

# The Albion Ragg

## Anniversary Salmon Barbecue!!

Bruce's Country Market is pleased to announce the

### FOURTH ANNUAL SALMON BARBECUE

on Saturday, May 15 from 10:00 a.m. – 4 p.m.

Come and enjoy salmon, salad, a bun and pop for just \$6.00 a plate!!



Come and enjoy food and fun with us!

Mark it on your calendars now! There will be entertainment, free draws and special prices to celebrate the 51st Anniversary of our store, Bruce McEachern's 79th Birthday, John and Glenna Murray's Wedding Anniversary and probably a few other things we haven't thought of yet!

**Free draws include Grimm's Deli Meat, National Cheese, Coca-Cola, Pepsi, Bruce's Country Market Gift Basket, Horizon Foods and more...**

**Tickets will be available at the door – come and bring your friends and listen to live entertainment by local musicians...See you on May 15!!**

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## Anniversary Specials!

Anniversary Specials (while quantities last)

- Deli Ham 300 gram min. .88/100g
- Country Bacon 200 gram min. .99/100g
- Duso's Pastas 20% off regular price until May 30/99
- Bedding Plants 9.99/flat
- Flowering shrubs in Gallon pots from 5.99 each, including rhodos, azaleas and roses –Great Selection!!

## Feature Recipe – Salmon Cilantro & Veggies

This recipe from the Globe and Mail uses the great taste of B.C. Wild Salmon and combines it with grilled vegetables for a beautifully balanced dish. It has more of the beneficial Omega-3 fat found in salmon and less of the Omega-6 fat that we want to avoid for good health. Serves 2-4.

- 1 lb salmon fillets
- 4 large portobello mushrooms
- 1 small eggplant
- 1 red pepper sliced



Barbecue, broil or grill this dish for delicious results!

### Marinade

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1/3 c olive oil                 | 1/2 c vegetable or chicken broth   |
| 1/4 c fresh lemon or lime juice | 2 cloves garlic, minced or pressed |
| 1/2 tsp paprika                 | 1 tsp ground cumin                 |
| 1/4 c fresh cilantro, chopped   | 1/4 tsp cayenne pepper             |

Salt and pepper to taste. Marinate salmon, mushrooms, eggplant, and pepper in large bowl for 1 hour or more. Barbecue, broil or grill. Start with the skin side facing the heat source. Turn once. Cook 8-10 minutes per inch of thickness. ENJOY!!

All these ingredients can be bought right at Bruce's!

## What's new in the Gift Department??

### -Giftware crafted and hand painted in Canada-

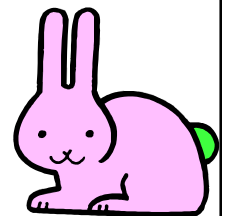
- \* From NEST & BREAKFAST there is an assortment of hand painted wood and glass products with the hydrangea theme
- \* Pansies are the theme from MEYERS, hand painted onto glass and metal. These are fun and decorative spring and summer gifts

### -Coming soon for the Indoor or Outdoor Garden-

- \* Stone Treasure Chimes, Key Covers, Stepping Stones and the most adorable sculpted animals

### -Irresistible Tapestry Bunnies and Mice from Giftcraft-

- \* Look for these great gifts on our shelves. BEAUGOLAIS BUNNIES have names like Georgette, Etienne, Paulette and Cam while MERLOT MICE are named Maurice, Margeau, Zena, Hermes, etc



Special gifts for everyone – even yourself!

### -Have you notice the Echinacea we carry from TUSCAN FARM GARDENS in Langley?-

- \* Echinacea is that wonderful immune herb that has the ability to enhance the immune system by stimulating the white blood cells, our first line of defence against illness. This local organic product has been lab tested and its potency is 5x that of some of the brands we are used to.
- \* ECHINACEA THROAT SPRAY does wonders for a sore throat or used topically for skin inflammation

## Feature Department –Grocery & Cashiers

In past issues of the newsletter we have featured the Fish Department, the Deli, the Gift Department and the Produce and Organics Department. Now it is time to have a closer look at the Grocery Department and the Cashiering Department!!

We're climbing to new heights! Have you noticed the new higher shelf space in the grocery aisles? Built and installed by Bruce McEachern, they give room for a greater variety of staples and natural and organic alternatives to the regular grocery items. It's fine to build new shelves but who's going to rearrange all that merchandise? Bruce and Elnora McEachern and what a great job they did, too! Remember, though, if you can't find it on the shelves make sure you ask for it, as Glenna Murray, store and grocery department manager, will try to find it for you or bring it in on the next order.



See our full range of dairy products...

I'm sure you've noticed the low prices on our Landmark Dairy milk. This is just one of the grocery items that we have been featuring on our daily specials. Come and find more!

In addition to Breyers All Natural Ice Cream, we have Coast Mountain Dairy supplying us with a variety of flavours of "Premium Ice Cream homemade in the Fraser Valley". **TRY SOME NOW!**

Remember that we bring in fresh Terra Breads from Granville Island 3 times a week – Monday, Wednesday and Friday afternoons. They are "all sourdough base" and varieties include Black Olive, Currant, Millet, Italian Cheese, Potato Chive, and Baguettes.

Once you've chosen your purchases you will find one of our pleasant cashiers to wait on you at the front cash desk. Depending on what time of the day and week you come, you will be waited on by Glenna, Angus, Melaina, Tammy, Leona, Jennifer, Carla, Devin, Erica, Georgie, Aaron, Greg, Ester, Krista or whoever we can pull from another department to keep your wait at the cash register as short as possible. Keep it up staff! What a great crew!

### NEW SUMMER HOURS IN EFFECT APRIL 26!!

Monday – Friday 7 a.m. – 9 p.m.

Saturday & Sunday 8 a.m. – 9 p.m.

Come and get an ice cream cone, slurpee or milkshake in the evening

*Enlarged Garden Center at Bruce's  
We now carry roses, trees, shrubs and  
hanging baskets for your enjoyment!*

## NEW PRODUCTS TO ENJOY!!

- Vegetarian Chili and Vegetarian Croissant available in the deli
- All our deli gravies now have NO MSG!
- Try Bert's famous Asian Deli Salad...It's new...It's exciting...
- What about our new Bruschetta on French Bread? Tried that yet? Scrumptious!
- The ALL NATURAL APPLE JUICE by Worrenburg sells in a 3.78l jug and is going fast
- For those with a gluten intolerance and those that just love great bread we have the new Panne Rizo breads in Brown Rice Bread, White Rice Bread, Soda Bread, Cinnamon Raisin Bread – they come in fresh every Friday afternoon..;
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Shade-grown Coffee –  
taste the difference!

**BRUCE'S COUNTRY MARKET**

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23963 Lougheed Hwy  
Box 1036 Albion  
Maple Ridge, B.C. V2W 1W1

Phone: 604-463-9817  
Fax: 604-463-5522

We at Bruce's Country Market would like to pay tribute here to one of our staff that died this year. On January 1, Lyn Verigin died from cancer at the Ridge Meadows Hospital. Lyn was a long-time resident of Maple Ridge and her parents, Ed and June Moore, still live in Albion. Her family and friends were saddened by her unexpected death. Some of our customers may remember Lyn as the manager of the Dairy Queen where she worked before coming to Bruce's Country Market a year and a half ago. Lyn was a reliable, flexible and pleasant person in every situation. We will miss her. Our sincere sympathy goes out to her sons and the rest of the family.

*Friendly Country Service Since 1948*

## Store News Update

We would like to thank Lisa Bosshart for managing the deli since we opened it in April, 1996. Lisa retired in December, 1998 and we wish her all the best of a happy, long retirement.

Taking her place at the deli is Bert van den Brink, an excellent cook and manager. Come in and try some of Bert's new dishes – we love them and think you will too.

Have you heard about our new Order Service? Just phone, fax or mail an order to us from the list of mail-order products and let us know how you want it delivered and we will advise you of the price of delivery and include it in the cost of your order. All you have to do is place the order and we will do the work! See enclosed form for more details.



Order Service Now Available on certain products!

We would also like to take this opportunity to thank you, our valued customers, for making 1998 a successful year for us here at Bruce's Country Market. We are looking forward to a happy and prosperous 1999 and wish the same to you! We welcome you to speak to us about any products that you would like to buy at the Market. We will do our best to bring them in!

All prices in the newsletter are subject to change and while quantities last.