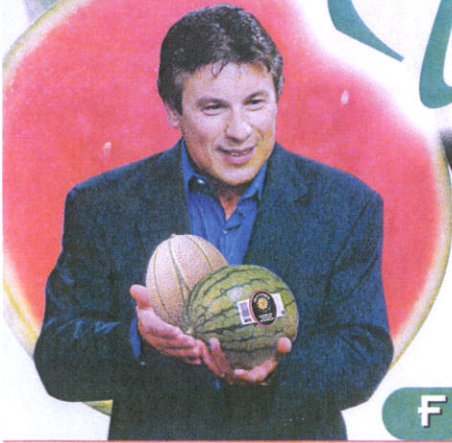


Tony Cantillo

the fresh grocer

Fresh Ideas Magazine

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Looking for the perfect summer melon?

Look no further: The Dulcinea PureHeart® mini seedless watermelon is sweeter than any other mini. With such sweetness and great texture, every bite will be delicious to the end. And there's no tastier, juicier cantaloupe than the Dulcinea Tuscan-Style Cantaloupe™ with grooves that tell you when it's perfectly ripe and ready to eat.

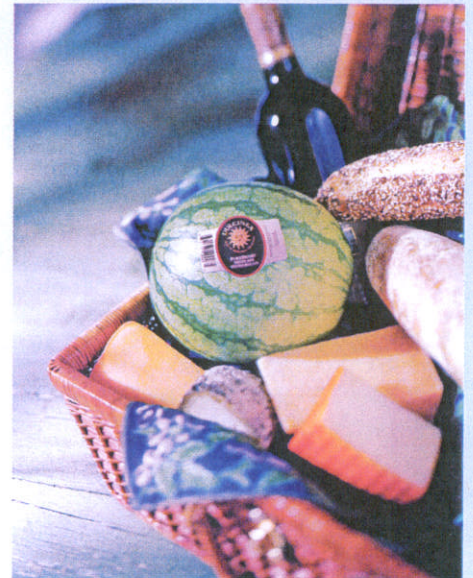
The PureHeart® is the one and only original mini that you can trust to be bursting with flavor! Because of the ultra-thin rind, you can enjoy more fruit to eat. It's convenient to carry, store in your fridge, and share with your family without wasting a bite. Why settle for anything less than the best?

Tuscan-Style Cantaloupe™ is unique and easy to recognize. The grooves

change colors as the fruit ripens. This way you can please everyone. If you like your cantaloupes extra crunchy and light, pick grooves that are greener in color. If you like full flavor and extra juicy melon, pick grooves that are creamier in color. The Tuscan-Style Cantaloupe™ is always ripe and ready to eat.

Dulcinea Farms™ prides itself on its high quality standard, which ensures that every melon is harvested with care and is of the utmost quality. Strict practices ensure that only the ripest melons are hand picked from the vine and packed carefully in each box. Dulcinea guarantees complete satisfaction.

There are so many ways to enjoy a juicy Dulcinea melon! Fun-to-eat,



healthy, and easy-to-make recipes are available at www.dulcinea.com. Make sure to try the delectable Melon Teaser appetizer or the Melon Yogurt Parfait. If you're looking for something spicy and unique, try the PureHeart Salsa. You'll definitely want more.

Be sure to pick only the ripest and best quality fruit. Dulcinea has the winking sun label, and it's the best.



PureHeart Mini Seedless Watermelon and Tuscan-Style Cantaloupe





Lightly Seasoned CROUTONS



Berry Almond Salad

generated roast chicken breast cuts
ely chopped

ins® Original sweetened

n-Roasted or Honey-Roasted

lar raspberry vinaigrette

redients except vinaigrette.

; toss to coat.



Dulcinea® Melon Teasers

Use small cookie cutters to make decorative Dulcinea® Melon Teasers for a delectable appetizer.

Serves 8 to 10

30 or 40 2-inch squares or circles (1/2-inch thick) Dulcinea® PureHeart® mini seedless watermelon

1 cup Dulcinea® Tuscan-Style™ cantaloupe, diced into 1/4-inch pieces

1 tablespoon white balsamic vinegar

4 strips of prosciutto

2 tablespoons fresh basil, sliced

1. Place Dulcinea® PureHeart® watermelon squares or circles on a serving platter and scoop a small amount out from the center to form a small depression (a melon baller works well for this).
2. Toss together Tuscan-Style™ diced cantaloupe and vinegar and spoon into the center of the PureHeart® squares or circles.
3. Place prosciutto between double layers of paper towels and microwave on HIGH for 3 minutes, or until crispy.
4. Let prosciutto cool slightly, then crumble and sprinkle over the melon; top with basil.



organic Tropical 100% Juice Blend



Sweetened Dried BERRIES



Watch Tony Tantillo Monday – Friday during the **CBSS Eyewitness News at Noon**. Tune to **KBLX 102.9**, **The Quiet Storm**, Monday–Friday at 8:05 a.m. to hear the latest on your favorite fruits and vegetables plus tips on how to “Eat Fresh and Stay Healthy” from Tony Tantillo, the Fresh Grocer. To watch Tony’s produce tips anytime, 24/7, go online to:

TONY TANTILLO.COM

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SAFEWAY **Roasted PEANUTS**

PEANUTS

Salted or Unsalted, 8 oz.

With Safeway Club Card
10 for \$10
Club Price: \$1.00 ea.

7/6/09 - 8/2/09 Product may not be available in all locations.

not be available in all locations.