

# ~ OUR ~ POT ROAST

These are boneless blade roasts that we have leaned out (that is, trimmed off the excess fat) and tied, ready for your slow-cooking pot. My mother-in-law's (wonderful Doreen) cooking directions will be available this week, in case you've lost your previous directions. This is a good time to make those old-fashioned hot roast beef sandwiches with a side of sweet peas! . . . and try mashed Yukons instead of the old-time bakers. Reg: \$4.99/lb.

**20% OFF THIS WEEK**

# MAPLE SUGAR HAM!

We're slicing lots of this for the café sandwiches this week, and we can slice some for you, too. It's homemade, it's delicious, and it's on sale this week at... Make a bun happy! While supplies last

**1/3 OFF THIS WEEK**

# HOW DID THE BANANA DEAL DO?~

I'm pleased to let you know that through the banana donations, we raised \$1,437 toward Julia Morreales' treatment. Further, after a mistake on my part, the Brian Roman event takes place this Thursday - actually THIS EVENING at Markham Theatre, with a few tickets still available at the door. This whole project has been just an amazing outpouring of help from the best community that I know of!

# HONEY CRISP APPLES!

These amazing apples will be on sale this week in our fresh produce area. As their name promises, they are crunchy - and so sweet that your lips might stick together - so be careful! Product of Ontario Reg: \$2.99 lb

**1/3 OFF THIS WEEK**

# ~ SUPER SWEET ~ PINEAPPLES

We'll have a promotion on 'Size 5's' this week - which are pretty large. They will be available cored, but you'll find that the best value is if you do it yourself, not that we're lazy, it's just that the coring machine trims off too much of the good parts. From Costa Rica Regular \$3.99 ea.

**\$2.99 EA. THIS WEEK**

# ~ P.E.I. ~ MUSSELS

I am a big fan of cultivated mussels because it's not a case of survival of the fittest; they all are plump, uniform in size, meaty - which is good considering the work involved, and they don't have any sand. Sustainable? Yes! Enjoyable? You bet! Especially when there is some wine involved! 2 lb bag

**\$5.99 EACH**

# WHAT'S FOR DINNER?

From our entrée freezer, we'll be featuring Doreen's Chicken Supreme. It's made with chunks of air-chilled chicken breasts which are poached in white wine and served in velvety cream sauce with mushrooms. Reg. \$19.95 ea. Serves 3 - 4

**25% OFF THIS WEEK**

# FIREWOOD

Our first shipment of firewood has just arrived. It's been dried for a year and a half - and we keep it dry under the overhang of the store.

# SOUP'S ON!

Our fresh soup feature will be Sweet Potato and Caramelized Onion, made with all local produce - and lots of love. It will also be the featured soup at our café this week!

# WHAT'S FOR LUNCH?

We're doing our Maple Sugar Ham with Swiss on a Ciabatta - with mustard/mayo - all toasted up delicious, along with the aforementioned soup - all for \$6.99. Best tasting deal in town, right here!



# ~ PIE-EYED ~ HOCKEY STARS!

This is a photo of the 10 year old AA Waxer Team, taken just after they - and their parents and grandparents - made just about 500 apple pies in our bakery. This is their story: It all started with a pile of apples (about 2000 lbs of them), some apple peelers - and lots of patience. Then came the sugar (170 lbs), flour (260 lbs), eggs (180), lard (120 lbs) and all the spices.

The result? 500 pies for a fundraising sale for friends, family - and you! They will be sold for \$10.00 each - and ALL the funds go to support the team. Now, please be aware that there may be 'production tolerances' in their manufacture; some were better peelers than others, and some were amazing 'crimpers', while some were not. What is true is that they are delicious, as we had to sample quite a few, just to be sure. A great deal of fun was had by all - and if you'd like to help, grab a pie and enjoy it.

# SAGE & ONION SAUSAGES

We've made these since we started in our little store in Markham so many years ago. Our thinking at the time was to make a sausage that tastes like our very popular stuffed pork loin, which uses my mother-in-law's old-time bread stuffing. That's the way we make these... and they taste just as good, for sure. If you have a problem with garlic, this would be a good choice because it's made without it. Reg. \$4.99 lb

**25% OFF THIS WEEK**

# SEEDLESS NAVEL ORANGES

Our North American crop is far from ready, and no hurry at all because these are sweet and juicy. Large size 48's Regular \$1.49 lb. From: South Africa

**.99 LB.**

# ~ WHAT'S ~ BAKING THIS WEEK?

This is the week that we go BANANAS! We will be making...

**BANANA CREAM PIES** - Made with our luscious custard, mixed with sliced bananas, cream and banana chips. We'll be making two sizes, \$5.95 and \$14.95

**BANANA BREAD** - All of our various Banana Breads will be on sale this week: Banana Date-Pecan, Chocolate Banana, Banana-Blueberry and Good Old Plain Banana Bread. Reg. \$4.49 to \$6.99

**BANANA CAKE "LORETTA"** - This cake is named after cute and cuddly Loretta at the bakery counter. It is made with candied pecans, caramel and cream cheese icing. Finished with more creamy chocolate. Reg. \$15.95 and \$24.95

**MINI BANANA CHEESECAKES** - Made with banana slices caramelized with rum and brown sugar, layered with vanilla, cheesecake mix spiced with some nutmeg and cinnamon. Topped with caramel. Reg. \$3.49

All these items will be featured this week at... **25% OFF THIS WEEK** (while quantities last)

# ~ BEAUTY ~ PUMPKINS

We're in good shape for pumpkins - lots of the large beauties, some mediums and a new load of small guys. Help me out folks! This is about the time that my wife says to me (every year) 'Don't you have too many pumpkins?' My annual reply is that pumpkins are largely a last minute thing. It's getting to be that time folks!

# ~ FRENCH ~ BRIE CHEESE

We'll have a feature on our French Brie Roitelet this week. Although you can nosh and nibble on this, I find it a great sandwich cheese with almost anything from Italian salami to fresh pears. Reg. \$3.72/100g

**1/3 OFF THIS WEEK**



SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, OCTOBER 23, 2011  
 Hours: Mon. - Fri. 8:00-8:00  
 Sat. 8:00-6:00 - Sun. 9:00-6:00  
 4476 16th Avenue (Just W. of Kennedy)  
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