

## Joseph's Pick of the Week

Plump N' Sweet  
Canadian  
Blueberries

**4.98**  
2lb Tub

**SAVE \$3.00**

**HEALTH BENEFITS:**  
Blueberries are literally bursting with nutrients and flavor, yet very low in calories. Recently, researchers at Tufts University analyzed 60 fruits and vegetables for their antioxidant capability. Blueberries came out on top, rating highest in their capacity to destroy free radicals!

## Quality fresh Produce

Ontario, Fresh & Flavourful,  
Sweet N' Juicy  
Extra Large  
Cantaloupes

**1.98**  
Each

**SAVE \$1.00**

Washington Sweet  
Red Bing  
Cherries

**2.98**  
lb  
6.57kg

**1/2 PRICE**

**New Crop!**

Fresh N' Crisp,  
Canadian  
Head Lettuce

**.68**  
Each

**SAVE .60**

"Great for Entertaining!"  
Fruit or  
Veggie  
Family Pack

**9.98**  
Each  
800-1000g

**SAVE UP TO \$3.00**

Ontario,  
Tender N' Fresh  
Eggplants &  
Zucchini

**.98**  
lb  
2.16kg

**SAVE .50/LB**

California Fresh,  
Plump N' Sweet  
Brown Turkish  
Figs

**7.98**  
Flat

**SAVE \$2.00**

Ontario,  
Field Fresh  
Regular  
Cucumbers

**3/99**  
(Or .49 Each)

**LESS THAN 1/2 PRICE**

Ontario  
Fresh Cut Herbs  
Arugula, Basil, Corriander, Mint,  
Sage, Savory, Oregano, Rosemary,  
Thyme, Tarragon, Chives & Dill

**.98**  
Each  
Bch./Pkg.

Ontario Fresh  
Sweet  
Bunch Carrots

**.98**  
Bch.

**SAVE .50**

**Organic**  
Sunview  
Organic Snack  
Pack Raisins

**2/5.00**  
14x14g Bag (Or 3.99 Each)

**SAVE \$3.00**

**Bulk Foods**  
California Fresh  
Roasted & Salted  
Pistachios

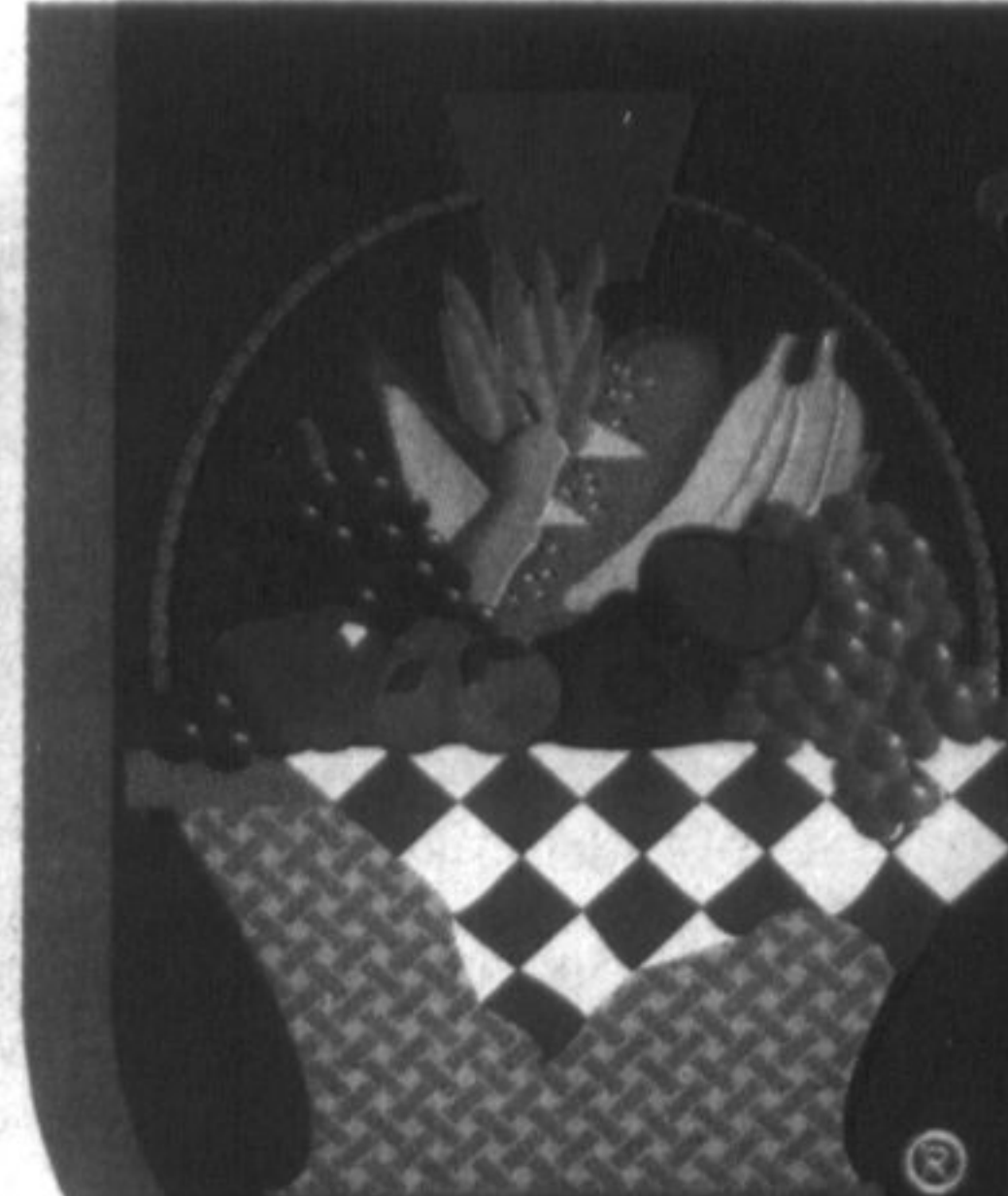
**3.98**  
lb  
8.77kg Random weight pkg.

**SAVE \$2.00/LB**

**The Flower Garden**  
Fresh Cut  
Mum Bouquets

**2/8.00**  
(Or 4.99 Each)

**SAVE \$2.00**



# The GARDEN BASKET

Prices in effect Thursday, July 24, until

Fresh  
Pork Tenderloins

**3.55**  
lb  
7.83kg

**1/2 PRICE**



Product of Alaska  
Wild Caught  
Sockeye Salmon  
Fillets

**6.98**  
lb  
15.39kg

**SAVE OVER \$5.00/LB**



Aged for 21 Days,  
Cut from Canada AA of USDA Select Beef  
T-Bone Grilling Steaks

**8.98**  
lb  
19.80kg

**AGED FOR 21 DAYS**



Fresh, Homegrown Ontario  
Veal Shanks  
(Osso Buco)

**3.48**  
lb  
7.67kg

**SAVE \$1.50/LB**

Northern King, 3 1/4 Size  
Cooked  
Shrimps

**9.98**  
680g

**SAVE \$3.00**

**SAVE \$3.00/LB**

## The Delicatessen

Silani  
Baby Friulano Cheese

**7.98**  
Each  
625g

Silani  
Buffalo Style  
Mozzarella  
Cheese

**3.98**  
200g

**SAVE \$1.00**

Canadian  
Oka Cheese

**2.20**  
/100g

Bitners  
Oven Roast  
Turkey

**1.98**  
/100g

Schaaf Food  
Loaf  
Cakes

**2.79**  
39



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