

# The Albion Ragg



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## Come To Bruce's Annual



## Spring Festival!



**10-5 Saturday, May 12th**  
**12-5 Sunday, May 13th**

\*Seafood Extravaganza!

\*Salmon Dinner \$6.00!

\*Hanging Basket and Gardening Spectacular!

\*Sampling and Demos of Bruce's Products!

\*Bruce's 87th Birthday!

\*Bruce's Country Market's 59th Anniversary!

\*Free Cake and Salt Spring Island Coffee!

\*Red Tag Table Sale!

Free Draws!



## Seafood Specials!!!

**10% Off** All Seafood, Salmon and  
 Smoked Salmon Products!\*

May 12th and 13th only.

*Look for more seafood specials on page 4. While quantities last.*

*\* Regular-priced products only.*

**Bruce's is a  
 WILD Place  
 for BC  
 Salmon!**

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

## Feature Recipes

### Salmon with Pistachio, Basil and Mint Butter

#### **Ingredients**

1/4 c. shelled pistachios  
1/4 c. fresh basil leaves, packed  
1/4 c. fresh mint leaves, packed  
1 clove garlic, minced  
1/2 c. unsalted butter, room temperature  
1 Tbsp. lemon juice  
6 6oz. salmon fillets  
sea salt and freshly ground black pepper  
1/2 c. white cooking wine

This recipe, slightly altered, is from *The Passionate Cook: The Very Best of Karen Barnaby*. Karen is a local Executive Chef at Fish House Restaurant in Vancouver. This recipe book is available at BCM.

#### **Method**

Pulse pistachios, basil, mint and garlic in a food processor until coarsely chopped. Add the butter and lemon juice and season to taste. Pulse until everything is smoothly mixed. Transfer to a small bowl and refrigerate until cold. The butter can be prepared up to 4 days in advance.

Preheat oven to 400F. Butter a 9- by 13-inch baking dish and lay out the salmon fillets in a single layer. Pour the wine over the salmon and season to taste. Bake salmon until almost opaque on top, about 10 minutes. Place 2 Tbsp. of butter on top of each salmon piece. Continue baking until the salmon is just opaque in the center, about 5 minutes. Transfer to plates and pour the baking juices from the pan over top. Serves 6.



### Mango Prawn Salad

#### **Ingredients**

1 bag washed organic greens or romaine, ripped  
1 mango, peeled and cubed  
250g peeled, cooked, and cooled prawns (or substitute with hand-peeled shrimp)  
1 pkg. cherry tomatoes, halved  
1 avocado, diced  
2 green onions, washed and chopped  
1/4 bottle "The Garlic Box" Mango Garlic Dressing (sold at Bruce's)

#### **Method**

Arrange greens on a beautiful open salad dish.

Arrange mango, prawns, tomatoes, avocado and green onions on top.

Drizzle mango garlic dressing over salad and serve immediately.

*Colorful, nutritious and scrumptious!*

**\*\*Bruce's now has a great selection of cookbooks! You will find a variety of books from local chefs, seafood, desserts and more! Come inspire yourself.\*\***



## Watch For These At Bruce's!



### Spring Is The Time For Plants!



**Lilacs, clematis, hostas, and more!**

**Perennials and Shrubs:** 1 gallon: from \$5.99; 2 gallon from \$14.99.

**Bedding Plants:** \$1.19 per cell pack; \$12.99 per flat.

And don't forget your **gardening gloves!** Bruce's has the best!

#### Award Winning Dr. Mist Deodorant Spray

*Dr. Mist* effectively kills body odor for up to 3 days while allowing pores to breath and flushing out toxins. *Dr. Mist* is marketed as a deodorant but can even be used to accelerate healing in wounds, take the sting out of insect bites, and sooth eczema and cold sores. Made from Calcium, Magnesium, Water and Sodium Chloride, *Dr. Mist* embraces an environmentally friendly and hygienic concept.

BCM now carries *Dr. Mist* for \$8.99.



#### Plant Happiness and Watch it Grow... Wildflowers!

Bruce's carries Canadian Wild-flower Seeds that are embedded into handmade paper squares. Plant the paper square flat, in the earth or in a pot, outside, in a sunny location, a half-inch deep in fine soil. Maintaining moist soil, wildflowers grow! BC product, from *Paper Garden*.



### A New Baby Has Arrived!

Ryan and Leona McEachern are pleased to announce the arrival of their daughter, **Eva Elizabeth!** Eva was born February 22nd and weighed 8 lbs 6 oz. Nolan has a baby sister! Eva is a 4th grandchild for Darrel and Kathleen McEachern, a 9th grandchild for Ralph and Betty McDonald of Chase, and a 5th great-grandchild for Bruce and Elnora McEachern!



## Spring Festival Specials!

### **Pie Sale\***

**Back by Popular Demand!**

Lemon Lattice

Cherry

Strawberry Rhubarb

**2 for \$6.00!**



### **Hanging Baskets!**

Bring Mom to Bruce's Country Market on Saturday and Sunday, May 12th and 13th, treat her to a salmon lunch and buy her a fantastic hanging basket **starting at \$12.99!**

### **Garden Extravaganza!**

Start your garden off right this year with **Organic Soil**. Bruce's has a Spring Festival **Soil Special\***:

*Canadian Organic Worm Soil* 32 L: **2 for \$10.00!** Reg. \$5.99 each.

*Organic Sea Soil: Original Mix*: **2 for \$10.00!** Reg. \$5.99 each.

Watch for **English Roses** at our Festival weekend. Rose names you will probably never have heard before! Beautiful foliage and lots of buds!

### **Seafood Specials!\***

**10% OFF all Seafood, Salmon, and Smoked Salmon Products!\***

**Prawns** 31/40s

**\$6.99 lb!\***



**Wild BC Sockeye Fillet**

*frozen and vacuum -  
packed: \$12.50 each!\**

**Smoked Salmon Sandwich or Shrimp Sandwich 10% OFF.\***

**10% OFF\*** our **Bruce's T-Shirts or Hoodies**, now located next to the Fish Department. Wear a BCM shirt and be a part of the latest trend! Sources have spotted BCM shirts as far away as Peru, Spain, Australia, and England! Great gift idea also!

*\*Saturday May 12th and Sunday May 13th only.  
While quantities last. Regular-priced items only.*

## Tasty New Products at Bruce's!

### We now have a "Grab and Go" cooler!

\*Look for our new **Homemade 1/2 Pizzas**: *Greek, Deluxe, Pepperoni and Mushroom, and Thai Chicken Peanut*

\*Bruce's **Homemade Soups** To Go: Salmon Chowder, Chili, and a variety of our most popular daily soups



\*Bruce's **Homemade Salads** To Go

\*Bruce's **Smoked Salmon Pate**



Check out the **delicious pastries** in our showcase. *Trumps* has given their individual **Carrot Cake** a "new design". Pineapple, orange carrot cake covered with Auntie Audrey's cream cheese icing and sprinkled with pistachios. Mmmm!

### New Deli Salads

\***Cheese Tortellini and Pesto.**  
\***Sweet Chicken Penne**: a creamy salad with chicken, penne, apples, pineapples and raisins.

Now serving **Halibut Soup** weekly!

## Bruce's has Mother's Day Cards, Flowers, and Gifts!

### Some gift ideas:

- *Stylish Shoe Banks*: \$13.95— to save for a pair of shoes!
- *Stylish Purse Banks*: \$15.95— to save for a new purse!
- *Unique Mugs*: \$7.95.
- *Attractive Tote Bags* with photo slot: \$13.95.
- *Designer Journals*: \$7.95 and \$14.95— a place for her ideas and goals!
- *Solitudes CD*: \$17.95— to relax with!



## Bruce's Country Market

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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 Salmon Dinner At Our Spring Festival!



Come and bring your friends to enjoy Bruce's Sockeye Salmon Dinner Saturday May 12th, and Sunday May 13th. Enjoy a salmon fillet, Bruce's own coleslaw and a bun for only \$6.00. Barbeque customers will be offered samples of



our famous salmon pate and our in-

credible salmon chowder! The day is filled with local entertainment, hourly free draws, samples, sales and fun! Don't miss out!

### **Get Ready for the Barbeque Season!**

We have **Cedar Planks** for cooking salmon, made in Mission, BC, for only **\$19.99!\*** (Reg. 21.99).

\* May 12th and 13th only. While quantities last.

### **Add a Gift Certificate for Mother's or Father's Day!**

Gift certificates come in denominations of \$5, \$10, \$20 and \$50.

**RAIN OR SHINE, COME AND JOIN THE FUN!**

