

The Albion Ragg



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Salmon Season is Here! Fresh Wild Salmon at Bruce's Country Market!

One of the best things about summer at Bruce's Country Market is our **Fresh Wild Salmon!** Since the 1930's our family has been fishing the British Columbia Coast for salmon. This summer **Bruce's has Fresh Wild Red Spring Salmon, head on, \$7.99/lb.** All our smoked salmon products are made from Wild Salmon. Check out our recipe page in this newsletter and past issues for good ideas on cooking salmon.



Silver Totem, 2006

Bruce's is a WILD Place for Salmon!

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

SAMPLE SATURDAYS!

Starting July 1st, Bruce's is introducing *SAMPLE SATURDAY*. Each Saturday we will be giving out samples of our favorite products! Featured Products are **10% off!**



Pan-Asian Broiled Salmon

Method

- Preheat oven to 400F.
- Mix honey and butter together. Set aside.
- Add salt to minced green onions to soften them.
- Lay salmon fillet on greased baking pan (or lined with foil), skin side down.
- Rub onion mixture onto the salmon and let stand about 30 minutes.
- Bake for 10-15 minutes until nearly done. Remove from oven; turn temperature to broil. Baste salmon with the butter and honey mixture, and broil until the fish is brown and bubbling. Watch carefully to prevent burning or overcooking. Serve immediately.

Serves 2-3

Ingredients

- 2 Tbsp honey
- 2 Tbsp melted butter
- 2 green onions
- 2 tsp salt
- 1 1/2 lb salmon fillet



Cheesy Asparagus and Citrus Lasagna

Method

- Preheat oven to 400F. In a medium saucepan, melt butter over medium heat. Gradually add flour, continuously whisking for 1 min. Still whisking, add milk; bring mixture to a boil. Reduce heat; stir until thickened (approx. 8 min.). Remove from heat. Add ricotta, 1 1/2 cups of the grated mozzarella, lemon zest and juice, thyme, pepper and salt; stir until cheese melts. Set aside.
- Cut off tough bottoms of asparagus; discard. Cut remaining tender stalks into 1 inch pieces. Then bring medium saucepan of water to a boil and blanch the asparagus (approx. 2 min.). Transfer to ice bath to prevent further cooking. Drain and set aside.
- Bring large pot of salted water to a boil and cook noodles al dente; drain. Line the bottom of a 9x13 inch baking dish with three noodles; top with one quarter
- of the sauces and one third of the asparagus. Repeat two more times and finish with one final layer of just noodles and sauce. Sprinkle with remaining 1/2 cup of grated mozzarella and grated parmesan.
- Place dish on a baking sheet and bake for 30 to 35 minutes or until top is golden. Let dish stand for 15 min. before serving. *Serves 8*

Ingredients

Sauce:

- 1/3 cup butter
- 1/3 cup flour
- 4 cups milk
- 3/4 cup ricotta cheese
- 2 cups shredded mozzarella (divided)
- 2 tsp grated lemon zest
- 1 Tbsp fresh chopped thyme
- 1 tsp cracked pepper
- 1 pinch sea salt

Other layers:

- 3 lbs asparagus
- 12 lasagna noodles
- 2/3 cup grated parmesan

New Fragrances

Taj Mahal Perfume Oils!

Quality Perfume Oils from Nemat — Taj Mahal Perfume Oils are high quality exotic perfumes, free from alcohol and animal products. Presented in a lovely roll-on container, they are perfect for your purse or toiletries case. The ten fragrances include *Amber, Egyptian Musk, Himalayan Musk, Jasmine, Lavender, Lotus, Narcissus, Sandalwood, Vanilla* and *White Musk*. Try some today! *Only \$9.99*. Introductory price!

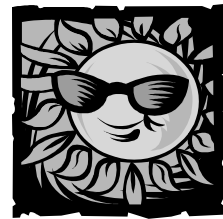
Summer Sun!

Don't forget to protect yourself while you're playing outside this summer. **Alba Botanicals** has a wonderful line of sunscreens that are so good for you.



Alba sunscreens are:

- water-resistant
- hypo-allergenic
- paraben-free
- not tested on animals
- 100% vegetarian



Bruce's has introduced this line at \$7.99 for 118ml in Kids SPF 32, Adults Lavender SPF 30 and Sports SPF 32.

Saltspring Coffee



For years now, Saltspring Coffee has supplied our Spring Festival/Salmon BBQ and AppleFest with their coffee. Thank you Saltspring Coffee! This year they have installed a coffee grinder in our bulk foods section so that our customers can enjoy freshly ground Saltspring Coffee. Bruce's carries Saltspring's *organic, shade-grown, fair trade* coffee beans all year! There are lots of different roasts so come and try it.



New In Our Pastry Case and Bakery

New from Trumps Bakery...

- **4 inch Blueberry Pomegranate Tartlett:** a fresh twist on an old favorite!
- **Blueberry Bars:** a great summertime treat
- **Chocolate Chip Banana Loaf and Orange Spice Loaf:** we now have added these tasty treats to our lineup of loaf slices. We continue to carry Lemon, Banana, Carrot Date and Lemon Blueberry Streusel.



New from WOW Factor Desserts...

- **Chocolate Cadillac Cheesecake:** Rich chocolate cheesecake made with the finest chocolate. Chocolate bits are folded into the fresh whipped cream topping which is crowned with white and dark chocolate curls. Finished with a drizzle of chocolate.
- **Chocolate Caramel Cake:** Three tiers of chocolate cake drenched with their oh-so-good homemade caramel. The cake is covered with milk chocolate fudge, draped in caramel and drizzled with dark chocolate.

New from Terra Breads...



We now carry the 750 gram bag as well as the 450 gram bag of **Terra Granola**. Made with organic grains (millet, sesame seed, barley, flax, sunflower seeds, whole wheat, oats), cashews, almonds, coconut, dates, rolled oats, honey, canola oil, organic raisins, filtered water, and dried sweetened cranberries. Antioxidants and Omega 3's in every tasty spoonful!

New in the Gift Department

Canada Rocks!

Souvenir and Collector Items all proudly display the great Inukshuk! This collection includes magnets, pencils, mousepads, caps, greeting cards, luggage tags, pens, toques and T shirts. The T shirts come in Red and Sport Grey with Maple Ridge, BC screen-printed on the sleeve. From \$2.95-\$19.95.



Décor Tiles from *Wild Rose Pottery*: Winnipeg, Manitoba.



These Chinese Character Tiles are handcrafted and mounted on a black wood frame. *Square tiles: \$18.95.* Parchment Tiles are made with rough torn edges and are 7 1/2" square. *Parchment tiles: \$38.95.*

Very artistic and pleasing to the eye!

Bruce's Country Market Announcements!

Graduations

We are fortunate to have many students working part time for us. We wish to say "Thank you" for squeezing us in your busy schedules and "Congratulations" on your achievements in school. We hope some of you will be staying around for a while!



Garrett Blanksma

Loxton Lam

Andrea Rushinski

Nicole Fletcher

Vanessa Jefferson

Josh Laidlaw (SFU)



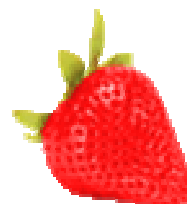
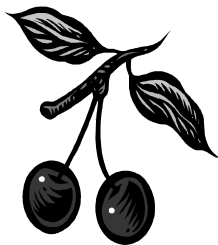
Family News!

Congratulations to *Aaron Murray* and *Amanda Koehler*, who are engaged to be married November 25, 2006. We wish you a fun-filled, happy engagement and many wonderful years to come!



Local Berries and Produce at Bruce's!!

Come to Bruce's for "One-stop shopping" this summer! We have everything for your barbeque, party, snacks and full course meals. Lots of our customers already know that we have a wide variety of specialty items as well as grocery staples. It's amazing that one small store, Maple Ridge owned and operated, can offer everything you really need for you and your family's meals. Buy local berries, lettuce, potatoes, fish, meat, bread and pastries. Take home our Bruce's Salmon Chowder, or Salmon Pate for a truly gourmet fast-food meal. Watch for BC fruit as it comes in season this summer: **peaches, strawberries, cherries, pears, blueberries, blackberries and apples.**



**Don't forget to mark your calendar for
Bruce's Apple Fest 2006: Saturday, October
14th, 10am-5pm!**



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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.

Welcome New Neighbours!

We have seen the Albion area develop over the last few years in an unprecedented way. Hundreds of new houses have been built and hundreds more are being built as we speak. We are noticing and welcoming many new faces to our market. We'd like to take this opportunity to introduce ourselves and to welcome our new neighbours to Albion!

Bruce's Country Market has all your household needs. We have a grocery department, a large, fresh produce and organic section, health and wellness products and a well-stocked deli and coffee shop providing full meals everyday. We serve a hearty breakfast, lunch and dinner. We have an extensive seafood counter including our own high quality, smoked salmon. We also custom smoke your fish... *you catch it, we'll smoke it!* Bruce's has a fully-functioning post office and mailboxes. Our store hours this summer are 7am-9pm weekdays, and 8am-9pm weekends. We can also deliver grocery orders over \$30 and within 5 miles of the store.

Bruce's Country Market is Albion-owned and operated. The store is currently run by Bruce and Elnora's children and spouses: Darrel and Kathleen McEachern, Glenna and John Murray, and Angus and Marj McEachern. Many of Bruce's grandchildren are also employed at Bruce's Country Market.

Bruce, his children, and his grandchildren have been fishing salmon off the coast of BC for many years now. Some of the salmon is brought back to the store and sold to our customers. We also sell salmon to other fine establishments such as Capers and Longliner in Vancouver. When you purchase salmon at Bruce's, you are guaranteed to be buying only Wild Pacific Salmon.

Welcome to our neighborhood and we hope to serve you soon!

