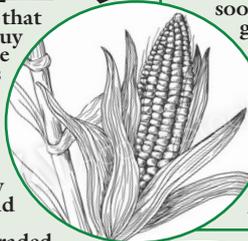


WELSH BROS'

CORN

Corn to me represents the very best that Ontario has to offer. I never ever buy flavourless frozen corn, nor do I buy the spring crop from the U.S. that starts in March and slowly inches its way north. I grew up with the incredible flavour of **Welsh Bros' Corn** that my dad would bring us from the market and to this day, that is the only corn I will eat. There are several reasons why I think this product is absolutely second to none:



1. It's GMO-free. 2. It's picked and graded by hand rather than machine. More labour-intensive, more expensive but the corn comes nice and tender instead of all beat up like the stuff that comes from the U.S. 3. It's brought to the market daily during season. Once corn's off its stalk, it's a ticking time bomb as the sugars convert to starches and the flavour degrades by the day. The stuff you see at our store is usually a day off the farm as we go to the market and buy what we need with each trip. Anything from the States sits in a truck for several days (sometimes over a week in storage) before it reaches supermarket shelves. This last point more than anything ensures that you are getting the very best. **Featured at:**

\$1.99
PACK OF 5

KONIK FARMS PEACHES

For a man who grows the sweetest peaches, Walter Konik's temperament couldn't be more dissimilar to his product. Every time I call him I get a grumble, get racked over the coals at for how far away our truck is parked, for not placing my order any sooner, for ordering too much or for ordering too little. Try as I might, I cannot get in this man's good graces. But boy, are his peaches ever fantastic! This guy is so adamant about quality that the truck he brings to market is a custom-built 1980's Chevy Suburban, specially designed to ensure his delicate fruit doesn't get rocked around and bruised on his drive to market. If that's not attention to detail, I don't know what is. Similar to the Welsh corn, these are picked from the tree the afternoon before market, as soon as they have a little give to the touch. The longer the peach stays on the tree, the more sugar develops and the juicier the fruit will be. We'll be featuring peaches by the basket this week or next, but what really caught my eye this week were his loose-packed peaches. They're the perfect size, unbelievably succulent and eat like candy.

\$1.49
POUND

Featured at:

SINGH FARM ROMAINE

BUY ONE, GET ONE FREE!

The produce terminal is by-and-large a very generational place on both the supplier and the buyer side. You see a lot of father-son duos down there making the rounds, picking the fruits and vegetables from suppliers and farmers who've also taken up their family's mantle. It really is a special place in that regard. Shane and his father Peter of Singh Farms in Holland Marsh provide us with our lettuce, carrots, beets, radish, kale and fresh herbs in season. Aside from being an excellent farmer, Shane is maybe the nicest man alive and will bend over backwards to help you out in pinch. In fact when we ran out of romaine last weekend he drove all the way down here to drop off a few dozen heads, which believe me was not worth his time at all, but that's the type of guy he is. We'll be featuring that same crisp lettuce this week, picked fresh daily. **Buy one, Get one:**

\$1.99
EACH

WHAT'S BAKING?

I admittedly had second thoughts about running another blueberry feature in the bakery. Not for any taste reason, I mean who doesn't love to gorge on freshly baked blueberry goodness? My only concern was that I'd have to hear my cake counter staff, specifically Athelma, refer to berries as "Bluebees" all week, an abbreviation that causes me to twitch with discomfort. But I got my hands on some fresh picked Wild Blueberries (yes, we will have the baskets on sale probably next week) and wanted to bake with them, so here we go again, another (sigh...) "Bluebee" week at the bakery.

Wild Blueberry Squares - The same as our delicious date squares except with wild blueberries cooked down to an intensely-flavourful jam, sandwiched between two layers of oatmeal crumble and baked to perfection! **Reg. \$10.99/8x5 foil**

Blueberry & White Chocolate Cheesecake One of the girls at the deli used to buy me one of these every year on my birthday, as according to her it was my favourite. I never had the heart to break it to her that it was in fact, not my favourite as I'm not big on white chocolate, so I'd usually eat a slice before sharing it with staff. Even if it's not my favourite, it holds a special spot in my heart. Our cheesecake mix studded with a handful of fresh blueberries and white chocolate, topped with the same on our shortbread crust. Judging on how this always sells, it definitely is some people's favourite. **Reg. Small: \$24.99 each**

Blueberry & Raspberry Mousse Cups - Love the mousse cups. I'm still waiting for them to come out with a mousse "bowl" so I can finally find a size to match my craving. We swirl together fresh raspberry and blueberry mousses in a beautiful chocolate cup, then top with fresh berries. A very elegant and light dessert, not too sweet. **Reg. \$6.99 each**

Marble Pound Cake - Cliff's newest creation. He surprised me with a small test batch of seven loaves a few weeks ago and I was head over heels for it. We sold out super quickly so I thought we had a certified winner until I got an e-mail from a great customer (Hey Mrs. Crupi!) saying that she'd loved it so much that she'd bought five and wanted more. I took one home as well, which means we actually only sold a single loaf to another customer! It's sold out every time since, too, so I thought we'd make a huge batch for you all to try. **Reg. \$9.99 each**

ALL 25% OFF

RAINBOW TROUT

We found some really beautiful **Rainbow Trout Filets** for you folks this week. I'm a big seafood guy and a definite sucker for trout as it's so quick to cook after a long day. I'll usually just cook it stovetop in a skillet for about 8 minutes, seasoned with Italian seasoning, salt and pepper. I'll remove it from the pan to rest before I sauté garlic and then add some lemon juice, white wine, parsley (flat parsley is the best) and butter to drizzle over. So simple, so healthy and undeniably tasty. **Featured at:**

\$12.99
POUND

WHAT'S AT THE DELI?

We'll start off with one of my mother's recipes, **Cathy's Summer Corn Salad!** We roast cobs of fresh corn, shave off the kernels and toss them alongside onion, tomato, peppers and cilantro in a rice wine vinaigrette. Have to hand it to my mom on this one, it's impossible to stop eating after the first bite! **Reg. \$1.99/100g**

Next up, we'll have a **Cream of Summer Vegetable Soup**. This is made with onions, carrots, celery, green peas and corn, all simmered in chicken stock with a zip of cream to lend some body. **Reg. \$8.99/900ml**

Next, we'll have our **Nitrate-Free Turkey Breast**. For those of you looking to avoid sodium nitrate in your diet, we have the perfect coldcut for you. We season turkey breasts with sea salt, pepper and herbs and slow cook them with vegetables and turkey stock. The resultant meat is super flavourful, admittedly not as moist as its brined counterpart, but the pure flavour of the turkey is really wonderful and can be compensated with a generous schmear of butter, mayo or mustard on your sandwich, or however you choose to eat it. **Reg. \$3.99/100g**

Next up is **Kulam's Butter Chicken with Basmati Rice**. It's creamy, perfectly seasoned and as good as any butter chicken you'll find out there. Just pick up a naan bread at our deli to soak up all those juices and you're good to go. **Reg. \$12.99/500g**

Our chef's salad of the week is a new creation, a **BLT Salad**. Our own smoked bacon, fresh local tomatoes, avocado and cucumber on a bed of local organic arugula with a buttermilk ranch dressing. Serves two. **Reg. \$12.99/container**

From our freezer, we'll be featuring our hands-down bestseller, **Meat Lasagna!** Feel I don't have to describe this one in too much detail: layers of fresh pasta, homemade tomato sauce, ground beef and cheese. Comfort food at its best, a staple from my university days. **Reg. \$17.99/8x5 foil**

ALL 25% OFF

PIZZA PIZZAZ

This week our pizza chefs will be preparing a **Blue Steak Pizza!** New York striploin topped with sautéed mushrooms and a homemade blue cheese sauce. **Featured at:**

\$4.99
SLICE

WHAT'S FOR LUNCH?

Bacon. Lettuce. Tomato. Name a more iconic trio, I dare you. I thought all week about how I'd make some cool variation on the BLT, but try as I might, you can't improve perfection. Five strips of our homemade smoked bacon, a couple slices of local beefsteak tomato and a handful of head lettuce on fresh Steeles Texas toast with a schmear of mayo. **Featured at:**

\$5.99
EACH

TURKEY SAUSAGES

One of the best-kept secrets in our meat department is our chicken and turkey sausages, we keep them in the freezer right behind our fish counter. We make them weekly and then instantly freeze them as we don't like to have ground poultry sitting around. I feel like a lot of people don't know they're there and are missing out on some seriously delicious links. This weekend we'll be doing two different turkey sausages to give you a healthy option that doesn't skimp on flavour. We'll have a **Turkey Sage & Onion Sausage**, alongside my mother's favourite, our **Turkey, Spinach and Asiago Sausage**. **Featured at:**

\$7.99
POUND

MARINATED CHICKEN BREASTS

We'll have a variety of our **Marinated Chicken Breasts** this week. **Teriyaki, Montgomery BBQ**, and the ever popular **Maple Mustard**. These will also be available 'au naturel' if you prefer! **Reg. \$12.99/lb**

25% OFF

THURSDAY NIGHTS AT THE BANDSTAND!

Next **Thursday, August 16, Community Soul Project** kicks off 2018 Markham Jazz Festival weekend with a sure to be fabulous evening of R&B, soul, and pop presented by **Yamaha Music!**. Consider picking up a pre-concert take out meal at the store to enjoy on the piazza at the Millennium Bandstand corner of Fred Varley and Main Street, Unionville. Live concerts every Thursday evening from 7:30pm - 9:00pm.

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY AUGUST 12

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



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