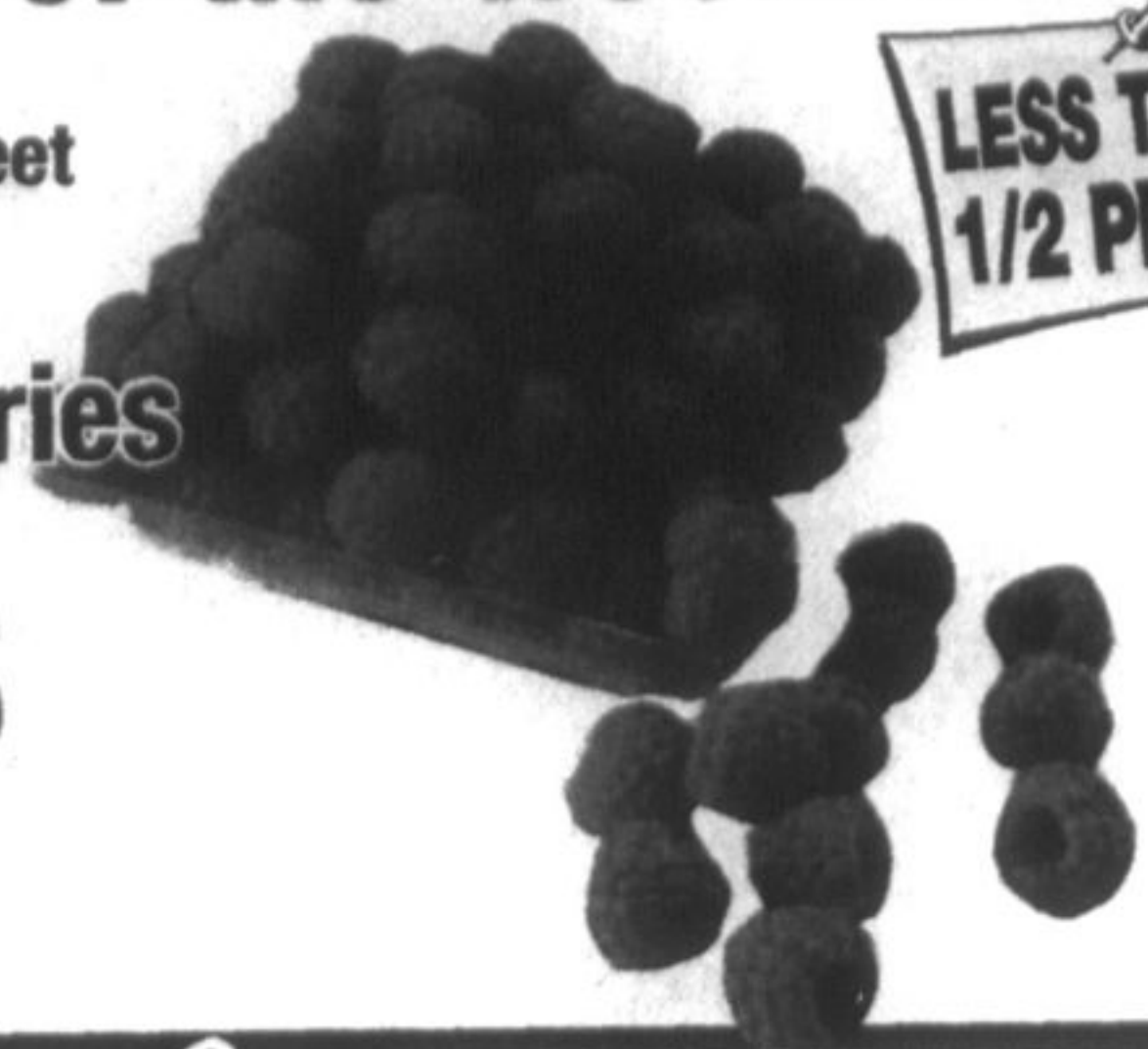


Joseph's Pick-of-the-Week

Raspberries are an excellent source of vitamin C, folate, iron, potassium, antioxidants and disease-fighting ellagic acid. Ellagittannins, a family of compounds almost exclusive to the raspberry, are reported to have anti-cancer activity and contribute to the raspberry's antioxidant power. They are also a great source of fiber, which has been found to lower cholesterol levels.

Fresh Plump 'N Sweet
Organic Raspberries

1.98
Pkg.



LESS THAN
1/2 PRICE

Quality-Fresh-Produce

Ontario Sweet Potato Yams

.74
lb
1.63kg

1/2 PRICE

Flown in Fresh Tender, Peruvian Asparagus

2.98
lb
6.57kg

SAVE \$2.00/LB

Ontario Fresh Fall Harvest! Tender Fresh Brussel Sprouts

1.28
lb
2.82kg

SAVE .70/LB

Ontario Fresh Fall Harvest! Pepper, Butter Cup & Butternut Squash

.58
lb
1.28kg

SAVE .40/LB

Sweet & Juicy Extra Large Red Cactus Pears

6.98
/Case

Fall Harvest Fresh, Ocean Spray Cranberries

1.98
12 oz. Bag

SAVE .50

California Sweet Extra Large Seedless Green Grapes

1.98
lb
4.37kg

SAVE \$1.00/LB

California Fresh Super Sweet Mini Carrots

.98
12 oz. Bag

SAVE .30

Ontario Fresh Fall Harvest! Red, White & Yukon Gold "Mini" Potatoes

.98
lb
2.16kg

1/2 PRICE

Juice Bar 100% Pure (not from concentrate) All Natural Pomegranate Juice

2.98
1L

1/2 PRICE

Ontario Freshly Pressed Apple Cider

3.98
3L Jug

SAVE \$1.00

FALL-HARVEST PUMPKINS ARE HERE!

Come see our great selection!

Starting at
2.98
Each



The-Flower-Garden Lots of outdoor Festive Arrangements and Garden Mums

Starting at
7.98
Pot

The GARDEN BASKET

Happy Thanks

Prices in effect Thursday, October 9, until

Aged for 28 Days Cut from Alberta Select Beef
Beef Tenderloin (Filet Mignon) Steaks or Roasts

7.98
lb
17.59kg

LESS THAN 1/2 PRICE

SAVE \$9.00/LB

AGED FOR 28 DAYS

Our LOWEST price of the year!

Northern King 31/40 Size Large Cooked Shrimps

7.98
680g Bag Limit 4

SAVE \$5.00

Our LOWEST price of the year!

Fresh Grade 'A' Natural Turkeys

- Hormone Free
- Antibiotic Free
- Vegetable Grain Fed
- Air Chilled
- Sizes 11-22 lbs available

3.48
lb
7.67kg

SAVE .50/LB

Silani Ricotta Tubs

1.98
454g

Imported from Italy Dry Cured Prosciutto

2.98
/100g

Saputo Mozzarella Cheese

4.98
250g

SAVE \$1.00

Silani Mascarpone Cheese

6.98
475g

SAVE \$3.50

Schneider's Old Fashioned Ham

1.28
/100g

In-Store Bakery Artisan Sweet Pecan

1.98
Loaf



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 change prices without notice.