

STUFFED PORK TENDERLOIN

We've been making this item for many years, to good reviews. The stuffing is bread-based, mixed with a plethora of dried fruits. It's probably best baked in the oven (cooking directions are on the scale label), but it can be seared and then roasted indirectly on the B.B.Q. Try it with Kulam's Pineapple Salsa for a bit of a treat. Reg. \$10.95/lb

1/3 OFF THIS WEEK

NIAGARA PEACHES

We'll have these for the duration now that peach season is in full swing - and local nectarines too, all from Hunter Farm in Niagara-On-The-Lake.

Peach Baskets will be \$3.99 each, loose peaches will be .99/lb. and nectarines will be \$1.49/lb. Life is good down on the farm!

WHAT'S HAPPENIN' OUTSIDE?

Well, we're starting to re-fill the sidewalk again, slowly but surely, with a broader assortment of the fall repertoire. Inside, we'll have a feature on some of our large bouquets which come in many colours and assortments. They are regularly \$19.99, but this week, think... **\$14.99**

FARMER'S SAUSAGES

This is a milder sausage that we grind fairly fine, and use some marjoram, some allspice, a bit of mace and some toasted wheat crumb. We stuff them into a larger casing, so they are great to B.B.Q. and perhaps garnish with caramelized onions and Nance's mustard... a little bit of heaven. Reg. \$4.99/lb **25% OFF THIS WEEK**

DANISH BLUE CHEESE - EXTRA CREAMY

When Mariella came to me with this item, I was expecting a log or flat round cheese in the French style, but this is in a brick, in the Danish style...what was I thinking? So, when you get this, you'll need to cut it in cubes too, and perhaps use those as a crouton in your fave salad, perhaps with some toasted walnuts or pecans as a counterpoint, or you could do what I did and just eat it like that, in cubes of course! Reg. \$3.99/100g **1/3 OFF THIS WEEK**

WHAT'S COOKIN' AT THE DELI!

We're starting with a new salad, which is made with grape cherry tomatoes (both red and gold), roasted hazelnuts, julienne of leeks and feta cubes, all dressed-up with a hazelnut oil/champagne vinegar vinaigrette. This will have an intro price of and free samples! **\$1.49**/100g



EFFERVÉ SPARKLING LEMONADE

These are a range of drinks which come in assorted flavours of lemonade (4 of those), plus a few others. They are sparkling (as the name suggests) and they come in a pretty bottle with a reusable stopper - très classé! My little girl and I did a taste test on the range of lemonades, and she pronounced her fave to be 'Pink', while I like the blood orange - your fave might be different, and this is the week to find out! Reg. \$6.49 each. 750ml **1/3 OFF THIS WEEK**

Next, we'll be making soup, in this case Celery Root with a knob of Gold Potatoes. It's made with celery root of course, sweet onions, the aforementioned potatoes, local carrots, chicken stock, celery, cream and 'spices'. Reg. \$7.99 tub - **25% OFF**

Followed by... Dinner, which will be our Air-Chilled Chicken Breasts with a Peach Sauce. These have been poached and seasoned with a sauce which features our beautiful Niagara peaches. Reg. \$4.39/100g **25% OFF**

—And lastly, we'll be making a batch or two of our Rum and Pineapple Salsa to go with our Stuffed Tenderloin feature. These are sold in the 8oz. tubs, and it's made with fresh super-sweet pineapple, sweet onions and sweet peppers, chili, fresh herbs, brown sugar, rum and 'spices'. Reg. \$4.99 featured this week at... **\$2.99 EACH**

WHAT'S BAKING - THIS WEEK

This week, it's all peachy-local that is...from Hunter Farm in Niagara-On-The-Lake. We'll be making...

PEACH CUSTARD CAKES In my humble opinion, this is one of the best items that we make, especially when the peaches are great. We bake apples and peaches right in the golden buttercake, and then pour liquid custard in halfway through the process. If you don't eat the whole cake in a sitting, no worries, as it's probably better the next day. There are two sizes, \$15.95 and \$24.95

PEACH FRANGIAPAN SQUARES Made on a shortbread crust, with almond cream and spiced-up freshly sliced peaches. This is available in 8x5 foils. Reg. \$9.95 ea.

PEACH SLIPPERS These have had a low profile this spring and summer, but they're back in a big way this week. Our puff pastry squares, topped with custard and fresh peaches, baked till golden, and then glazed. Reg. \$3.49 each.

PEACH PIES What's more perfect after an August B.B.Q. than a peach pie? These will be available in lattice top or with streusel, and either freshly baked or frozen, but ready-to-bake. I personally like them baked at home because I love that aroma - I wish that I had after-shave that was as good! Reg. \$10.95 each 9" size

All these items, will be featured this week at... **25% OFF**
P.S. - We are working on a new Lemond Curd Cake which I enjoyed on our recent trip to Ireland - it will be worth the wait!

WELSH'S CORN

The really good corn is now in season, and we'll have a lot of it. Normally we trim this all up for you, but this week that might be tough - but at \$2.99/dozen, you'll probably want to help out. Now, a lot of people BBQ corn on the grill, but they usually leave it in the husk, which seems to me to be a lot like boiling it. I suggest that you fully husk them, season them with an olive oil based blend of herbs (basil is good) and grill them bare back. They're done when the kernels start to caramelize a bit. I think that you'll like it. **3.99 DOZ.**

COME HUNGRY - THIS WEEKEND

We'll be sampling a range of bread from Stonemill Bakery - and, there will be a deal happening! We will also have Michelle back to sample her very well received Caraffe Olives, all seasoned up nice. Both these tastings will be on Friday and Saturday, mid-day.

WHAT'S FOR LUNCH?

This week it's a Ciabatta bun with Roasted Chicken Breast, all sliced up, with some of our Pineapple Salsa, Roasted Peppers, Chipotle Mayo and 'mixed shoots'. I'm tempted to say 'all you can eat', because most folks have difficulty finishing one of these... **\$7.99 EACH**

NATHAN'S BALLPARK DOGS!

It was a customer who first asked if we could get these in - (he had had to get his at Pusateri's) and we've now got them. If you had one of the big 'dogs' at our recent B.B.Q. this is what you had. My pal Patti Esaw loved them, and I'm thinking that you will too! They are a good size, and they'll be featured at... **\$4.99** 4 pack!

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, AUGUST 19th

Hours: Mon. ~ Fri. 8:00-8:00
Sat. 8:00-6:00 ~ Sun. 9:00-6:00

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