

Joseph's Pick-of-The-Week

Product of USA
Tender N' Fresh
Broccoli

.88
Bunch

SAVE
\$.60

BROCCOLI WITH GARLIC BUTTER & CASHEWS

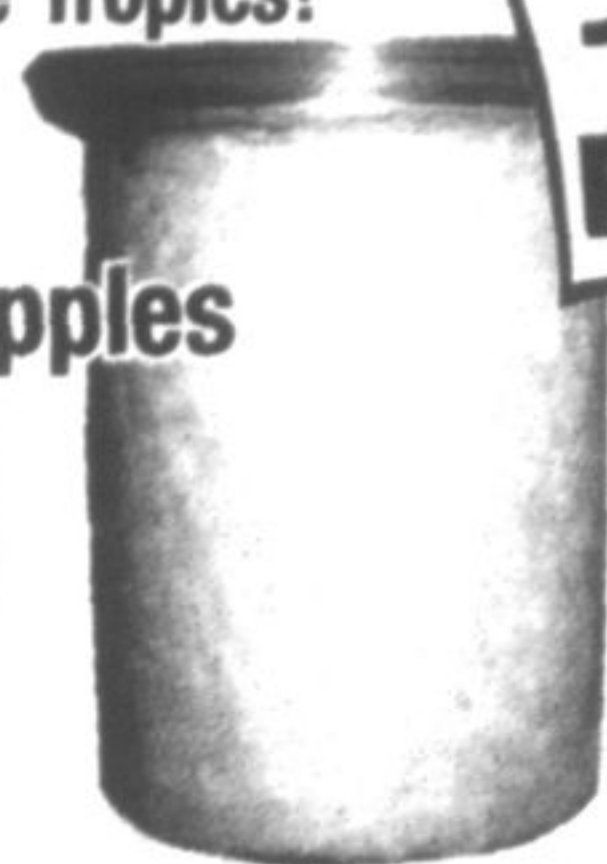
- 1 1/2 pounds fresh broccoli, cut into bite size pieces
- 1/3 cup butter
- 1 tablespoon brown sugar
- 3 tablespoons soy sauce
- 2 teaspoons white vinegar
- 1/4 teaspoon ground black pepper
- 2 cloves garlic, minced
- 1/3 cup chopped salted cashews

Place broccoli in a large pot with about 1 inch of water. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter. While broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately.

Quality Fresh Produce

"Fresh From the Tropics!"
Super Sweet
Golden Ripe
Cored Pineapples

2.98
Each



1/2
PRICE

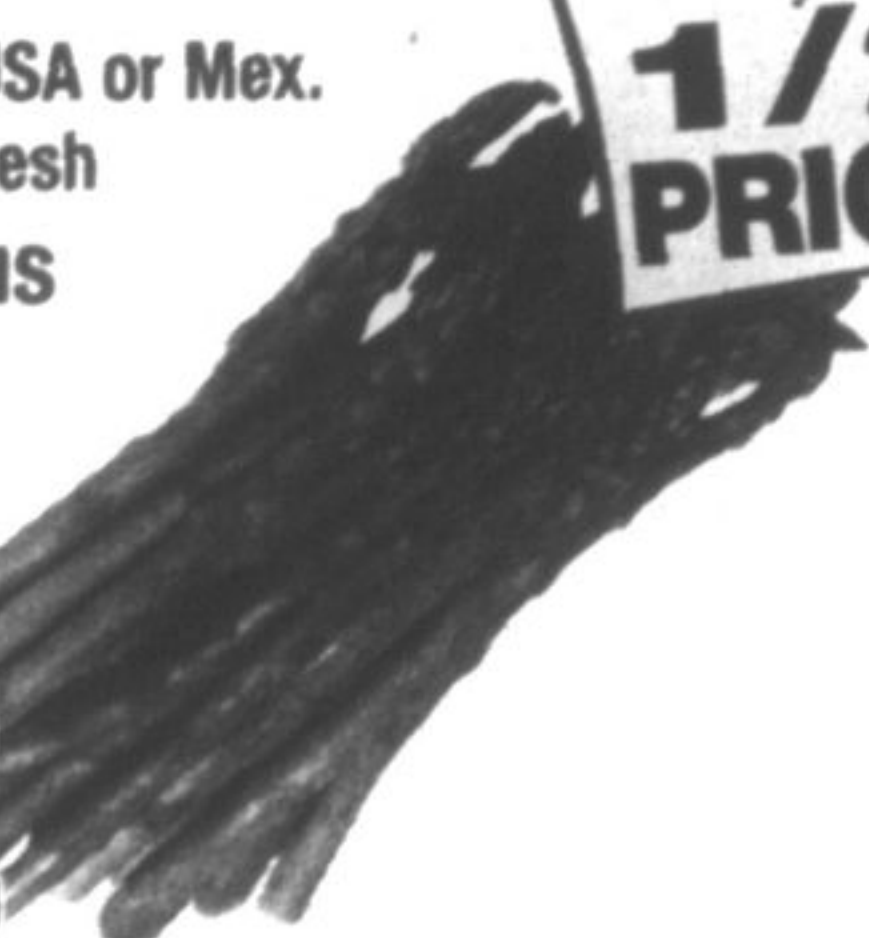
PINEAPPLE MANGO SALAD
WITH MINT - Serves 3-4

- 2 cups peeled, diced ripe mango
- 1 cup chopped fresh pineapple
- 1/4 cup dried cranberries
- 1/4 cup flaked coconut
- 1/4 sprig chopped fresh mint

In a medium bowl, toss together mango, pineapple, cranberries, and coconut. Garnish with mint. Cover, and chill in the refrigerator until serving.

Product of USA or Mex.
Tender N' Fresh
Asparagus

1.98
lb.
4.37kg



1/2
PRICE

Product of USA
Fresh N' Crisp
Romaine
Lettuce

.98
Each



SAVE
\$.70

Product of USA
Lusciously Sweet
Strawberries

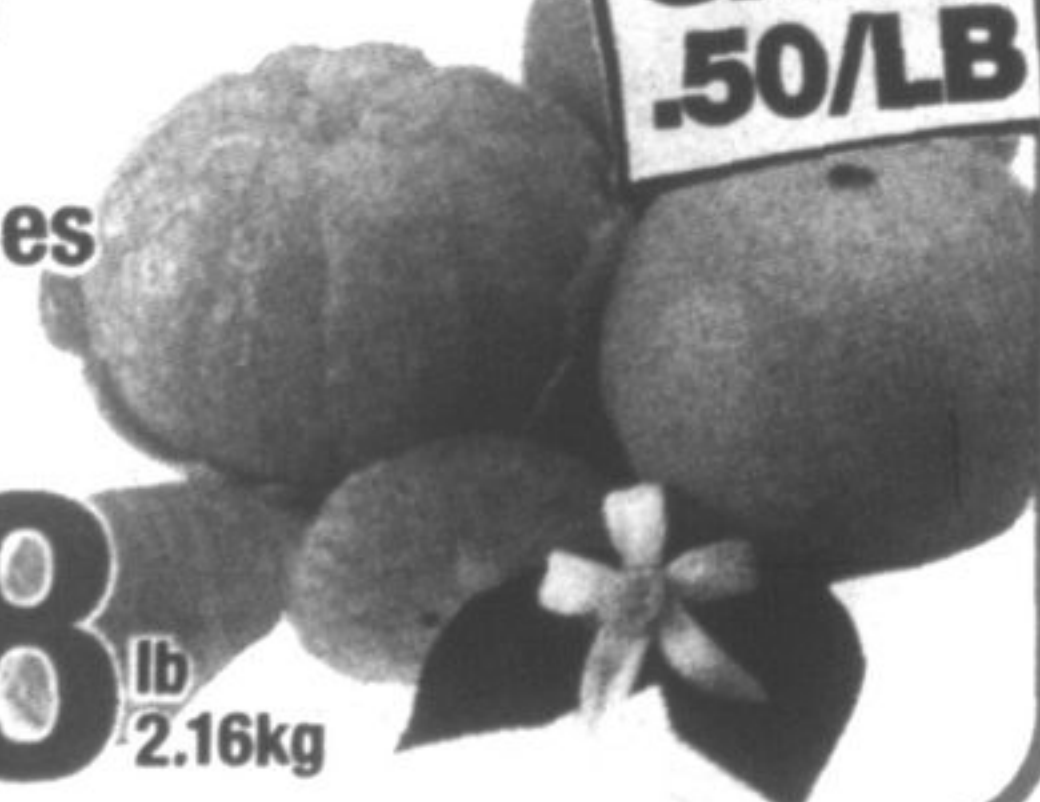
2.98
1 lb. Tub



SAVE
\$1.00

Florida Fresh
Extra Sweet
Honey
Tangerines

.98
lb.
2.16kg



SAVE
\$.50/LB

Organic

Product of USA, Fresh
ORGANIC Leeks, Flat Kale,
Bch. Beets, Bch. Carrots,
Red, Green & Rainbow
Swiss Chard & Italian Parsley

2/5.00
Mix N'
Match



SAVE
\$1.00

Bulk Foods

Sunsweet
Pitted Prunes

3.98
375g
or
2/7.00



SAVE UP TO
\$2.00

The Flower Garden

Premium
Extra Large
Tropical
Plants

17.98
10" Pot

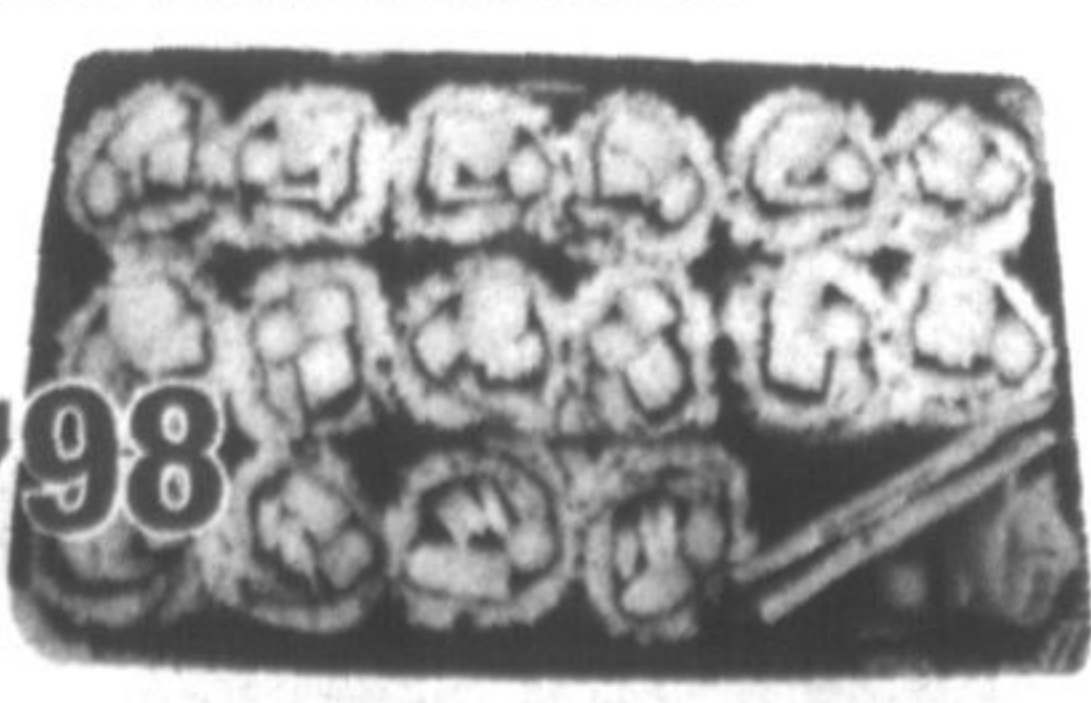


SAVE
\$7.00


16-Piece Sushi

Fresh, In Store Made Daily
16pcs. California Rolls

7.98



Putting *Quality*
into your



The GARDEN BASKET

Prices in effect Thursday, March 4, un

Aged for 28 Days
Cut From
Canada AA, AAA Beef
Boneless
Rump
Oven Roasts

2.88
lb
6.35kg

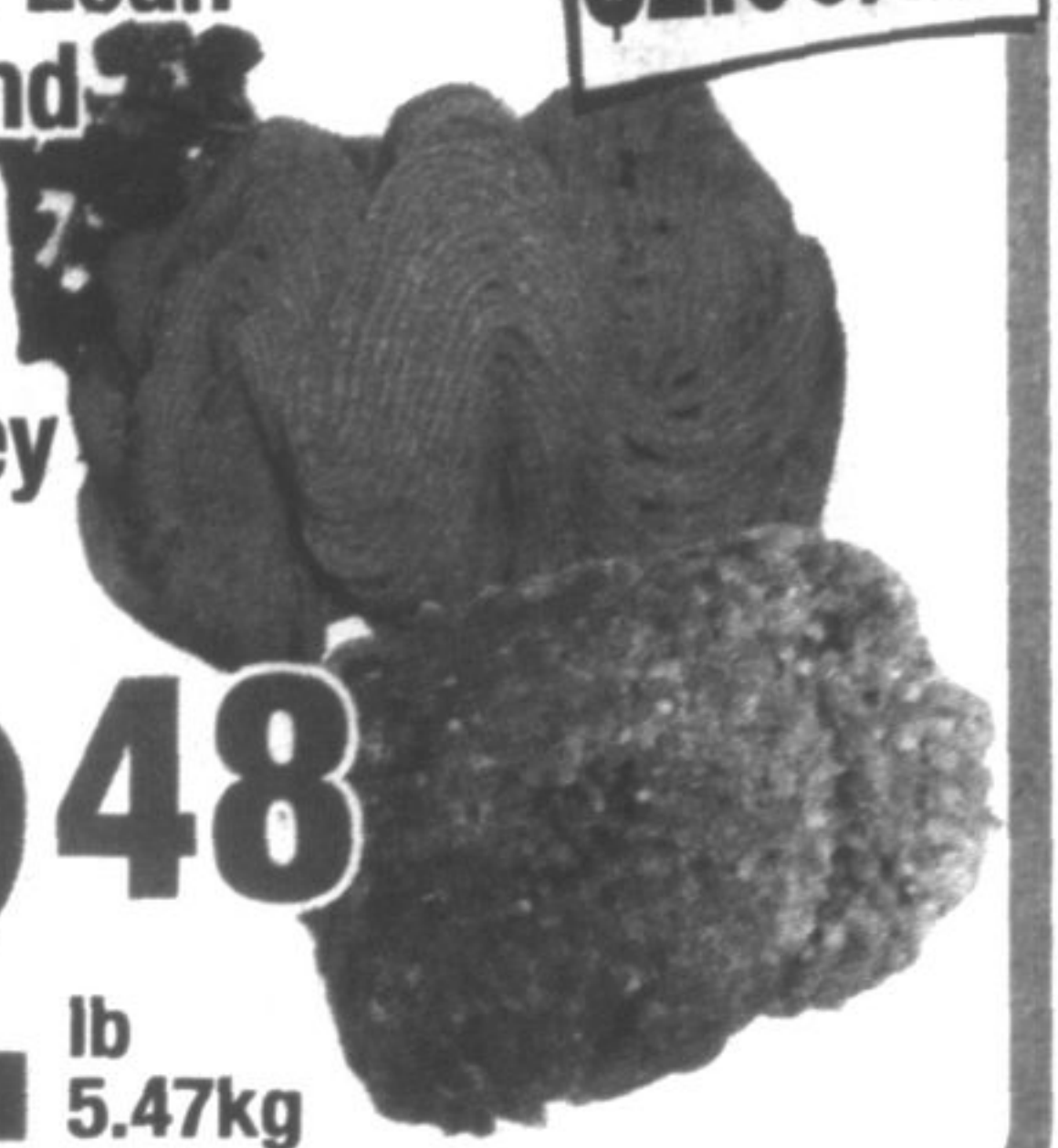


SAVE
\$2.50/LB

AGED FOR
28
DAYS

Made Fresh
Several Times Daily
Extra Lean
Ground
Beef
Or
Turkey

2.48
lb
5.47kg



SAVE UP TO
\$2.00/LB

Beretta Ranch
Naturally Raised
Beef Leg Cutlets

5.88
lb
12.96kg

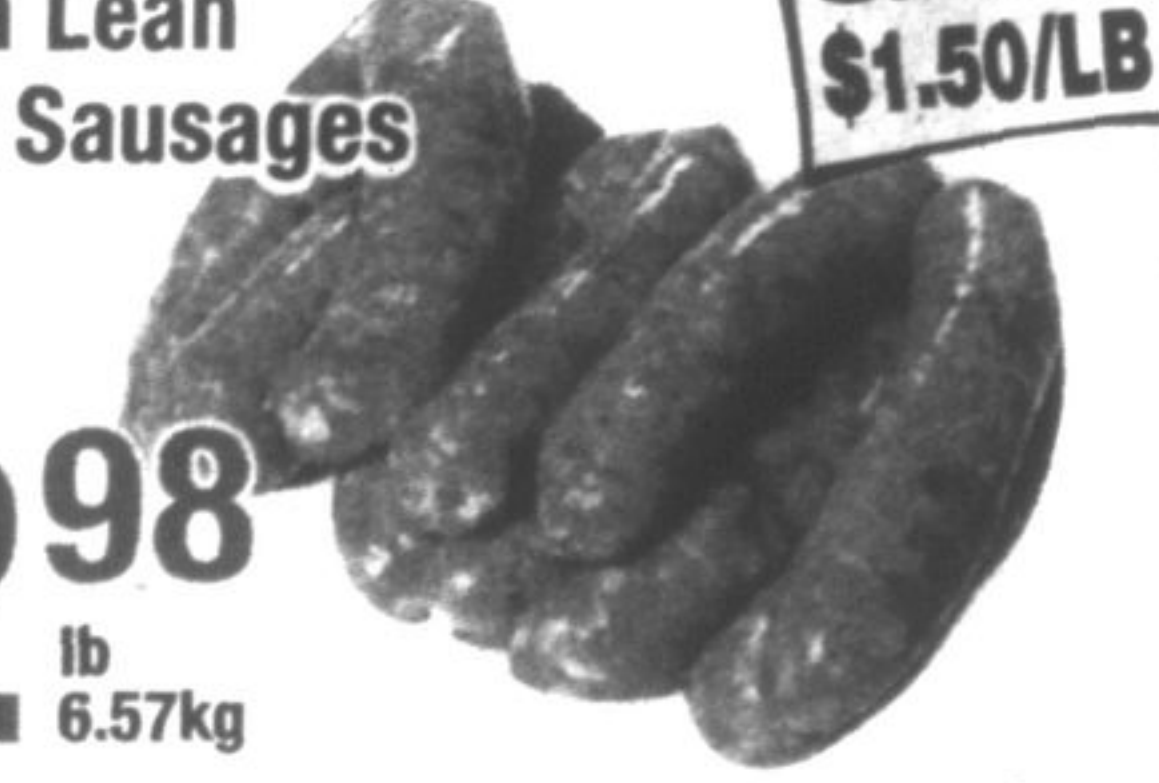


- Antibiotic Free
- Hormone Free
- No Animal By-Products
- Locally Raised

SAVE \$3.00/LB

Fresh, In Store Made
Extra Lean
Pork Sausages

2.98
lb
6.57kg



SAVE
\$1.50/LB

Schneider's
Frozen Chicken
Wings

7.98
908g/Box



SAVE
\$5.00

The Delicatessen

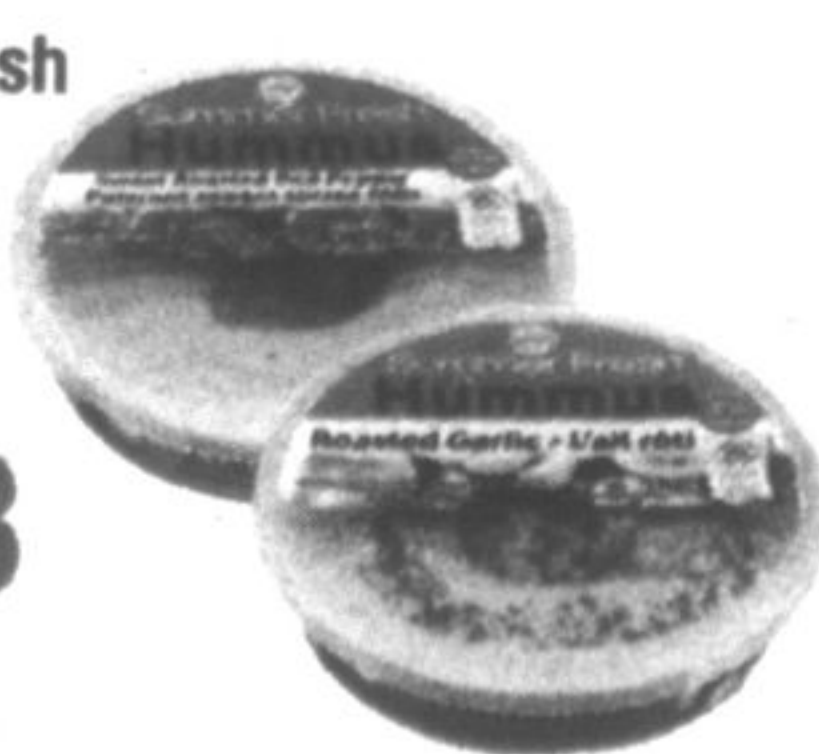
Silani
Baby Friulano
Cheese

6.98
500g



Summerfresh
Hummus
Toppers

2.98
300g



Schneider's
Louisiana Blackened Beef,
Spicy Pepper Turkey &
Sundried Tomato Turkey

1.68
/100g



Silani
Ricotta Cheese (454g)
or
Mini Bocconcini (170g)

2.68
Each



Gourmet
Cooked In Store
Several Times Daily
BBQ Seasoned
Chicken Dr

5.98
10 Pa



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

• We reserve the right to limit quantities • No rainchecks
• Although we strive for
• We reserve the right to correct any errors •