



Mini Cucumbers

Product of Canada

SUPER DEAL!

99¢
/pkg 6



Nectarines

Product of USA

\$2.99
/lb



Seedless Red Grapes

Product of USA

\$2.79
/lb



Cactus Pears

Product of Mexico

\$1.29
/lb



Green or Red Leaf Lettuce

Product of Canada

99¢
/ea



Jersey Mac or Paulared Apples

Product of Canada

\$1.29
/lb



Green Peppers

Product of Canada

99¢
/lb



Seedless Watermelon Pieces

Product of Mexico

69¢
/lb



Fresh Sweet Corn

Product of Canada

3/99¢



Local Field Tomatoes

Product of Canada

99¢
/lb



Broccoli Crowns

Product of Canada

\$1.69
/lb



WHAT'S FOR DINNER?



Beef and Broccoli

Ingredients

- 1 lb steak, very thinly sliced into bite-sized strips
- 2 tbsp olive oil (or vegetable oil), divided
- 1 lb broccoli, cut into 6 cups of florets
- Sauce Ingredients**
- 2 tsp sesame seeds optional garnish
- 1 tsp fresh ginger grated (loosely packed)
- 2 tsp garlic, grated (from 3 cloves)
- ½ cup hot water
- 6 tbsp low sodium soy sauce
- 3 tbsp packed light brown sugar
- 1½ tbsp corn starch
- ¼ tsp black pepper
- 2 tbsp sesame oil

Instructions

Combine all stir fry sauce ingredients in a bowl, stir well to dissolve the sugar, and set aside.

Place a large skillet over medium heat and add 1 Tbsp oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan. Tip: If you prefer softer broccoli, add 2 Tbsp water before covering with the lid and it will steam cook the broccoli.

Increase heat to high heat and add 1 Tbsp oil. Add beef in a single layer and sauté 2 minutes per side or just until cooked through.

Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 Tbsp water to thin the sauce if desired. Serve over white rice.

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 AUG 19 – AUG 25, 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

Fresh Medium Ground Beef

\$6⁹⁹ /lb
\$15.41/kg



\$3⁹⁹ /lb
\$8.80/kg

Fresh Pork Belly
by the Piece



Top Sirloin Steak

\$8⁹⁹ /lb
\$19.82/kg



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

SEAFOOD

Fresh Cajun Spiced Catfish

\$13⁹⁹ /lb
\$30.84/kg



PREVIOUSLY FROZEN

\$5⁹⁹ /lb
\$13.21/kg

Basa Fillets



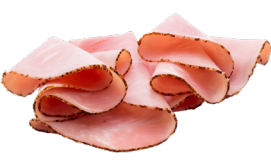
Jumbo Sea Scallops

\$36⁹⁹ /lb
\$81.55/kg



PREVIOUSLY FROZEN

DELI



\$1⁹⁹ /100g

Brandt
Black Forest Ham



\$2⁵⁹ /100g

St. Albert
Cheese Curds



\$2²⁹ /100g

Lester's
All Beef Salami

GROCERY



\$8⁹⁹ /1L

Red Crown Organic
Pomegranate Juice



\$3⁹⁹ /750g

Khaas Halal
or Dahi Yogurt
Selected Varieties



\$2⁹⁹ /675g

Betty
Super Moist Bread
White or Whole Wheat