

Joseph's Pick-of-the-Week

Ontario Fresh
Fall Harvest
White
Cauliflower

.98
Each

LESS THAN
1/2 PRICE

There are two main ingredients in cauliflower that are the main disease fighters. These are indole-3-carbinol, or 13C, and the photonutrient sulforaphane. In research done at John Hopkins University in Baltimore, sulforaphane lowered the occurrence of breast tumors in lab animals by almost 40%. 13C works in concert with the sulforaphane by acting as an anti-estrogen which helps lower the chances of tumor growth. Cauliflower also contains vitamin C and folate. Three florets of cauliflower a day will provide you with 67% of your daily vitamin C requirement.

Quality-Fresh-Produce

Ontario Fresh
Fall Harvest
White
Potatoes

1.98
10 lb Bag



SAVE
\$1.00

Product of USA
Fresh
Spring Mix
Salad

3.98
1lb Tub



SAVE
\$1.00

Ontario Fresh
Fall Harvest
Jumbo
Green Head
Cabbage

.98
Each



SAVE
.30

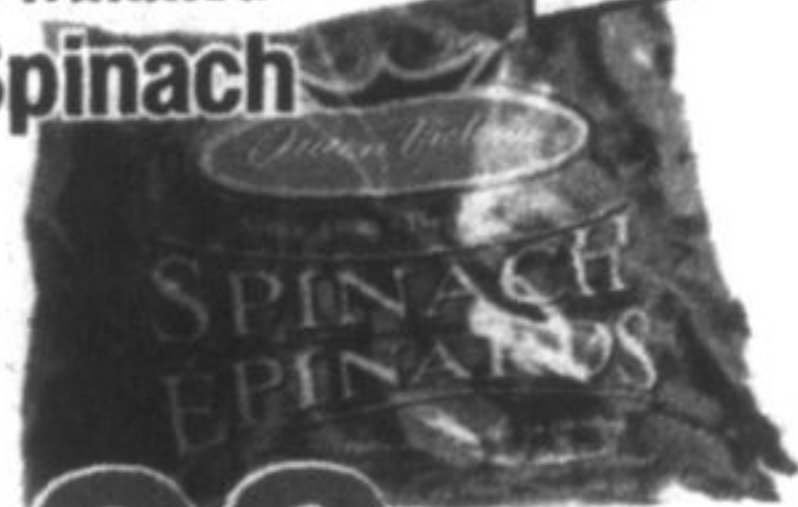
"Fresh from
the Tropics"
Golden Ripe
Super Sweet
Pineapples
(Whole or Cored)

2/5.00
Or 2.99 Each

1/2
PRICE

Product of USA
Fresh, Washed
& Trimmed
Spinach

.98
8oz Bag



SAVE
.50

Ontario Fresh
Fall Harvest
Super Sweet
Yams

.78
lb
1.72kg



SAVE
.70

Product of
USA or Mex.
Plump N' Sweet
Raspberries

2/5.00
Or 2.99 Each

SAVE
\$3.00

Ontario Fresh
Fall Harvest
Leeks

1.98
Bch.



SAVE
\$1.00

Organic
Product of USA
Crisp N' Sweet
Organic or
Conventional
Red or Golden
Delicious Apples

.98
lb
2.16kg



1/2
PRICE

Product of Israel
Sweet
Fresh Dates

2.98
lb
6.57kg



1/2
PRICE

New Zealand
Fresh
Sweet N' Juicy
Jumbo Size
Kiwi

1.48
lb
3.26kg



SAVE
\$.50/LB

Organic
Sunview
Thompson
Organic
Snack Pack Raisins

1.98
Bag (14x14g)



1/2
PRICE

The-Flower-Garden
Ontario Grown
Colourful
Cyclamen

3.98
6" Pot



1/2
PRICE

14 Piece Sushi
Fresh, In-Store Made Daily
8 Pcs. California Rolls
& 6 Pcs. Salmon Rolls

6.98



The GARDEN BASKET

Prices in effect Thursday, November 13, 2008

Aged for 28 Days
Cut from Canada AA
or USDA Select Beef
Cap-Off Boneless
Top Sirloin Premium
Oven Roasts

4.48
lb
9.88kg



1/2
PRICE

AGED FOR
28
DAYS

Fresh
Boneless
Centre Cut
Pork Loin Chops

2.98
lb
6.57kg



1/2
PRICE

Lick's
Nature Burgers or
Homeburgers

3.48
452g-612g
Box



1/2 PRICE

Fresh
Extra Lean
Ground Pork

2.58
lb
5.69kg



SAVE
\$1.00/LB

Aged for 21 Days
Cut from Canada AA Beef
Bone-In
Beef Short Ribs

3.98
lb
8.77kg



AGED FOR
21
DAYS

SAVE
\$1.40/LB

The-Delicatessen

Délicrème
Spreadable
Cream Cheese

1.48
Each
150g



1/2
PRICE

Maple Leaf
Bacon

• Regular or Salt Reduced

2.98
500g



SAVE
\$2.00

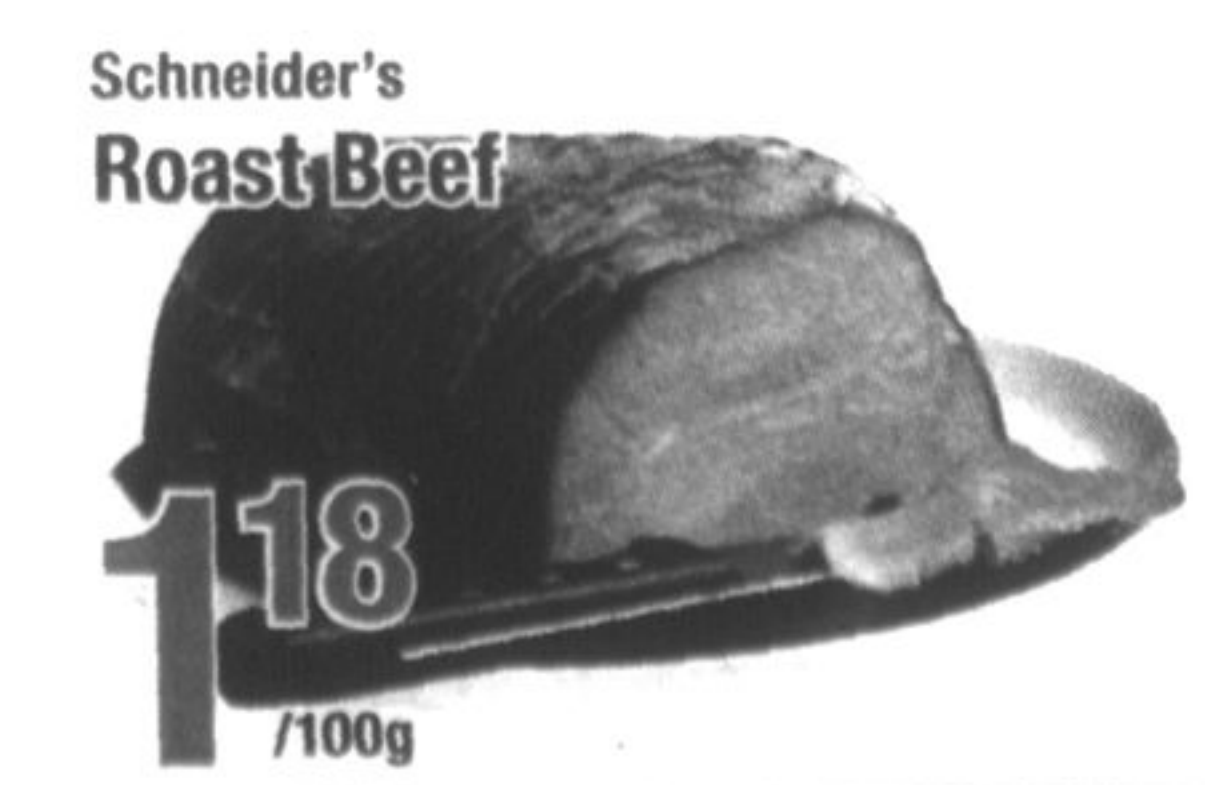
Marble
Cheddar Cheese

.98
/100g



Schneider's
Roast Beef

1.18
/100g



In-Store B
Artisan
Roast
Garlic

2.98



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 regular price • We reserve the right to change prices without notice