

The Albion Ragg



Inside this issue:

Feature Recipes	2
Valentine's Gifts	3
Essential Oils	3
Health and Wellness	4
New Grandson!	4
Custom Smoking	5
Seafood Specials	5
Family History	6

Follow your Heart to Bruce's Country Market!



At Bruce's Country Market, we take care of your heart year round! Everyone knows how important a regular diet of seafood, especially WILD BC SALMON is to maintaining your heart health. We also carry a broad selection of fresh fruit and vegetables, fresh baked goods, dietary supplements, vitamins, organic foods, and essential oils to improve and maintain your health. When Valentine's Day comes around, we also turn our attention to love. Come to Bruce's Country Market and pick out the perfect gift for your loved one or friend. We have a good selection of high quality gifts at very affordable prices. While you're here, pick out one of our beautiful Valentine's Day cards, or maybe some fresh roses or other flowers to take with you. Don't forget to order your seafood for Valentine's dinner! Bruce's Country Market can be a very busy spot on Valentine's day, and if you order ahead we can have your order ready ahead of time!



Bruce's is a WILD Place for BC Salmon!

All our salmon products at Bruce's Country Market are from Wild BC Salmon!

Bulk Coffee at Bruce's

Bruce's Country Market now carries three varieties of organic bulk coffee in our new bulk food section. Our most popular Organic Saltspring Island Coffees, Blue Heron, and French Roast are sure to please. Looking for more local products? We also carry Maple Ridge's Best Gourmet Organic Coffee. Using hand sorted, 100% Arabica beans ensures quality!



Feature Recipes

Shrimp and Asparagus

Method

Prepare shrimp, set aside.
Drain and slice water chestnuts.
Arrange shrimp, chestnuts, onion, mushrooms, celery, oranges, and asparagus on a large tray.
Heat oil in a wok or skillet. Add onion, celery, salt, pepper, and sugar, stir-fry until vegetables are tender but still crisp. Add asparagus and shrimp, place water chestnuts and mushrooms over shrimp. Sprinkle with soy sauce, place orange sections on top. Cover, cook until mixture steams. Reduce heat, simmer about 10 minutes.
Serve with rice.

Yield 6 servings.

Ingredients

1 pound cooked shrimp
1 can water chestnuts, drained, sliced
1 medium onion, sliced (optional)
1 cup sliced fresh mushrooms
1 cup diagonally sliced celery
1 small can mandarin oranges, drained
1 1/2 pounds fresh asparagus, steamed
2 tablespoons oil
1/4 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoon sugar
2 tablespoon soy sauce
Cooked rice

Orange and Fusilli Pasta Salad

Ingredients

4 oz. fusilli or bowtie pasta
2 fresh oranges, peeled, separated into segments, halved.
1 can garbanzo beans, drained and rinsed
1 1/2 cups cauliflower flowerets
1 can sliced ripe olives, drained
1/3 cup sliced green onion
Orange herb dressing (see below)

Method

In a 3-quart saucepan of rapidly boiling water, cook pasta in unsalted water according to package directions, drain. Rinse several times with cool water, drain again. In a large bowl toss together cooled pasta, orange half-segments, garbanzo beans, cauliflower, olives and onion. Pour dressing over salad, toss well. Cover and chill at least 1 hour to allow flavors to blend, stirring occasionally.

Makes 6 to 8 servings.

Orange Herb Dressing

Method

In a shaker jar with lid combine all ingredients. Cover and shake until well blended. Makes about 1/2 cup.

Ingredients

1/4 cup white or red wine vinegar
Juice of 1 orange (1/4 cup)
1 tablespoon vegetable oil
1 teaspoon each crushed dried basil and oregano
1 clove garlic, minced
1/4 teaspoon pepper

Coming Soon!

Look for Certified Organic Beef at Bruce's Country Market! Due to popular demand, we are expanding our natural source meats to include 100% Organic Beef!



Valentine Gifts!

*Love is the language of the heart
Valentine's Day is the time to express that
Love with a special little gift,
or maybe some beautiful flowers!*



In our Gift Department at Bruce's County Market, we get excited about **Valentine's Day!** If you are looking for a gift for your Valentine, we have many wonderful ideas! We will have lots of fresh **Flower Bouquets and Roses**. A single long stem rose with greens starts at \$5.95. We have a wide variety of tasteful **cards**, you will have no problem finding a message that suits your situation. Looking for a gift that features a **heart**? We have lots of choices, including:

- Heart Trinket Boxes** - with words like Harmony, Faith, Love, and Joy inside!
\$7.95 and \$12.95
- Angel Cheeks** - holding a heart \$9.95
- Bobbling Frogs** and **Dogs** carrying Hearts \$6.50 and \$5.95
- Blinking Heart** Pins \$4.50

YOUNG LIVING™ *The Essence of Life™*

Come and learn about the Healing Power of our incredible **Pure Essential Oils**. Young Living Essential Oils are:

- Organically Grown!
- Guaranteed Pure!
- Therapeutic Grade!

Throughout the ages the **heart** has been referred to as a spring of intelligence! Now neuroscientists have discovered that the heart is not simply a pump, but has its own complex nervous system referred to as the "brain of the

heart". The heart is in constant communication with the brain. The head works out the details that allows the hearts desires to be manifest. We can encourage the love from our hearts and diminish the fear in our mind by creating harmony between the heart and the head! How?

- **Get quiet** - listen to your heart's intelligence
- **Write your desires down** in detail
- **Practice the art of love** and watch it come back to you
- **Use Young Living Essential Oil Blends** to help bring the desire of the heart to the physical realm.

Come to Bruce's Country Market to learn more about Young Living Essential Oils.

Health and Wellness

It's almost Spring!

Spring is the perfect time to detoxify. Have you heard of the Wild Rose Herbal D-Tox Program? A customer requested we sell the Herbal D-Tox Program several years ago and since then, many satisfied customers have brought their friends back to get them started on the program too! For only \$35.99, you can buy the complete kit containing the four products recommended and the food list for suggested dietary regulation during the 12 day program. You'll feel so good afterwards, you may not ever eat the "taboo" foods again!! Try one now ~ for only \$35.99.

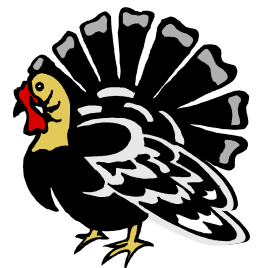
Caring Moms

So often Moms of toddlers are struggling with their question "What can I give my young child to soothe them that won't have any negative side effects?" Bruce's has an excellent organic, alcohol-free dietary supplement that may be your answer. Eclectic Kids "Chamomile Catnip" soothes during teething, stomach upset and "out of sorts" feelings. Check with your health professional and always administer these drops according to the instructions. 1 fluid ounce bottle for only \$9.99. Both Mom and Child will feel better!

Maplehill Farm Grade A Free Range Turkeys

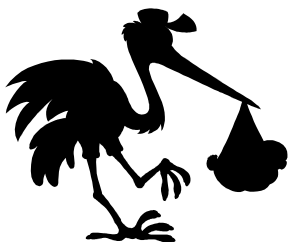
We have Grade A Maplehill Farms Free Range Turkeys available in our organic freezer for \$2.99/lb! For flavor, nutrition, and quality, you can't beat these turkeys. Try Kathleen's favorite way to roast a turkey:

- 1) Thaw completely.
- 2) Stuff with your favorite dressing.
- 3) Place turkey breast side down in a roasting pan.
- 4) Preheat oven to 400°F.
- 5) Cook turkey uncovered 8 minutes per lb. After one hour, place a sheet of foil over turkey if skin is getting too dark.



Baby News!

Ryan and Leona McEachern (nee McDonald) had their first baby on Tuesday, Jan 28, 2003! **Nolan Ryan McEachern** weighed 8 lbs 12 oz and is a happy, healthy grandson for Darrel and Kathleen McEachern, great-grandson for Bruce and Elnora McEachern and a "real" cousin for Megan and Sasha Radom, who are thrilled to finally see this "Brand New Person". Congratulations Ryan and Leona, on a beautiful son!



Seafood Specials!

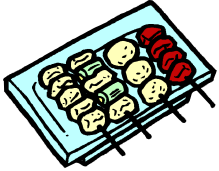
Looking for Something New?
Come to our Seafood Counter!

Prawn and Salmon Skewer

Sockeye salmon, prawns and fresh vegetables!

Sockeye Salmon Wrap

Stuffed salmon, shrimp and asparagus marinated in lemon dill sauce tucked around a sockeye fillet!



Our salmon products are **B.C. "Wild Salmon"**.
Guaranteed to be delicious and nutritious!



On Special for Valentine's Day!

Black Tiger Prawns	\$9.99/lb
Giant Prawns	\$19.99/lb
Jumbo Prawns	\$21.99/lb
Skipper Tails (like lobster)	\$19.99/lb
Giant Scallops	\$16.99/lb

Call ahead and your order will be waiting for you!

Thank You!

Bruce's Country Market would like to thank our hard-working Custom Smoking Crew. A very large run of salmon on the Fraser River this year brought hundreds of customers to our seafood department requesting custom smoking of their salmon. At one time we had 15,000 lb in the freezer and 275 customers on the waiting list! A big thanks to all the patient customers and to our staff for a job well done.

Another new smokehouse tops the list of equipment to acquire before the new season to serve you better.

Bruce's Country Market
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.

It's All In the Family!

Our regular customers will realize that many of the employees and managers at Bruce's Country Market are related. It was Bruce and Elnora McEachern that started the original Bruce's Market in 1948, and their three children and spouses run the new Bruce's Country Market. The history of how our family came to the Fraser Valley and started in the fishing business is an interesting story. Here is a short version as told by Glenn McEachern, Bruce's younger brother:

Dan and Minnie McEachern lived in Saskatchewan and had 11 children, 9 boys and 2 girls. Dan and the oldest son Bud came out to Langley and started a farm and farmhouse in the area now known as Walnut Grove in 1935. Bud stayed on the farm and Dan returned to Saskatchewan to bring the rest of the family out. There was no good road through Canada at this time, so Dan, Minnie, and the rest of the children came through the United States, everyone loaded in one truck and one car! Dan started fishing in 1936 as well as farming in a small way, as land had to be cleared, and the only help besides manpower was a team of horses. Dan and Minnie remained on the farm property until 1974, at which time they moved to Albion. Dan fished the Fraser River in the Barnston Island Slough, with the odd trip to the Gulf of Georgia. Each of the nine sons were involved in the fishing industry at one time during their working years with WWII causing interruptions for some. They were also involved in logging, shipyard work, boat construction (wood, steel, aluminum and fiberglass), and house construction during the off-season from fishing. Bruce McEachern became a full-time store keeper in 1948. Dan McEachern fished each year until his retirement in 1960, having stopped farming 5 years earlier. Each of the boys acquired knowledge of fishing and net mending through "apprenticeship" with their dad. The "McEachern Boys" worked in many areas of the fishing industry, from the Fraser River to the Bering Sea, in gillnet, long-line, troll and seine fisheries, as well as the transport of fish. They fished salmon, herring, dogfish and halibut. Some of Dan McEachern's grandchildren and great-grandchildren are carrying on in the fishing industry. The latest addition to the McEachern family is Nolan Ryan McEachern, son of Ryan and Leona McEachern, grandson to Darrel and Kathleen McEachern, great-grandson to Bruce and Elnora McEachern, and great-great-grandson to Dan and Minnie McEachern. Nolan is the 184th direct descendant of Daniel and Minnie McEachern! With four generations of British Columbia fishermen behind him, he will have lots of help if he decides to try his hand at fishing.

