

## Joseph's Pick-of-the-Week

One cup of blueberries has 15% of the Vitamin C and 14% of the dietary fiber our bodies need every day. New studies by USDA scientists and the University of Illinois point to health benefits from eating blueberries that may be as far reaching as preventing cancer and retarding the effects of aging - particularly the loss of memory and motor skills.

Blackberries are among the highest fibre content plants known. They are high in phenolic acids which are antioxidant compounds known as potent anti-carcinogenic agents, and have an excellent amount of the antioxidants vitamins A and C.

Fresh from South America or Mex. Plump N' Sweet Blueberries or Blackberries

1/2 PRICE

1.98 Pkg.

## Quality Fresh Produce

Product of USA Extra Large Field Tomatoes

SAVE .70/LB

.98 lb 2.16kg

Product of Mexico "Flavourful!" Hass Variety Avocados

SAVE .50

.98 Each

Product of Chile Fresh, Sweet Dark Red Bing Cherries

1/2 PRICE

2.98 lb 6.57kg

Product of USA Sweet Peeled Mini Carrots Snack Pack or Dipping Pack

LESS THAN 1/2 PRICE

.78 Each (Pack of 3)

Florida Fresh Sweet N' Juicy Ruby Red Grapefruit

SAVE .20/LB

.78 lb 1.72kg

Product of Guatemala Tender N' Fresh Snow Peas

1/2 PRICE

1.98 lb 4.37kg

Organic Product of USA Fresh, Organic Grape Cherry Tomatoes

SAVE \$1.00

2/5.00 Pkgs.

Organic Product of USA Fresh N' Crisp Organic Celery

SAVE \$1.00

1.98 Stalk

### Bulk Foods

Product of Italy Fresh Roasting Chestnuts

SAVE \$1.00/LB

2.98 lb 6.57kg

### The Flower Garden

Ontario Greenhouse Grown Potted Daffodils

SAVE \$2.00

2/10.00 6" Pot

### 14 piece Sushi

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

6.98

Fresh Boneless Center Cut Pork Loin Chops or Roasts

1/2 PRICE

2.98 lb 6.57kg

Fresh Ontario Boneless Chicken Breasts

SAVE \$3.20/LB

3.98 lb 8.77kg

Fresh, Homegrown Ontario Whole Pork Legs



.88 lb 1.94kg

(Please add .40/lb for De-Boning and/or Grinding)

SAVE .60/LB

Aged for 28 Days Cut from Canada AA/AAA Beef Bone-In Beef Short Ribs

SAVE \$1.40/LB

AGED FOR 28 DAYS

3.98 lb 8.77kg

Naturally Raised Family Pack Chicken Drumsticks & Thighs

SAVE .75/LB

- Hormone Free
- Drug Free
- Air Chilled
- Feed a Diet of Flax, Corn & Barley

2.98 lb 6.57kg

## The Delicatessen

Silani Omega 3 Ricotta (300g) & Cheese Slices (80g)

SAVE UP TO \$1.50

2.48 Each

Chevalier Double Cream Brie

1.48 /100g

San Daniele Dry Cured Prosciutto

2.20 /100g

Black Forest Ham

.98 /100g

## Gourmet

Cooked Seven Times Daily Large W BBQ Chi

7.98 Each



Regular Hours: Mon.-Wed. 8am-9pm; Thurs.-Fri. 8am-9:30pm; Sat. 7am-8pm; Sun. 8am-7pm

www.thegardenbasket.ca

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