



**Walter Stewart's**  
your fresh local market

# Weekly Specials September 12 - 18

Featured recipe: **Fall Harvest Chopped Salad**



## FIRST OF THE SEASON APPLES ARE HERE!

Local Honey Crisp, Local Gala, and Local Paula Red apples from the best CT farms.



### Wine of the Week

## Alto Moncayo Garnacha

Spain, 2016

REG: \$49.99 OUR PRICE: \$44.99

CT's Lowest Price

DISCOUNTED CASE: \$539.88



## T-BILL SPECIALS

	SALE	SAVE
Organic Bananas, lb	\$0.99	\$0.50
Buddha Bowl Org. Popcorn, 5 oz	\$2.99	\$1.00
Arnold Whole Grain Breads, 24 oz	\$3.69	\$1.00
Gifford's Ice Cream, 32 oz	\$3.99	\$2.30
LaCroix Sparkling Water, 12 pk, 12 oz	\$4.99	\$1.50
Horizon Organic Milk, 64 oz	\$4.99	\$0.90
Mystic Pizza, 21 oz	\$5.49	\$1.80
Rao's Marinara Sauce, 32 oz	\$6.99	\$2.00

## T-BILL REWARDS - FREE WITH REWARDS!

Barilla Pasta, 16 oz	FREE w/ \$1.79 of Rewards
Siggi's Yogurt, 4/5 oz	FREE w/ \$1.89 of Rewards
Gatorade Thirst Quencher, 32 oz	FREE w/ \$1.89 of Rewards
Perrier Sparkling Water, 25/33 oz	FREE w/ \$1.99 of Rewards



## PRODUCE

	SALE	SAVE
LOCAL CT Green Beans, lb	\$1.99	\$1.00
LOCAL CT Green Squash, lb	\$1.99	\$1.00
LOCAL CT Green Peppers, lb	\$1.99	\$1.00
LOCAL CT Corn on the Cob, lb	3/1.00	\$1.07
LOCAL CT Ginger Gold Apples, lb	\$1.49	\$1.00
LOCAL CT Kirby Cucumbers, lb	\$1.49	\$1.00
Whole Seedless Watermelon, ea	\$4.99	\$1.00
Organic SweetTango Apples, lb	\$2.49	\$1.50
Organic Bartlett Pears, lb	\$2.99	\$1.00
Broccoli, bunch	\$3.49	\$1.50
Organic Green Peppers, lb	\$2.99	\$2.00

## MEAT

	SALE	SAVE
Bell & Evans Bnls. Chicken Breast, lb	\$6.49	\$1.50
CAB Petite Tenders, lb	\$8.99	\$1.00
CAB Sirloin Tri-Tip, lb	\$10.99	\$1.00
Baby Back Ribs, lb	\$5.99	\$1.00
Jones Farm Cherrywood Bacon, 10 oz	\$4.49	\$1.00

## SEAFOOD 200% Guaranteed Fresh

	SALE	SAVE
Arctic Char, Wild, Iceland, lb	\$16.99	\$2.00

## DELI

	SALE	SAVE
BH Salsalito Turkey	\$10.99	\$2.00
BH Simplicity 4 Peppercom Ham	\$12.99	\$2.00
BH Blazing Buffalo Chicken	\$9.99	\$2.00
BH 3 Pepper Colby Jack Cheese	\$7.99	\$1.00
BH Monterey Jack Cheese	\$6.99	\$2.00
Chicken Parmesan and Pasta	\$9.99	\$1.00
Farro Grain Salad	\$8.99	\$1.00
Mushroom Bisque Soup	\$10.99	\$1.00

## BAKERY

	SALE	SAVE
LaBrea French Loaf	\$3.49	\$0.50
Umbria Loaf	\$4.99	\$1.00
Cranberry Orange Muffins, 4 pk	\$4.99	\$1.00
Blondie Brownies, 3 pk	\$5.99	\$1.00
Red Raspberry Pie	\$16.99	\$3.00
Muffin Town Combread Loaf	\$2.99	\$0.50
Muffin Town Combread Mini Loaves	\$4.99	\$1.00

## CHEESE

	SALE	SAVE
Chavrie Goat Cheese, 5 oz	\$4.99	\$1.00

QUANTITY BUYS	SALE	SAVE
Annie's Mac & Cheese, 6 oz	2/3.00	\$2.18
Gatorade Thirst Quencher, 6 pk, 72 oz	2/7.00	\$2.58
Post Honey Bunches of Oats Cereal, asst	2/6.00	\$3.98
Quaker Instant Oatmeal, asst	2/6.00	\$2.98
Propel Fitness Water, 6 pk, 101 oz	2/6.00	\$3.98

GROCERY	SALE	SAVE
Dunkin Donuts Coffee, 11/12 oz bg	\$2.60	\$6.99
Kellogg's Pop-Tarts, 14 oz	2/5.00	\$1.58
Stash Premium Tea, 18 ct	\$2.99	\$1.20
Newman's Own Salsa, 16 oz	2/5.00	\$0.98
Filippo Berio Olive Oil, 16 oz	\$4.99	\$2.40
Wishbone Salad Dressing, 15 oz	2/5.00	\$1.78
GoGo Squeeze, 12 pk, 38 oz	\$7.49	\$1.50
San Pellegrino, 6 pk, 66 oz cans	\$4.99	\$1.20
Pemier Slim Cans, 10 pk, 84 oz	\$4.99	\$2.90
Betty Crocker Fruit Snacks, 8 oz	2/4.00	\$2.38
DeCecco Pasta, 16 oz	2/5.00	\$0.98
Prego Pasta Sauce, 24 oz	2/4.00	\$2.38
Betty Crocker Pouch Cookies, 17 oz	2/4.00	\$1.38
Green Mountain Gringo Chips, 8 oz	2/6.00	\$1.78
Green Mountain Gringo Salsa, 16 oz	\$4.99	\$1.36
Kellogg's Nutri Grain Bars, 10 oz	\$2.99	\$0.80
Honest Kids Juice 8 pk, 54 oz	\$3.99	\$1.00
King Arthur Flour, 5 lbs	\$4.29	\$1.00
La Baleine Salt, 26 oz	\$3.99	\$1.00
Pepperidge Farm Cookies, Chunk/Soft/Crispy, asst	\$2.99	\$0.90
Tostitos Chips, 9/14 oz	2/7.00	\$1.58
Chips Ahoy Cookies, 9/10 oz	\$2.99	\$0.80

DAIRY/FROZEN	SALE	SAVE
Silk Almond Milk, 64 oz	2/6.00	\$2.98
Plugra European Butter, 8 oz	\$2.99	\$1.30
Stonyfield Smoothie, 4 pk, 24 oz	\$3.99	\$1.30
A2 Milk, 59 oz	\$3.99	\$0.70
Starbucks Iced Coffee, 48 oz	\$4.99	\$1.60
Birds Eye Vegetables, 13 oz	\$1.99	\$0.90
Green Giant Rice Vegetables, 10 oz	2/5.00	\$1.38
Dr. Praeger GF Cakes/Puffs, 10 oz	\$4.49	\$1.10
Pepperidge Farm Garlic Bread, 10 oz	2/5.00	\$0.98



## Fall Harvest Chopped Salad

From the creative kitchens of Culinary Works and chef Julia Deane, we have this wonderful salad to introduce the tastes of fall to your table, with apples, cranberries, and squash perfectly complemented by a fresh homemade dressing.

### Dressing Ingredients

2/3 cup extra virgin olive oil  
 1/3 cup white wine or champagne vinegar  
 1/4 cup maple syrup  
 2 tablespoons Dijon mustard  
 1 garlic clove, minced  
 1 large shallot – chopped fine  
 Salt & pepper

Dressing Directions: In a jar with a tight-fitting lid, combine all ingredients; shake well. Store in the refrigerator. Shake very well before serving.

### Salad Ingredients

1 head escarole – washed and chopped small 1/2-1 wide inch slivers  
 1 large head radicchio – sliced thin slivers  
 2-3 Granny Smith apples – chopped small 1/2 in x 1/2 roughly  
 1/2 cup dried cranberries  
 1 container butternut squash – pre cut – or pre skinned and you chop into large chunks  
 1/2 small red onion, chopped  
 Nuts – toasted – pecans and or walnuts –  
 Blue cheese crumbles

Salad Directions: Coat your squash with olive oil, salt and pepper. Roast in a single layer in 375 degree oven for 20 mins. Check at 15 mins, you want to see some browning and caramelizing. Remove from oven, let cool to room temperature. Toast nuts in hot oven, check after 6 minutes, do not burn, do not walk away, set a timer. Let cool. Make sure all other ingredients are chopped and ready. Add all ingredients to bowl, season with salt and pepper, toss dressing lightly at first and then add more if needed. Toss cheese at end, however much you want, but do not let it overpower.

Note – This is a forgiving recipe, if you have more of one and less of another, it's ok. Chopped bacon or quinoa would also be nice additions. Basically, you are not limited to the recipe.

<https://culinaryworks.com/fall-harvest-chop-salad/>  
 Visit [StewartsMarket.com](https://StewartsMarket.com) for more recipes.

HOUSEHOLD ITEMS	SALE	SAVE
Palmolive Dish Liquid, 20 oz	2/5.00	\$1.58
Fantastik Cleaners, 32 ct	2/5.00	\$2.58
Windex Window Cleaners, 23 oz	2/7.00	\$1.98
Method Hand Wash, 12 oz	\$2.99	\$1.00
Pledge Furniture Polish, 9 oz	2/9.00	\$2.18
Kingsford Charcoal, 16 lbs	\$10.99	\$3.00

PET	SALE	SAVE
Cesar Dog Food, 3.5 oz	\$0.79	\$0.20