**The Flower Garden**

Ontario Greenhouse Grown  
Fresh Cut  
**Large Gerberas (Variety of Colours)**

**6.98**  
5 stem bunch

**SAVE \$3.00**