



**Broccoli Crowns**  
Product of Mexico/USA

**SUPER DEAL!**

**\$179**  
/lb



**Bartlett Pears**  
Product of South Africa

**\$199**  
/lb



**Celery**  
Product of USA

**\$299**  
/ea



**Cortland Apples**  
Product of Canada

**99¢**  
/lb



**Clementines**  
Product of Morocco

**\$199**  
/lb



**1 lb Strawberries**  
Product of USA

**\$299**  
/ea



**Jumbo Cantaloupes**  
Product of Honduras/Guatemala

**\$399**  
/ea



**Brussel Sprouts**  
Product of USA/Mexico

**\$179**  
/lb



**Red Plums**  
Product of Chile

**\$299**  
/lb



**Grape Tomatoes**  
Product of Mexico

**\$249**  
/ea



**Asparagus**  
Product of Mexico

**\$499**  
/lb



**CHECK IT OUT!**  
MAKE IT TONIGHT!  
RECIPE BELOW  
produce depot.ca

**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Prosciutto-Wrapped Asparagus**

**Ingredients**

- 1 pound fresh asparagus
- 20 slices of prosciutto, *thinly sliced*
- Dijon mustard

**Instructions**

Wash and trim asparagus spears. Steam asparagus in boiling water until fork tender, about 7 minutes. Drain and run under cold water. Pat the asparagus spears with paper towel absorbing excess water. On a clean cutting board, take one slice of prosciutto and a little bit of Dijon mustard. Spread the mustard on the prosciutto slice and place one asparagus spear on the prosciutto. Roll the prosciutto around the asparagus spear, leaving tip and end exposed. Place on a serving platter and refrigerate when done. This makes a great appetizer. Makes 16 to 20 spears.

**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 11 – MAR 17, 2026**  
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 Skinless  
Chicken Breasts

**\$6<sup>99</sup>**  
/lb  
\$15.41/kg



**\$6<sup>99</sup>**  
/lb  
\$15.41/kg

Fresh Medium  
Ground Beef

Gourmet  
King Steak

**\$7<sup>99</sup>**  
/lb  
\$17.61/kg



**SEAFOOD**

Fresh Cajun  
Catfish Fillets

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



**\$10<sup>99</sup>**  
/lb  
\$24.23/kg

Fresh Wild Caught  
Sole Fillets

Bay Scallops

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



PREVIOUSLY  
FROZEN

**DELI**



Cuddy's Oven Roasted  
Turkey Breast  
Assorted Varieties

**\$2<sup>79</sup>**  
/100g



Austrian Mild  
Edam Cheese

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



Applewood Smoke  
Flavoured Cheese

**\$4<sup>29</sup>**  
/100g

**GROCERY**



Kraft Dinner  
Assorted Varieties

**3/\$5**  
/156-175g



Covered Bridge Chips  
Assorted Varieties

**\$3<sup>29</sup>**  
/142-170g



Betty Bread  
White or Whole Wheat

**\$2<sup>99</sup>**  
/675g

