



Cauliflower
Product of USA

SUPER DEAL!

\$1⁹⁹
/ea



\$1⁶⁹
/170g

Blackberries
Product of USA/Mexico

99¢
/lb

**Seedless California
Navel Oranges**
Product of USA

**88
SIZE**



Mini Carrots
Product of USA

\$1⁴⁹
/340g



**1 lb
Strawberries**
Product of USA

\$2⁹⁹
/ea



Spanish Onions
Product of Spain/USA

79¢
/lb



**Florida Red
Grapefruit**
Product of USA

99¢
/ea



**Spanish
Persimmons**
Product of Spain

\$9⁹⁹
/case



**10 lb
PEI Russet
Potatoes**
Product of Canada

\$3⁹⁹
/bag



Romaine Hearts
Product of USA

\$2⁹⁹
/pkg 3



99¢
/lb

Sweet Potatoes
Product of USA



WHAT'S FOR DINNER?



*Enjoy the
recipe online!*

Sweet Potato Casserole

Ingredients

- 2 cups warm sweet potatoes, *mashed*
- ½ cup pure maple syrup
- 4 tbsp butter, *melted*
- 1 egg, *slightly beaten*
- ½ cup flaked coconut
- ½ cup milk
- ½ tsp vanilla

Topping

- ½ cup light brown sugar
- ½ cup pecan pieces
- ¼ cup flour
- 4 tbsp butter, *melted*
- pinch of sea salt

Instructions

Combine mashed sweet potatoes, maple syrup, butter, egg, coconut, milk and vanilla; mix well. Pour into a buttered 1 to 1 ½ quart casserole dish. For the topping, mix light brown sugar, pecans, flour, melted butter or margarine, and salt. Pour over top of potato mixture. Bake at 350 F in oven for 20 to 30 minutes. Serves 4.

OUR COMMUNITY *Matters*

“We are locally owned and operated, and are doing our very best, every day, to provide the highest quality possible at a reasonable price.”

David Barstead
**Owner/Operator of Produce Depot
Carling Location**



Visit online!



SPECIALS IN EFFECT JAN 8 – JAN 14, 2025
We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

BANK ST. LOCATION: 2446 Bank & Hunt Club | 613.521.9653
MON TO FRI: 8AM – 8PM SAT: 8AM – 7PM SUN: 8AM – 6PM
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM



BUTCHER

Boneless Sirloin Tip
Roast or Steak

\$6⁹⁹

/lb
\$15.41/kg



\$3⁴⁹

/lb
\$7.69/kg

Boneless Pork Loin
Chops or Roast

Fresh Ground Pork

\$2⁹⁹

/lb
\$6.59/kg



SEAFOOD

Wild Caught
Whole Cod Fillets

\$11⁹⁹

/lb
\$26.43/kg



\$12⁹⁹

/lb
\$28.64/kg

Cajun Catfish
Fillets

Whole Atlantic
Mackerel

\$3⁹⁹

/lb
\$8.80/kg



PREVIOUSLY
FROZEN

DELI



Smoked Meat
or Roast Beef

\$2⁴⁹

/100g



Balderson 2 Year Old
Cheddar Cheese

\$8⁹⁹

/280g



Castello Fontina
Cheese

\$2⁹⁹

/100g

GROCERY



Betty Bread
14 Grain
or Sunflower & Oat

\$2⁹⁹

/600g



Classico
Pasta Sauces
Assorted Varieties

\$3⁹⁹

/410-
650mL



Black Diamond
Shredded Cheese
Assorted Varieties

\$5⁹⁹

/320g



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