



10 lb PEI  
Potatoes  
Product of Canada

**SUPER DEAL!**  
**\$3.99** /bag

Hothouse  
Tomatoes  
Product of Canada

**\$1.29** /lb

English  
Cucumbers  
Product of Canada

**99¢** /ea

Bartlett Pears  
Product of Argentina

**\$1.79** /lb

Green  
Onions  
Product of Mexico

**69¢** /ea

Empire Apples  
Product of Canada

**99¢** /lb

Cantaloupes  
Product of Honduras

**\$2.99** /ea

2 lb Carrots  
Product of Canada

**\$1.99** /bag

Blood Oranges  
Product of Morocco

**\$1.29** /lb

Golden  
Pineapples  
Product of Costa Rica

**\$2.99** /ea

Broccoli  
Product of Mexico

**\$2.49** /ea

CHECK IT OUT!  
MAKE IT  
TONIGHT!  
RECIPE  
BELOW  
producepot.ca

## WHAT'S FOR DINNER?

### Marinated Broccoli Salad

#### Ingredients

- 1 cup medium-sized brussels sprouts, *tough outer leaves, and excess stem removed*
- 1 large carrot, *peeled and cut in 1 inch chunks*
- 2 cups large size broccoli florets
- 1 cup green beans, *cut into 1 inch lengths*
- 2 cups medium white mushrooms, *cut in half*
- 1 medium red bell pepper, *cut into 1 inch chunks*
- 1 medium green bell pepper, *cut into 1 inch chunks*
- 1 medium red onion, *thinly sliced*

#### Marinade:

- 3 tbsps honey
- 4 tbsps fresh lemon juice
- 2 tbsps extra virgin olive oil
- 1 tbsps minced fresh oregano
- 1 medium clove of garlic, *pressed*
- sea salt and cracked black pepper to taste
- pinch of red pepper flakes

#### Instructions

Bring salted water to a boil in large pan. Place colander in sink, and set up a bowl of ice water. Cut vegetables to appropriate sizes and have ready. (For this salad it is important to cut vegetables in fairly large pieces. They will hold up better and last longer.) When water is boiling, add carrots, whole brussels sprouts, and cook for 4 minutes. Then add broccoli, pepper, green beans, mushrooms and onion... Cook for another 4 minutes. Drain through colander and immediately put into ice water. Let chill for about 10 minutes and drain well. It is important to drain well, so flavour is not diluted. If possible lay vegetables out on paper towels and pat dry. Serves 4.

#### Marinade Instructions:

Make marinade by whisking together ingredients adding olive oil a little at a time. Put into glass container or bowl, add marinade, cover and put into refrigerator for at least 1 hour.

Enjoy the  
recipe online!

## 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 MAR 12 – MAR 18, 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





**\$349**  
/lb  
\$7.69/kg

Boneless Pork Loin Chops or Roast

Rib Eye Steaks





**\$15<sup>99</sup>**  
/lb  
\$35.25/kg





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

Breaded Chicken Breast Schnitzel

SEAFOOD

Fresh Canadian Sole Fillets





**\$9<sup>99</sup>**  
/lb  
\$22.02/kg

Tuna Loin Steaks



PREVIOUSLY FROZEN

**\$16<sup>99</sup>**  
/lb  
\$37.46/kg



**\$549**  
/160g

Rio Mare Insalatissime Tuna Salads  
Assorted Varieties

DELI



Kerrygold Dubliner Cheese  
Bulk Cut in Store

**\$289**  
/100g



Smoked Ham

**\$199**  
/100g



Fontaine Sante Hummus  
Assorted Varieties

**\$599**  
/454g

GROCERY



Betty Bread  
White or Whole Wheat

**\$269**  
/675g



Dempster's Signature Buns

**\$349**  
/6 or 8 pack



Beatrice Chocolate Milk

**\$249**  
/1L