

Joseph's Pick-of-the-Week

Nutrition & Almonds

Almonds have the highest protein content of any nut and are a valuable food for vegans and vegetarians. Almonds are rich in minerals, magnesium, potassium, phosphorus and especially high in calcium. Almonds are high in mono-unsaturated fat which helps to lower cholesterol, especially the bad cholesterol (LDL). Almonds contain a high degree of oleic acid, which is believed to be the ingredient in olive oil that protects against heart disease.

California Fresh Premium Shelled Almonds

SAVE \$2.00/LB

3⁹⁸ lb 8.77kg

(Random Weight Packed)

Quality-Fresh-Produce

Fresh from Ontario Greenhouses Tasty!!!
Hot House Tomatoes

SAVE .50/LB

.98 lb 2.16kg

Ontario Fresh Fall Harvest! Jumbo White Cauliflower

SAVE \$1.00

1⁹⁸ Each

Product of USA or Ontario Tender Fresh Romaine Lettuce

SAVE .50

.98 Each

Product of Central America Fresh 'N Juicy Extra Large Grapefruit

SAVE .50/LB

.78 lb 1.72kg

Product of Italy Fresh Honey-Sweet Muscato Grapes

SAVE \$1.00/LB

1⁹⁸ lb 4.37kg

Ontario Fresh Fall Harvest! Extra Large Green Head Cabbage

SAVE .50

.98 Each

Ontario Fresh Fall Harvest! Extra Large Green Peppers

LESS THAN 1/2 PRICE

.78 lb 1.72kg

Organic Product of Canada or USA Crisp N' Sweet Organic or Conventional Royal Gala Apples

SAVE UP TO .70/LB

1²⁸ lb 2.82kg

Organic Product of USA or Canada Organic or Conventional Fresh N' Crisp Celery Stalks

SAVE UP TO \$1.00

.98 Each

Organic Product of Canada Tender Fresh Organic Broccoli

SAVE \$1.00

1⁹⁸ Bunch

Organic High in Protein Easy to Digest Gluten Free Quinoa Grain

SAVE \$1.00/LB

2⁹⁸ lb 6.57kg (Random Weight Packed)

FALL-HARVEST PUMPKINS ARE HERE!

Come see our great selection!

Starting at 2⁹⁸ Each



The-Flower-Garden Fresh Cut Colourful Dozen Roses Bouquet

SAVE \$5.00

14⁹⁸ Dozen

The GARDEN BASKET

Prices in effect Thursday, October 16, 2008

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

1/2 PRICE

Cap-Off Top Sirloin Premium Oven Roasts

AGED FOR 28 DAYS

4⁴⁸ lb 9.88kg

Kerr Farms Naturally Raised Angus

SAVE \$2.35/LB

Extra Lean Ground Beef

- Hormone Free
- Antibiotic Free
- Grass & Corn Fed
- Homegrown Ontario Cattle

3⁹⁸ lb 8.77kg

KERR FARMS

The-Butcher-Shop

Aged for 28 Days Cut from Canada AA Beef Beef Leg Cutlets

SAVE \$1.35/LB

5⁸⁸ lb 12.96kg

Maple Leaf Prime, Vegetable Grain Fed Boneless Skinless Chicken Breasts

5⁹⁸ lb 13.18kg

SAVE \$3.00/LB

Family Pack Pork Back Ribs

SAVE \$3.00/LB

3⁹⁸ lb 8.77kg

The-Delicatessen

Schneider's Turkey Breast • Fat Free, Smoked

1⁴⁸ /100g

Marble Cheddar Cheese

1²⁸ /100g

Schneider's Turkey Grill 'ems 375g

1/2 PRICE

1⁴⁸ Light Weiners 454g

Cuddy Spiced Chicken Breast

1²⁸ /100g

Gourmet

Saladland Cold Salads

• Macaroni

• Coleslaw

• Potato



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