nutrition. We do have treats at home, to be sure, but

in measured amounts. What we do have in abundance

are greens, much to my kids' disappointment. One

of Cathy's pet phrases is 'anything green is good for

mind, I bring you our "Green Sale' from the produce

area. Anything on this list is both green and good,

and what we'll have are English cucumbers, broccoli,

green leaf lettuce (red too!), celery, and

brussel sprouts by the pound. It's all

green and it's all good!

We're often asked "Where is your lamb from?" and our answer is always "Ontario". The problem is that lamb is not graded by the Canadian Dept. of Agriculture, unlike in the United States. What this means is that Ontario Lamb is not necessarily great lamb. Over time we have solved this problem by having two suppliers of lamb to whom we've specified grading and conformation characteristics which will translate into reliably good lamb at the table. In short, we've gone to great lengths to ensure

Ricar mino, Cans that are available are:	
Bone-In Lamb Legs	\$11.49/lb
Boncless Lamb Legs	
either Butterflied or Rolled	\$12.95/Ib
Loin Chops, either Plain or	
Marinated, no tail	\$20.95/lb
Racks, Crown Roasts or	
Rack Chops, Frenched	\$23.95/lb
Boneless Lamb Shoulder Roasts,	
Plain or Seasoned	. \$5.99/1ь
Boneless Lamb Loin Roasts	9
- extra awesome	\$29,95/lb

We've got a nice selection of chocolate for Easter, and an especially large rabbit that can be won by a lucky individual. You've got to be under 12, and leave your name, age and phone number with one of the cashiers. We'll hold the draw on Good Friday, so you'll have time to claim him for Easter. It was lovingly made by Linda Pullen of Charlinda Chocolate.

WE'LL BE CLOSED GOOD FRIDAY & EASTER SUNDAY. Thursday & Saturday will be busy days, so please be patient with us!

WHAT'S FOR

Grethe and her troupe will be making our Roast Beef and Caramelized Onion Sandwiches on a triangular bun. \$5.99 ca.

-AND-

My favourite Brie Cheese Sandwiches with Pears at a feature price of \$6.99 each from now til Easter.

-AND-

Our Sunday Brunch starts with Carrot, Ginger & Orange Soup, followed by your choice of three special entrées: Cheese Tortellini in Parmesan Cream Sauce; Chicken Pot Pie or Lamb Stew over Rice. Add coffee or tea, plus a treat, all for \$10.99.

MONTGOMERY'S BACK

Our fave Chicken and Rib Sauce is back in stock and to celebrate we'll have a rib sale at the meat counter. These will be our tail-off Back Ribs - not moisture enchanced, as most others, but totally natural - and you'll be able to get them extra meaty or cut thin, you choose. We will have recipe handouts at the counter for one of my fave cooking methods, as well. Reg. \$7.95/1b.

---SAGE & ONION---

We've made these since we started 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 this . . . and it tastes 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.

WHAT'S THIS WEEK? -AND BEYOND! —

Easter comes a bit early this year and you'll notice that it's arrived at the bakery already with lots of pastels going on, baskets, carrots, bunnies and hot cross buns. Our complete list will be posted on our website (thevillagegrocer.com), or you can chat with us by phone about what will be available. There will be some items that are not available so please be patient with us! And ... please order EARLY!

Special features for this ad are

BLACK FOREST JELLY ROLLS - We use chocolate sponge to make these, with a sour cherry and whipped cream filling. \$15.95.

HARVEST CRUNCH BANANA BREAD - We sampled some of these last week and craziness ensued! Same ingredients as the harvest oatmeal cookies;

walnuts, pumpkin seeds, golden raisins and dried cranberries, with a hint of cinnamon. A big hit here! \$5.99 ca.

OFF THIS WEEK

Hitherto, it's been me telling you all the virtues of our ham, but I now have independent corroboration of my story. At the recent Ontario Independent Meat Processors Convention, our MAPLE SUGAR HAM won the GOLD AWARD in the ham-making competition. It's not that we're so smart, or even innovative, it's just our stubborn adherence to the idea of not cutting corners and taking shortcuts in the process of making our hams (or anything else we do for that matter). For Easter, ham is the meal of choice, and we offer three types: Firstly, we make a great TRADITIONAL BASTER HAM. It's with the bone in, it's available either whole or half, and it's slow smoked over oak. Next is a BLACK FORBST HAM. This is boneless, slow-smoked over oak and fully cooked, ready-to-go. Thirdly, we have our MAPLE SUGAR HAMS. These are boneless and slow-roasted with Maple and Brown Sugar until they are fully cooked. What is different about our hams is they are not 'extended' like commercially-made hams are. When you read the label on a supermarket ham and see those words 'protein added', know that it's not a good thing at all. What it means is that not all you are paying for, and eating, is actually ham, and what ham you do get is of a texture far different than what ham used to be like, and ours still is. It takes us longer to make these, and they shrink during the process rather than grow, but what you get is the genuine, oldfashioned article. IT'S BEST TO ORDER EARLY!

TRADITIONAL **EASTER HAMS** \$3.99/lb

MAPLE SUGAR HAMS \$7.50/lb

BLACK FOREST HAMS \$7.50/lb

This would be HOT CROSS BUNS, of course. We get these going about this time of the year because they make spring worth living...in a gastronomic sense. They're plump, as buns should be, full of fruit, and they're ready for a bit of butter. You can get individuals or 6 packs at our bakery, until at least Easter, and probably beyond.

There's a bit of good news if you love our Turkeys. We'll have some fresh ones available for Easter Weekend, something that hasn't been possible in the past. They will be medium size, about 15 lbs, and as usual they will be free-range, grown on the same farm as always.

Whole	\$3.49/lb
Boneless Breasts	
(either stuffed or au natural)	
Boncless Thigh	\$4.49/lb

Brie. I like my Brie two ways; either on sandwiches (see what's for lunch) with Mrs. Ball's Chutney, the peach one! However you like it, you'll save a bit as you savour! OFF Reg. \$3.99/100g. TIL EASTER

WHAT'S HAPPENING SATURDAY?

There will be a Bunny-Cake Making Adventure upstairs for kids aged 6-12. We'll supply the materials, you supply the imagination, we'll bring treats, you wear something washable, and you'll get to take home your masterpiece! Call Mabel to reserve 905-940-0655.

WHAT'S COOKING

- AT THE -

As is usual, we will start with Soup and in keeping with the Easter theme, it's Carrot with Ginger. To make it we use lots of carrots of course, sweet onions, fresh oranges, ginger, cream, potatoes and 'spices'. Reg. \$7.95.

Featured this week at 25% off. FOLLOWED BY, Salad, which will be our Mango Quinoa. To make this we use lots of mango, sweet onions, green onions, quinoa, pecans, rice vinegar, mayo and 'spices'. Reg. \$1.99/100g.

Featured this week at 1/3 off. AND FURTHER, dinner will Cheese Tortellini, made in our 4"x5" foils. Reg. \$7.95.

Featured this week at 25% off. ALSO, we will have a sale on our Split Pea with Ham Soup from the frozen section. It's the 900ml size. Reg. \$7.95.

Featured this week at 25% off.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, MAR. 24th



GROCER

Sat. 8:00-6:00 ~ Sun. 9:00-6:00 4476 16th Avenue (Just W. of Kennedy) (905) 940-0655

Hours: Mon. ~ Fri. 8:00-8:00





