

The Albion Ragg



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APPLE FEST 2006! Bruce's 5th Annual Apple Festival!



**Saturday, October 14th, 2006
10am—5pm rain or shine!**

- ◆ **Apple Crisp and Ice Cream \$1.00!**
 - ◆ **Case Lot Apple Sale!**
 - ◆ **Bruce's "Red Tag Sale" Table!**
 - ◆ **Free Saltspring Island Coffee and Hot Cider!**
- ◆ **Sample Unusual Varieties of Apples!**
- ◆ **Enter to win our Apple ID Contest. Winner gets a \$60 Bruce's Gift Basket!**



Bruce's is a WILD Place for BC Salmon!

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



Order Your Fresh Free-Range Thanksgiving Turkey Now!



Our turkeys are locally grown and delicious!

Taste the difference that free-range makes this year! Call us now and place your order ~ \$3.49/lb.*

Available for pick-up from Thursday, October 5, 2006.

*Small = 13-15 lbs/Large = 16-18 lbs

Why not order two turkeys and freeze one for later!

Feature Recipes

Fish and Shellfish Stew with New Red Potatoes

Method

- ◆ Melt butter in a large saucepan over medium heat. Add celery and onion and sauté until onion is translucent, 2 to 3 minutes. Add chicken broth, bay leaf, salt and pepper. Bring to a boil over high heat, reduce heat to low and simmer for 10 minutes. Add potatoes and cook until nearly fork-tender, about 10 minutes.
- ◆ Cut fillets into 1 inch pieces and add to pan along with the scallops. Cook until just opaque, 3 to 4 minutes. Add thyme and parsley. Taste and adjust seasoning. Ladle into warm bowls to serve.

Makes 4 servings.

recipe from Williams-Sonoma New Healthy Kitchen: Main Dishes

Savory fish and shellfish stew is satisfying and low in fat!

Ingredients

- 2 tsp. butter
- 2 stalks celery, chopped
- 1/4 cup finely chopped yellow onion
- 4 cups chicken broth
- 1 bay leaf
- 1/4 tsp. each salt and freshly ground pepper
- 6 small red potatoes, quartered
- 1 1/2 lb. fillet (halibut, cod, sole etc.)
- 1/2 lb. scallops
- 1 tsp. fresh thyme, chopped
- 1 tsp. fresh parsley, chopped

Apple and Broccoli Soup with Brie

Method

- ◆ Peel broccoli stalks; trim ends. Cut florets into 1 inch pieces and stalks into 1/2 inch dice. Peel, core and chop apple coarsely. In a large heavy saucepan, melt butter over medium-low heat; cook shallots and apple until softened, about 5 minutes. Add broccoli, stock, salt, pepper and cayenne; bring to a boil, reduce heat and simmer, covered, until broccoli is tender, 10 to 15 minutes.
- ◆ Puree in food processor or blender until smooth. Return to saucepan, whisk in cream and taste to adjust seasoning. Pour into warmed soup bowls, garnishing before serving with chives and a sprinkle of brie.



Ingredients

- 1 bunch (1 lb) broccoli
- 1 lg. apple (McIntosh, Golden Delicious or any cooking apple)
- 2 Tbsp. butter
- 1/2 cup chopped shallots
- 4 cups chicken stalk
- 1/4 tsp. each salt and pepper
- Pinch cayenne
- 1/4 cup sour cream
- 2 Tbsp. snipped chives
- 1/2 cup diced brie cheese

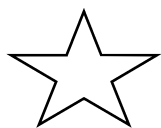
Makes 4-6 servings

Taken from Agriculture and Agri-Food Canada website

Warm up the season with a comforting, Fall soup!

Fresh Baked Apple Pies for Apple Fest!

Bruce's 8" Apple Pies will be on Special for One Day Only! Saturday, October 14th Apple Fest Day! \$4.00 each or



2 for \$7.00



More Apple Fest Specials!

8" Handmade Apple Strudels

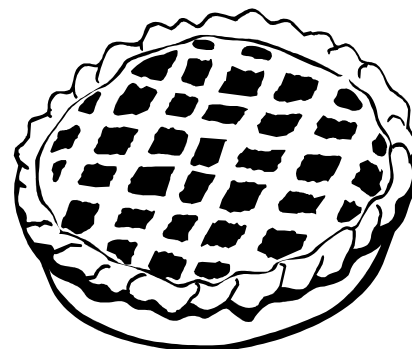
Handmade Apple/Blueberry Crumble

9" Handmade Deep Dish Apple Pie



Apple Cranberry Pie
Caramel Apple Pie
Apple Crisp Pie
Bumbleberry Pie

* while quantities last



Apple Fest Draw!

You could win a prize just for having an "apple" in your name!!

If you have an apple name in your name, e.g. Macintosh, Creston, Spartan, Granny Smith, enter your name and phone number in our draw box and we will draw 1 name at 5 pm for the grand prize winner. If there are no eligible names, the prize will not be given out. Please present suitable ID to pick up your prize. The decision of Bruce's Management will be final.

Check Out Our Products!

Gluten-Free Bakery

Bruce's carries **fresh** and **frozen gluten-free** bakery products. Every Saturday morning a fresh selection of gluten-free products arrives from Mountain Top Bakery in North Vancouver. These are the *best* tasting gluten-free baked goods. Try *Brown Rice Flax Bread, White Rice Sesame Bread, Butter Tarts, Sugar-free Banana Muffins, multi-grain energy bars, chicken pot pies and mini pizzas*. Frozen products are located in Organic Freezer across from the milk. Can't find what you need? Please ask and we will order some in for the next week.



**Mountain Top
Café and
Bakery**

More Than a Square Meal Bar

New to Bruce's! *More than a Square Meal Bar*, from the suppliers of *Hemp Hearts*,



is a huge bar that is so satisfying you will feel full all day. Remember to drink lots of water. Each bar, replacing many servings of ordinary food, is composed of 8 tablespoons (84 g) of Hemp Hearts, bonded together with a minimal amount of bittersweet chocolate (42 g) and topped with whole nuts or dried fruit (74g). Half a bar will provide a dieter with all the daily protein she will need. **Toppings available:**

Almond, Cashew, Pecan, Cranberry, Blueberry, Pineapple, Coconut and Strawberry. What a great idea for a hike or backpacking trip or any time you need a power-packed meal!

Have You Tried an Organic Mega Muffin Yet?

Organic Mega Muffins, fresh from Caffe Addictions, are totally healthy, nourishing and scrumptious! **Sugar-free, wheat-free, dairy-free, fat-free** and only \$2.99 each. A meal in itself!



Coming Soon! An All-New www.bruces.ca!

Bruce's is happy to announce an upgrade of our webpage, www.bruces.ca. We have been listening to customer input and hopefully have included all of your useful and exciting ideas! We have beautiful pictures and detailed descriptions of each department, including different brands and our latest products. We have an interesting history section, including a description of the history of Bruce's Country Market. Look for more updates in the future and remember to check out our recipe page as well as past newsletters from 2000 onward.



2006 Salmon Season Update!

The 2006 Salmon Season proved to be a very good year for Nass, Skeena and Fraser



River sockeye. Our fishermen had a very productive season!

Bruce's has an ample supply for the winter of number one choice wild sockeye for fillets and smoked products. We have also replenished our wild canned sockeye and pink salmon supply from the 2006 season. Our 2006 canned

products will be available by October, once the labeling is completed.



The Great Pumpkin is Back!

Again this year Bruce's will be selling Atlantic Giant Pumpkins—as well as mini pumpkins and regular pumpkins for your jack-o-lanterns. Come to Bruce's for Apple Fest on October 14th and bring a child 12 years or younger to guess the weight of our special Giant Pumpkin. The closest guess wins the pumpkin on Saturday, October 21st at 4 pm!

Parents! Please allow your child to make their OWN guess.



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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.

Did You Know? Apple Trivia

Canadians love apples. We eat them out-of-hand or cooked in pies, sauces, and other treats. Apples make for nutritious eating on their own, but they also blend beautifully with so many other foods from savory to sweet, adding a unique flavor to any meal. But did you know...

- ◆ Apples come in all shades of reds, greens, and yellows.
- ◆ Two pounds of apples make one 9-inch pie.
- ◆ Apples are the most varied food on Earth. 7500 varieties of apples are grown throughout the world!
- ◆ Canadians eat on average, 86 apples per year.
- ◆ 60% of our apples are eaten out-of-hand; the remainder are processed.
- ◆ The science of apple growing is called pomology.
- ◆ The largest apple ever picked weighted three pounds.
- ◆ It takes energy from 50 leaves to produce one apple.
- ◆ China is the largest producer of apples. The US, Turkey, Poland and Italy round out the top 5.
- ◆ Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- ◆ Just one apple provides as much dietary

fiber as a serving of bran cereal. (1/5 of the recommended daily fiber intake)

- ◆ Apple juice was one of the earliest prescribed antidepressants.
- ◆ Johnny Appleseed was a real person. His name was John Chapman. He was born in Leominster, Massachusetts, September 26, 1774.
- ◆ Apples may help you lose weight. A Brazilian study showed that 300 overweight women who ate 3 apples per day lost more weight than a similar group who didn't add fruit to their diet. Researchers believe that adding fruit to the diet of the overweight women changed their metabolic profiles.
- ◆ Apples bruise easier than eggs break.

Taken from *Agriculture and Agri-Food Canada* website

