



10 lb Boiler Onions

Product of Canada

SUPER DEAL!

\$2⁹⁹
/ea



Fresh Mint

Product of Morocco

99¢
/ea



Blackberries

Product of USA

\$2⁹⁹
/170g



Lemons

Product of Argentina

3/99¢



Angeleno Plums

Product of Italy

\$2⁹⁹
/lb
\$6.59/kg



Cauliflower

Product of Canada

\$2⁹⁹
/ea



Cara Cara Oranges

Product of Australia

\$2⁴⁹
/lb
\$5.49/kg



Anise

Product of USA

\$1⁴⁹
/ea



Sweet Red Peppers

Product of Canada

\$2⁴⁹
/lb
\$5.49/kg



Empire Apples

Product of Canada

\$1²⁹
/lb
\$2.84/kg



Butternut Squash

Product of Canada

99¢
/lb
\$2.18/kg



WHAT'S FOR DINNER?



Curried Spinach & Shrimp

Ingredients

- 3 Cups spinach, *washed and trimmed*
- 4 tbsps 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.

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 OCT 21 – OCT 27, 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 SAT: 8AM – 7PM SUN: 8AM – 6PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM



BUTCHER

Boneless Inside Round Roast



\$6⁹⁹
/lb
\$15.41/kg



\$1⁷⁹
/lb
\$3.95/kg

Fresh Chicken Drumsticks

Fresh Medium Ground Beef



\$5⁹⁹
/lb
\$13.21/kg

SEAFOOD

Fresh Ontario Rainbow Trout Fillets



\$12⁹⁹
/lb
\$28.64/kg



\$10⁹⁹
/lb
\$24.23/kg

Fresh Wild Caught Sole Fillets

Wild Caught Argentinean Shrimp Pieces



\$13⁹⁹
/lb
\$30.84/kg

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

PREVIOUSLY FROZEN

DELI



Balderson 1 Year Old Cheddar Cheese

\$8⁴⁹
/280g



Maple Leaf Natural Selections Oven Roasted Chicken

\$2²⁹
/100g



Armstrong Regular or Jalapeno Monterey Jack Cheese

\$2⁵⁹
/100g

GROCERY



Dempster's Signature Buns

\$3⁷⁹
/6 or 8



Black Diamond Cheese Shreds Assorted Varieties

\$5⁹⁹
/320g



Betty Super Moist Bread White or Whole Wheat

\$2⁹⁹
/675g



SPECIALS IN EFFECT OCT 21 – OCT 27, 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 SAT: 8AM – 7PM SUN: 8AM – 6PM
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM