PRODUCE DEPOT

FRESHER than FRESH

1 lb Strawberries
Product of USA
SUPER DEAL!
$2.79 /ea

Kale
Product of USA
$1.69 /ea

Butternut Squash
Product of Mexico
$1.29 /lb

Large Golden Pineapples
Product of Honduras
$3.99 /ea

Sweet Potatoes
Product of USA
$1.29 /lb

Little Potato Company Potatoes
Product of Canada
PROUD CANADIAN PRODUCT
$3.49 /680g

THE LITTLE POTATO CO.
FRESH POTATOES LITTLE YELLOW
Fresh from our Family Farms
FRESH POTATOES LITTLE TRIOS

Cortland Apples
Product of Canada
PROUD CANADIAN PRODUCT
99¢ /lb

Large Seedless Navel Oranges
Product of USA
$1.69 /lb

Grape Tomatoes
Product of Mexico
$2.69 /pint

Romaine Lettuce
Product of USA
$2.49 /ea

Broccoli Crowns
Product of Mexico
$2.79 /lb

CHECK IT OUT!
MAKE IT TONIGHT! RECIPE BELOW
producedepot.ca

WHAT'S FOR DINNER?

Enjoy the recipe online!

Sweet & Sour Broccoli With Snapper

Ingredients

1 medium onion, *sliced medium thick*

4 medium cloves garlic, *minced*

1 tbsp of fresh ginger, *minced*

2 cups small broccoli florets, *cut into about half inch pieces with no stem for quick cooking*

1 ½ pounds of fresh snapper filet, *cut into 1 inch pieces (use thick filets)*

4 cups finely shredded green cabbage

2 tbsp of fresh Italian (flat leaf) parsley, *chopped*

Salt and black pepper to taste

1 tbsp of sesame seeds

Ingredients for the Sweet and Sour Sauce

3 tbsp of soy sauce

¼ cup of rice vinegar

2 tbsp of mirin rice wine

4 tbsp of extra virgin olive oil

2 tbsp of maple syrup

Sea salt and black pepper to taste

Instructions

In a small saucepan, combine the soy sauce, rice vinegar, mirin, maple syrup, and 2 tbsp of the olive oil, then bring to a boil over high heat and simmer for about 15 minutes, or until the sauce has reduced by half. Remove from heat and set aside. This sauce will intensify the flavour.

While sauce is reducing, prepare your ingredients. Heat the remaining 2 tbsp olive oil in a stainless-steel wok or large skillet over medium-high heat. Add the onion, and stir-fry for 1 minute, stirring constantly. Add the garlic, ginger, and snapper and continue to stir-fry for 2 minutes, then add the broccoli and cook for 1 minute. Add the cabbage and cook for another 2–3 minutes, stirring constantly. Pour in the reduced sauce, add the parsley, sea salt, and pepper, and toss well to coat. Sprinkle with sesame seeds and serve over steamed rice. Makes 4 servings.

Fresher than Fresh BUTCHER

Our butcher shop stands as the cornerstone of quality and care. Our expert butchers hand-select the finest cuts of meat, ensuring each piece meets the highest standards of freshness and flavour.

BUTCHER

Rib Steaks
AA or Higher
$13⁹⁹
/lb
$30.84/kg

Fresh Pork Tenderloin
$3⁹⁹
/lb
$8.80/kg

Breaded Chicken Breast Schnitzel
$6⁹⁹
/lb
$15.41/kg

SEAFOOD

Fresh Wild Caught BC Snapper Fillets
$8⁹⁹
/lb
$19.82/kg

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

Fresh Rainbow Trout Fillets
$12⁹⁹
/lb
$28.64/kg

EZ-Peel Pacific White Shrimp
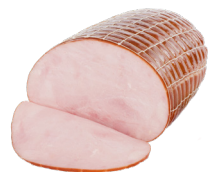**$9⁹⁹**
/lb
$22.02/kg

DELI

Fontaine Sante Hummus
Assorted Varieties
$5⁴⁹
/454g

Castello Double Creme Brie Cheese
$2⁶⁹
/100g

Rosemary or Tuscan Style Oven Roasted Ham
$1⁹⁹
/100g

GROCERY

Red Crown Organic Pomegranate Juice
$7⁹⁹
/1L

Dempster's Bagels
Assorted Varieties
$3⁶⁹
/6 pack

Daia Pitted Dates
Product of Algeria
$2⁹⁹
/400g