



99¢
/ea

Kale
Product of U.S.A.

Nappa
Product of Canada

59¢
/Lb



CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE ON THE RIGHT
produce depot.ca



79¢
/Lb

Buttercup, Butternut, Pepper or Spaghetti Squash
Product of Canada



89¢
/Lb

McIntosh Apples
Product of Canada



79¢
/Lb

Zucchini
Product of Mexico



6/99¢

Limes
Product of Mexico



79¢
/ea

Avocados
Product of Mexico

BUTCHER & Seafood

Fresh Whole Chickens

\$1.99
/Lb
4.39/kg



\$4.49
/Lb
9.90/kg

Fresh Lean Stewing Beef



CUT IN STORE!



\$15.99
/Lb
35.25/kg

Wild Coho Salmon Fillets

Wild Argentinian Shrimp Pieces

\$9.89
/Lb
21.80/kg

FROZEN



GROCERY & Deli



Jumbo Summer Sausage **\$1.79**
100g



Fontaine Santé Hummus **\$3.29**
Assorted varieties 260g



Beatrice Sour Cream **\$1.99**
Assorted varieties 500mL



Kraft Dinner **\$1.49**
Assorted varieties 156 - 225g

WHAT'S FOR DINNER?

Winter Squash And Fruit

Ingredients

- 2 cups winter squash, peeled
- 1 large sweet potato, peeled and cubed
- 1/2 cup dried fruit (you can use raisins or dried cranberries)
- 1 large apple, peeled and cored and cut into cubes
- 2 ripe Anjou pears, washed well and cut into cubes
- 1/2 cup fresh apple cider
- 1 teaspoon cinnamon
- 1 tablespoon grated lemon or orange peel
- 1 to 2 teaspoons butter

Instructions

Cut vegetables and fruit into cube sized pieces. Mix with the apple cider and spices. Butter an ovenproof cooking casserole and put vegetables and fruit into it and cover. Bake in the oven at 325 F for 50 minutes. Remove cover and add more cider if necessary. You need enough liquid to keep it from burning, but not too much. Return to oven and bake for at least 30 minutes more. The longer you bake it, the more the flavours blend. It's recommended to bake for about an hour and 20 minutes at 325 F. This comes out so sweet it could be either an accompaniment for a meal or a dessert. If used for main meal, serve on salad with chicken, pork or turkey. Makes 4 servings.

