



Mini Cucumbers

Product of Canada

SUPER DEAL!

99¢ /lb



Red Plums

Product of South Africa

\$2⁹⁹ /lb



Avocados

Product of Mexico

99¢ /ea



Egyptian Oranges

Product of Egypt

\$1²⁹ /lb



Sugar Snap or Snow Peas

Product of China

\$3⁹⁹ /lb



Cortland Apples

Product of Canada

99¢ /lb



Anise

Product of USA

\$1⁴⁹ /ea



Kale

Product of USA

\$1⁴⁹ /ea



Romaine Hearts

Product of USA

\$3⁴⁹ /pkg 3



Cantaloupes

Product of Guatemala

\$2⁴⁹ /ea



Zucchini

Product of Mexico

\$1²⁹ /lb



WHAT'S FOR DINNER?



Stuffed Zucchini Boats

Ingredients

- 4 medium zucchini
- 2 tbsp olive oil, *divided*
- Salt and pepper to taste
- 1 lb ground beef
- 1 tbsp minced garlic
- 1 cup yellow onion, *chopped*
- 1 (14.5 oz) can diced tomatoes, *drain off 1 – 2 tbsp liquid*
- 2 tsp Italian seasoning
- ¾ cup panko breadcrumbs, *divided*
- ½ cup shredded mozzarella
- ¾ cup finely shredded parmesan cheese, *divided*
- 1½ tsp chopped fresh parsley

Instructions

Preheat oven to 400 degrees. Spray a 13 by 9-inch baking dish with non-stick cooking spray. Using a spoon, scoop centers from zucchini while leaving a ¼-inch rim on all sides to create boats. Drizzle with 1 tbsp olive oil, then season with salt and pepper. Bake in preheated oven for 15 minutes.

Meanwhile heat 1 tbsp olive oil in a large skillet over medium-high heat. Add onion and saute for 3 minutes. Add garlic and then beef to brown. Remove from heat and stir in tomatoes, ½ cup panko bread crumbs and Italian seasoning. Sprinkle ½ cup parmesan over zucchini boats, then divide filling among each. In a small mixing bowl stir together the mozzarella cheese, remaining ½ cup parmesan and remaining ½ cup panko bread crumbs. Sprinkle mixture over zucchini boats and bake in preheated oven until tender, about 10 – 15 minutes. Sprinkle with parsley and serve warm.

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 APR 8 – APR 14, 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

Gourmet King Steak

\$8⁹⁹
/lb
\$19.82/kg



\$3⁹⁹
/lb
\$8.80/kg

Boneless
Pork Loin Roast

Breaded Chicken
Breast Schnitzel

\$6⁹⁹
/lb
\$15.41/kg



SEAFOOD

Fresh Wild Caught
Sole Fillets

\$10⁹⁹
/lb
\$24.23/kg



PREVIOUSLY
FROZEN

\$8⁹⁹
/lb
\$19.82 /kg

Wild Caught
Whole Squid

Wild Caught Tuna Loin

\$16⁹⁹
/lb
\$37.46/kg



PREVIOUSLY
FROZEN

DELI



Brandt
Honey Maple Ham

\$1⁹⁹
/100g



St. Albert
Cheese Curds

\$2⁵⁹
/100g



Hot or Mild
Genoa Salami

\$2⁷⁹
/100g

GROCERY



Black Diamond
Cheese Shreds
Assorted Varieties

\$5⁹⁹
/320g



Dempster's
Bagels
Assorted Varieties

\$3⁹⁹
/6 pack



Auger
Texas Bread
White or Whole Wheat

\$2⁹⁹
/800g

