



# The Albion Ragg



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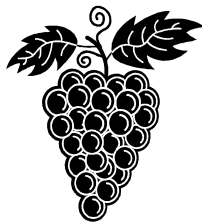
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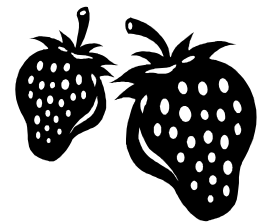
## Valentine's Day is Coming!

Check out all of the exciting specials Bruce's Country Market is featuring for Valentine's Day! While you are in the Market, make sure to enter our Valentine's Day Draw!

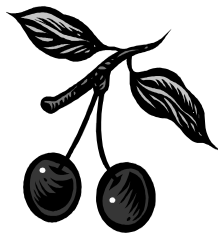
## Tired of the Winter Blues?



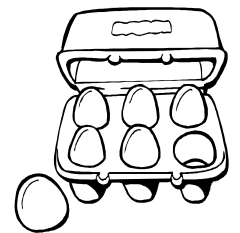
Come into Bruce's Country Market this month and treat yourself to fresh Pineapple, Mango, Papaya, Grapes, Star fruit, and yes - even Fresh Strawberries are available at Bruce's. While



you are in the market, take a look at the ever-expanding Organic Foods Section. Maplehill Farms Free Range brown eggs have been a great success at Bruce's since we introduced them last year. Did you know we also carry Maplehill Farms Chicken? It comes in every week and is found on the bottom shelf of the Organics freezer



next to the Green Cuisine "Tempeh" products. It's the best tasting chicken you've ever had! Let us know if you want it fresh and we won't freeze yours when it comes in on Wednesdays.



## A Sweetheart Lunch in Bruce's Deli!

Plan on coming to the deli in Bruce's Country Market on Valentine's Day for a special lunch 10:30 am to 2:00 pm and receive a free Valentine's Day treat for dessert!



Every day is a great time to visit our deli. Try our delicious selection of breakfasts, served from 7:00 am until 10:30 am every day. If you haven't tasted our Homemade Salmon Chowder yet, make a special trip to Bruce's for lunch and try some soon. Delicious homemade chili, soup, sandwiches and daily entrées are always on the menu.

## Mango Fish Wraps

### **Ingredients**

1 cup chopped mango	1/8 tsp pepper
1/2 cup chopped red pepper	2 tsp chopped jalapeno pepper (optional)
1/2 cup chopped fresh cilantro	1 Tbsp olive oil
1/2 cup chopped fresh parsley	1 lb snapper or other fish fillet, cut into 1" cubes
Juice from 2 limes	14 oz can of black beans, drained and rinsed
3 Tbsp white wine vinegar	1 cup cooked long grain rice
1 Tbsp minced garlic	8 large soft flour tortillas
1 Tbsp oregano	
1/4 tsp salt	

### **Method**

In a glass bowl, combine the mango, red pepper, cilantro, parsley, lime juice, vinegar, garlic, oregano, salt, pepper and jalapeno. Heat the olive oil in a pan and sauté the fish for 3 minutes on medium heat. Add beans, rice and mango mixture. Stir gently and serve warm. Makes filling for 8 large tortillas.

### **New Spices at Bruce's!**

Do you want quality spices without added fillers? Bruce's Country Market now carries 100% natural spices for our quality seafood and salmon. Look for West Coast Clam Chowder, Barbeque Salmon Seasoning, Pacific Seafood Seasoning, and others. A little spice goes a long way!

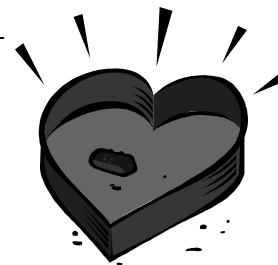
Vancouver Spice



Company

### **Does Your Sweetheart Love Chocolate?**

We have many varieties of chocolate at Bruce's Country Market. From chocolate sauces and pie crusts to imported chocolate bars and gourmet boxed chocolates. Looking for something new to try? Roger's World Famous Chocolates are available at Bruce's Country Market.



### **Gift Baskets**

Bruce's Country Market offers a selection of unique Valentine's Day Gift Baskets. We have baskets to suit all tastes and budgets. If you are looking for specific products in your basket, we can custom-make a basket for you. Please order as early as possible to ensure completion by Valentine's Day.

## Valentine's Day 2002

Now is the time to say "I Love You"  
in any language you speak!

♥ Je t'adore ♥ Jeg elsker dig ♥ Te amo  
♥ Ik ben verliefd op je ♥ Jag a'iskar dig  
♥ Suki desu ♥ Ti voglio bene ♥ Ich liebe  
dich ♥ Iniibig kita ♥ S'ayapo ♥

In our gift department at Bruce's  
Country Market there are many ways to  
express your love to the special people in  
your life. Valentine cards can help you ex-  
press by verse! Flowers say so much with  
their beauty and their big smiles. Roses,  
mixed bouquets, tulips, carnations and  
potted plants will be available. A single  
long-stem red rose is \$5.95.

There are many gifts to choose from  
including a great selection of RUSS  
PLUSH, a favorite on Valentine's Day.  
Mambo Monkey, starting at \$12.95, is  
pure white and holds a big, soft, red  
heart. Scarlet Bear is scarlet red and



starts at \$10.95. The colors of Iris Bear and  
Cheri have to be seen to be appreciated! We  
must make mention of Honey Bear who is  
honey brown with a red bow and starts at  
\$15.00. All bears are very huggable. Other  
beautiful gifts include photo frames, mugs,  
votive holders, planters and candy dishes.  
The heart pillows and matching fabric  
frames are special gifts, as are the Red Bud  
Vases, which come in three shapes and  
start at \$8.95. We also have a large selec-  
tion of small beanbag softies. Come and  
see!

**We are having a Valentine's Draw!**  
**The largest member of the Mambo Mon-**  
**key family could be yours! This monkey**  
**is jumbo size and will need lots of BIG**  
**HUGS! Put your name and telephone**  
**number in the draw box from Jan 26 to**  
**Feb 13. The winner will be drawn Feb**  
**13th after 5 pm. Good Luck!**

## Valentine's Day in the Natural Health Department

Give a gift of beauty and relaxation to **your Valentine** this year. Our Health and Wellness Department has a wide variety of aromatherapy products to enhance your life.

**AURA CACIA "LAVENDER FIELDS" MINERAL BATH** is only \$7.99 and can be used in spas and whirlpools! Tuscan Farm Gardens has a wonderful soothing Lavender "Body and Environment" spray and Prairie Naturals has Lavender "Bath Jewels" for only \$3.99.

**HAND-CARVED SOAPSTONE DIFFUSER LAMPS** from \$12.99 to \$22.99 are a tasteful way to permeate your home or workplace with uplifting, stimulating or relaxing scents. Just consult our aromatherapy wheel and choose your essential oil. We would love to help you with suggestions or advice when you can't decide.

**HEALTHY SCENTS** is a local company who hand-produces small batches of effective, natural creams and lotions. Come in and sample the Invigorating Cream, brand new on our shelf. A 50 ml jar of this amazing cream is only \$11.99. This is just one of a fabulous line of aromatherapy products Healthy Scents produces. Also try their Rejuvenating Cream, Hard Hands Lotion and a beautiful spray mist for children, "Sleep Ease Mist Spray", for only \$8.99. Just spray the room where your child will be sleeping 20 minutes prior to bedtime.

### **GARDENER'S DREAM CREAM**

is here! Although it can be used simply as a hand cream, Dream Cream is so much more!! Made on Saltspring Island and marketed in

Canada since 1989, Gardener's Dream Cream has proven effective for relieving and healing dry, cracked hands, heels, knees and fingers, as a barrier cream and hand cleaner, as a massage medium, for hardening nails and softening cuticles, and as a deodorant and hair conditioner. Customers claim it to give relief for burns, latex glove rash, cold sores, chemotherapy rash, arthritis, psoriasis, and more. **Please come and sample this national Award Winning cream in our store.** You'll want to buy some for sure after you try it. 60 ml—\$14.99, 125 ml—\$19.99, 250 ml—\$35.99. It's an unbelievable dream!

**Another new B.C. Product for our store is "Estevia".** Grown and produced near Vernon, B.C., Estevia is the trademark name for an amazing stevia product. The Estevia Light or "Clear" is a liquid extract supplement of intense sweetness that has no negative side effects. We also sell "Estevia Mandarin" which is a flavored dark stevia liquid extract, wonderful for



adding to your coffee or in your baking. Come in and ask for a sample of either. Watch for a demonstration and sampling session by the producers of ESTEVIA at our store soon.

Estevia Light 50 ml \$12.99

Estevia Mandarin 60 ml \$24.99

(From certified organically grown stevia.)

## CLEANSING

Have you wanted to try a “cleanse” and are just not sure about it? **WILD ROSE**

**HERBAL D-TOX** program is the plan for you. The Wild Rose Kit contains everything you need for the 12 day detoxifying process as well as a meal plan to follow while you cleanse! When should you use a Herbal D-Tox program? Twice a year is recommended but, while it won't hurt to cleanse more frequently, do not use this program more often than every two months. Please follow the instructions and read the guide carefully to enjoy a supreme feeling of good health afterward! For only \$35.99, Wild Rose Herbal D-Tox is an excellent cleansing program for the experienced or novice. Come in and find out more about it now!

## WEIGHT LOSS

As usual at this time of year, people are very conscious of body weight. One of the most common New Year's resolutions in our society is to lose weight and eat a more healthy diet. You can do both of them with one excellent product and some self-discipline. **Trophic CLA One**, Conjugated Linoleic Acid is made from 100% Natural Safflower Oil. Studies show that this

“slimfit” softgel could:

- REDUCE BODY FAT WHILE INCREASING LEAN BODY MASS
- CONTROL TYPE II DIABETES
- REDUCE LDL CHOLESTEROL BY 10 POINTS IN 12 WEEKS, THUS LOWERING RISK OF HEART DISEASE.

Trophic CLA One is the only CLA product that is third-party certified to consistently contain 75% active isomers content. This gives it more POWER to act. It is free from herbicides, pesticides, alcohol, and petroleum-based additives. Take three softgels a day and notice results within 4 to 6 weeks. Maintaining results that will indicate better health and weight loss will not be difficult. Only \$18.99 for 60 softgels; \$32.99 for 120.

## SNORE RELIEF

Don't forget the wonderful SNORE-X that we mentioned last newsletter! Customers have tried it and maintain that it works — their partners are **VERY HAPPY!**

**The Health and Wellness Department** is pleased to welcome \*Laura Teripochi to present products every Saturday from 11 am to 4 pm. Come in and see what she is sampling each week. You'll be impressed by our expanded range of products to help you maintain good health naturally!  
\*Laura has her Health Food Store Consultant Certificate and is looking forward to helping you.

**Bruce's Country Market**  
[www.bruces.ca](http://www.bruces.ca)

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**Friendly Country Service**  
**Since 1948**

All prices and products featured are subject to change and while quantities last.

## The Story of Bruce's Country Market

- Bruce's Market was opened on April 2, 1948 by Bruce and Elnora McEachern, and is still owned and operated by the McEachern family.
- We have been commercial fishermen for 4 generations and now operate a fleet of salmon gillnet boats, a processing plant, and our own smokehouses.
- Bruce's Country Market is our retail outlet for fresh salmon from our fish boats and smoked salmon from our smokehouses. We guarantee freshness, quality and flavor with every purchase.
- As well as our fish department, Bruce's Country Market has a beautiful produce department, a delightful gift section, a large deli, and a wide variety of grocery items.

# Bruce's Country Market's 2nd Annual Prawn and King Crab Fest

Featuring Delicious King Crab  
and three different sizes of Black  
Tiger Prawns!

31/40 Prawns	\$9.99/lb
8/12 Jumbo Prawns	\$16.99/lb
4/6 Jumbo Jumbo Prawns	\$19.99/lb
King Crab Special	\$19.99/lb

**All Valentine's Weekend Long**  
**February 14th-17th**

