

## Joseph's Pick of the Week

Product of Canada  
Plump N' Sweet  
Blueberries

**2/300**

**1/2 PRICE**

### A Better Brain with Blueberries

In laboratory animal studies, researchers found that blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Researchers found that diets rich in blueberries significantly improved the learning capacity and motor skills of aging animals, making them mentally equivalent to much younger ones.

## Quality-Fresh-Produce

Ontario Greenhouses  
Fresh, Tasty  
Hot House  
Tomatoes

**.98**  
lb  
2.16kg

**SAVE .70/LB**

Product of Canada  
Fresh N' Crisp  
Head Lettuce

**.78**  
Each

Ontario Greenhouse Grown  
Fresh N' Crisp  
Seedless  
English  
Cucumbers

**.78**  
Each

**1/2 PRICE**

California Fresh  
Plump N' Sweet  
White Figs

**7.98**  
Case

**SAVE \$2.00**

Sweet N' Juicy  
Red Cactus  
Pears

**2.98**  
2.2lb  
Tub

**SAVE \$2.00**

Ontario Grown  
Tender N' Fresh  
Grilling  
Zucchini

**.78**  
lb  
1.72kg

**SAVE .50/LB**

*Organic*  
Product of Ontario  
Tender N' Fresh  
**ORGANIC**  
Green &  
Yellow Beans

**2.98**  
lb  
6.57kg

**SAVE \$2.00**

*Organic*  
Product of USA  
**ORGANIC**  
Broccoli

**1.48**  
Bch.

**1/2 PRICE**

**Bulk-Foods**  
California  
Premium  
Shelled  
Almonds

**3.98**  
lb  
8.77kg

**SAVE \$2.00/LB**

*The Flower Garden*  
Ontario Grown  
Colourful  
Potted Mums

**2/10.00**  
6" Pot

**SAVE \$4.00**

**11-Piece-Sushi**  
Fresh, In-Store Made Daily  
8 Pcs. California Rolls  
& 3 Pcs. Sushi

**7.48**

# The GARDEN BASKET

Prices in effect Thursday, July 30, until closing W

Aged for 21 Days  
Cut from  
Canada AA, AAA Beef  
Cap-Off Top Sirloin  
Medallions

**5.55**  
lb  
12.24kg

**1/2 PRICE**

**AGED FOR 21 DAYS**

**Great on the GRILL!**

Green Island  
Lemon & Ginger  
Extra Large  
Marinated  
Butterflied  
Shrimps

**3.48**  
340g  
Box

**1/2 PRICE**

**Great on the GRILL!**

Fresh, Ontario  
Veal Leg Cutlets

**6.98**  
lb  
15.39kg

**SAVE 3.00/LB**

*The-Butcher-Shop*  
Fresh, Ontario  
Pork Shoulder  
Blade (Butt) Chops

**1.98**  
lb  
4.37kg

**SAVE \$1.40/LB**

**Great on the GRILL!**

Fresh, Canadian  
Salmon  
Fillets

**8.88**  
lb  
19.58kg

**SAVE \$2.00/LB**

**Great on the GRILL!**

## The-Delicatessen

Silani  
Ricotta  
Cheese

**1.98**  
454g

Swiss  
Emmental  
Cheeseslices

**2.98**  
110g

Black  
Forest Ham

**1.18**  
/100g

Casalingo  
Salami

**1.48**  
/100g

## Gourmet

Cooked In-Store  
Several Times  
Daily

Meat &  
Cheese  
Rice Balls  
(Arancini)

**2/4**



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

[www.thegardenbasket.ca](http://www.thegardenbasket.ca)

• We reserve the right to limit quantities • No rainch  
• Although we strive fo  
• We reserve the right to correct any errors