







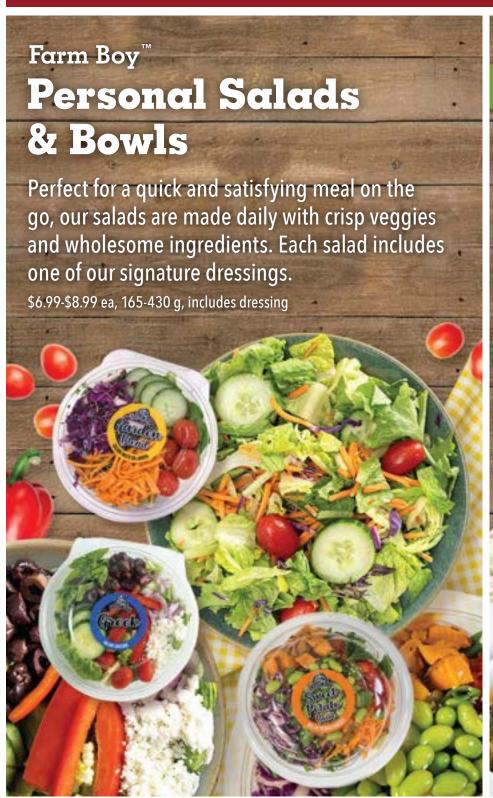


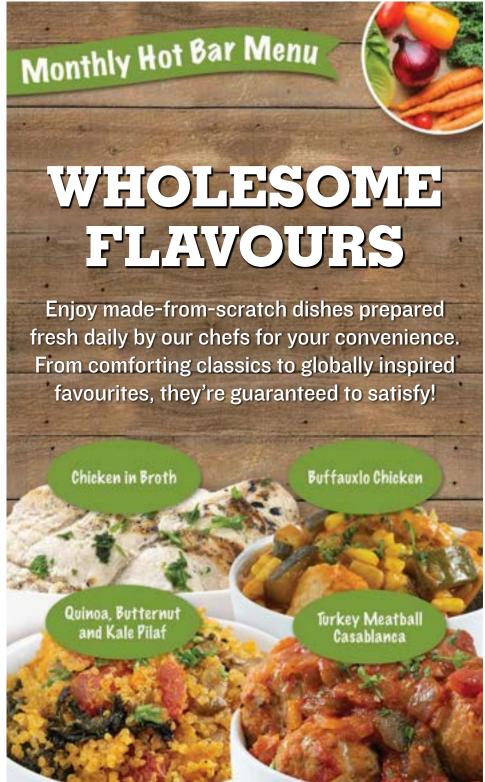
Chef's Market





### See in store for more great savings!

























In case of discrepancy between the picture and the text, the text will always be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by store.

## Tanuary 22 is Hot Sauce Day!

Farm Boy™

## Cauliflower Tempura with Fusion Hot Sauces

The perfect choice for dinner parties, game nights, or quick meals, tender cauliflower florets are coated in a crispy, golden tempura batter. Simply bake or air-fry and elevate them with Farm Boy™ Spicy Fusion Hot Sauces to add some flavourful heat!





Panela Cheese with

Classic Hot Sauces

Expertly crafted using traditional recipes, our cow's milk Mexican-style cheeses come from a family-run business in Québec. Excellent pan-fried or grilled, pair our Panela cheese with our classic hot sauces like Farm Boy™ Carolina Reaper Pepper Sauce to add a bit of tangy spice.

### Farm Boy<sup>™</sup>

## Chicken Nuggets & Strips with Hot Honey

Made from tender breast meat and tossed in a savoury Southern-fried breading, our Frozen Chicken Strips and Chicken Nuggets are a convenient and delicious choice for your meals. Elevate their flavour with a sweet and spicy drizzle of our small-batch Farm Boy™ Hot Honey, proudly made in Ontario!





### **Spicy Selections**

We offer an expertly curated selection of locally crafted hot sauces, made with high-quality ingredients, distinct flavours, and delicious seasonings. Take your dishes up a notch with these tasty, chili-loaded creations.

## Mediterranean Style Farro Salad









View Full Recipe Online

### Ingredients

1 cup raw farro grains, rinsed

8 cups water

1 tsp salt

1/2 cup thinly sliced red onion

1 cup diced red or orange bell pepper

1 cup halved grape tomatoes

1 ¼ cups diced cucumber

**½ cup** Farm Boy™ Sliced Kalamata Olives

1/4 cup small capers

**1/2 cup** Farm Boy™ Walnuts, toasted and chopped roughly

1/3 cup mint leaves

1/4 cup chopped fresh parsley

1/4 cup chopped fresh dill

2 tsp Farm Boy™ Sumac

### **Directions**

- 1 In medium saucepan, bring 8 cups of water to a boil.
- 2 Add salt and rinsed farro and bring water once more to a boil.
- 3 Turn heat down and simmer for 30-40 minutes, until farro is all dente (timing will depend on the type of farro you are using).
- 4 Once farro is done, drain and spread on a sheet pan to cool completely. If necessary, pat dry with a paper towel.
- **5** In large bowl, place the red onion and toss with a bit of salad dressing.
- 6 Let the onions rest in the dressing to soften about 5 minutes, then add cooked and cooled farro, bell pepper, tomatoes, cucumber, kalamata olives, capers, walnuts, mint, parsley, dill and sumac.
- 7 Toss with enough dressing to taste. Garnish with feta cheese and enjoy.



# Season's Zest!

### Vibrant citrus fruits to brighten up your days.

We are in the heart of citrus season, a time when oranges, lemons, grapefruits, and more arrive at our stores at their juiciest and most delicious peak.

Alongside familiar favourites, you'll also find some intriguing and tasty varieties that our buyers bring in from the markets each morning. This winter, embrace the sweet, sour, aromatic, and zesty citrus fruits by incorporating them into your dishes to add bursts of bright colour and flavour.

Remember, this seasonal bounty is available for a limited time, so be sure to enjoy it while you can!

**Disclaimer:** Selected products are subject to availability and may not be available at all stores. Check with one of our Team Members to see if your store carries a particular item.

### **Cara Cara Oranges**

Sweet, tangy, and candy-like with berry notes.

Notable Qualities: Bright orange rind and reddish-pink flesh.

Best Way to Enjoy: In hand, or in desserts, salads, and savoury dishes.



### Juicy Crunch Tangerines

Super sweet and slightly tangy.

**Notable Qualities:** Crunchy, juicy texture with a bright orange, easy-to-peel rind.

Best Way to Enjoy: In hand, or in cakes and salads.





#### **Blood Oranges**

Sweet, berry-like flavour with some tartness.

Notable Qualities: Ruby colour, easy peeling, floral aroma.

Best Way to Enjoy: In hand, or in baked goods, juices, and salads.



#### Sumo Mandarins

Sweet with notes of mandarin and grapefruit.

Notable Qualities: Seedless, easy to peel, and sweet regardless of size.

Best Way to Enjoy: In hand, or in drinks, salads, and vinaigrettes.



Incorporate oranges into your dinner roast recipes for a vibrant, aromatic twist that complements seasonal spices and seasonings.



Navel oranges are a well-balanced option, providing a bright sweetness and classic orangey aroma that pairs well with rich, meaty flavours.



For a tart, berry-like complexity, try using blood oranges or grapefruits, which also add a zesty touch to your dishes.



# Helo Leasue!

Discover
"A Farm Boy Fresh Twist"
on the food experience!





## Tax Break

The Government of Canada is providing GST/HST relief on certain items starting **December 14, 2024** and ending **February 15, 2025**. Most basic grocery items are currently GST/HST exempt.

These food and beverage related items will temporarily have no GST/HST charged:

- Prepared foods including sandwiches, salads, vegetable or cheese platters, and pre-made meals;
- Snacks including chips, candy, baked goods, fruit-based snacks, and granola bars;
- Energy bars or drinks, protein bars, drinks or shakes if they meet all of the following criteria:
  - Compete directly with other similar products that are not enhanced by protein, caffeine, vitamins, and/or minerals (sold in a similar aisle in a store and are marketed in similar fashion).
  - Considered by the average person to be a food to satisfy hunger/thirst.
  - Considered by Health Canada to be a food/beverage.
- A gift basket that contains food and other items, if **90% or more** of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately;





- Eligible alcoholic beverages:
  - Beer and malt beverages, for example, canned or bottled beer, pitchers of beer.
  - Wine, cider and sake (including fortified) that are 22.9% alcohol by volume (ABV) or less.
- Spirit coolers and premixed alcoholic beverages that are 7% ABV or less;
- A gift basket that contains beverages and other items, if 90% or more
  of the total value of the basket corresponds to items that would have
  no GST/HST charged on them if they were supplied separately.

### These items do not qualify:

- Beverages sold from a vending machine;
- Non-eligible alcoholic beverages:
  - Alcoholic spirits and liqueurs.
  - Alcoholic beverages (other than beer, malt beverages, wine, cider, and sake) with more than 7% ABV.
- A gift basket that contains beverages and other items, if less than 90% of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately;
- Dietary supplements;
- Food sold from a vending machine;
- Other items that do not qualify as food for human consumption (for example, pet food).

