



Roma Tomatoes  
Product of Mexico

**SUPER DEAL!**

**99¢**  
/lb

Seedless Red Grapes  
Product of Peru

**\$2.49**  
/lb

Honeycrisp Apples  
Product of Canada

**\$1.99**  
/lb

Clementines  
Product of Morocco

**\$2.49**  
/lb

Pomelo  
Product of China

**\$2.99**  
/ea

Zucchini  
Product of Mexico

**\$1.49**  
/lb

English Cucumbers  
Product of Mexico/Canada

**99¢**  
/ea

Nectarines  
Product of Chile

**\$2.99**  
/lb

Celery  
Product of USA

**\$1.79**  
/ea

Romaine Hearts  
Product of USA

**\$2.99**  
/pkg 3

Red Onions  
Product of USA

**\$1.49**  
/lb

**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Curried Spinach & Shrimp**

**Ingredients**

- 3 cups of spinach, *washed and trimmed*
- 4 tbsp extra virgin olive oil
- 4 medium onions, *thinly sliced*
- 2 small cloves garlic, *minced*
- 1 fresh green chili, *finely chopped*
- 1 tsp fresh ginger, *grated*
- 1 tbsp curry powder (according to your taste whether you like it hot or mild)
- 1 tsp cumin, *ground*
- ¼ tsp coriander, *ground*
- 3 pounds medium shrimp, *shelled and de-veined*
- 1 ¾ cups coconut milk
- Hot steamed rice, enough for 4 people

**Instructions**

Bring a large pot of salted water to a boil. Add the spinach and cook for about 30 seconds. Drain well and roughly chop. Heat the oil over medium-low heat in a large saucepan. Add the onions, garlic, chili, and all of the spices. Sauté until the onions are golden, about 10 minutes. Do not let the mixture burn or get too brown. Stir in the shrimp, increase the heat to medium-high and cook until the shrimp are just white and firm, about 6 minutes. Reduce the heat to low. Stir in the coconut milk and spinach. Season with salt and pepper. Toss and cook over low heat until the spinach is heated through. Serve over hot steamed rice. Makes 4 servings.

**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 FEB 5 – FEB 11, 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**

Rib Steaks

**\$13<sup>99</sup>**  
/lb  
\$30.84/kg



**\$2<sup>59</sup>**  
/lb  
\$5.71/kg

Fresh Ground Pork

Breaded Chicken Breast Schnitzel

**\$5<sup>99</sup>**  
/lb  
\$13.21/kg



**SEAFOOD**

Whole Atlantic Mackerel

**\$3<sup>99</sup>**  
/lb  
\$8.80/kg



PREVIOUSLY FROZEN



PREVIOUSLY FROZEN

**\$12<sup>99</sup>**  
/lb  
\$28.64/kg

Wild Caught Argentinean Shrimp Pieces

MAKE IT TONIGHT!  
RECIPE ON FRONT PAGE  
produce depot.ca

Rio Mare Tuna  
Product of Italy

**\$7<sup>99</sup>**  
/3x80g

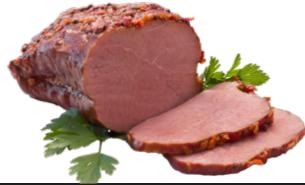


**DELI**



Armstrong Cheese  
Mild or Jalapeno  
Monterey Jack

**\$2<sup>29</sup>**  
/100g



Smoked Beef Round Pastrami

**\$2<sup>39</sup>**  
/100g



Negroni Imported Prosciutto Ham

**\$3<sup>79</sup>**  
/100g

**GROCERY**



Heinz Beans  
Assorted Varieties

**\$1<sup>99</sup>**  
/398mL



Black Diamond Cheese Bars  
Assorted Varieties

**\$5<sup>99</sup>**  
/400g



Dempster's Bagels

**\$3<sup>69</sup>**  
/6 pack

