

The Albion Ragg



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Go Wild with Wild Salmon this Summer!



Bruce's Country Market's MV Silver Totem during herring fishing season, 2008.

Summer is the perfect time to enjoy the delicious taste of Wild Salmon. Here at Bruce's we carry **premium wild salmon** in fillets or whole fish. Scrumptious for any occasion!

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

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



It's Summer Party Season!



The good weather means it's party season! Bruce's has **fresh smoked salmon paté**, perfect for appetizers! Did you know we can create the perfect **smoked salmon tray** for your party? Treat your guests to a taste of the summer salmon season! Ask at the deli for an order form.

Feature Recipes

Blueberry Chili Salmon

Method

- ◆ Generously butter a glass baking dish and spread pineapple in the dish.
- ◆ Sprinkle liberally with fresh ground black pepper.
- ◆ Slice chili pepper into very thin rings and arrange over the pineapple.
- ◆ Squeeze the juice of two limes over the chili pepper slices, then lay the salmon fillet over the sliced chili peppers.
- ◆ Peel and trim grapefruit, and cut it into bite-sized chunks and arrange over the salmon.
- ◆ Top with Bruce's blueberries, sprinkle with brown sugar, and season generously with chili powder.
- ◆ Bake at 425F till top is bubbly and salmon is opaque.
- ◆ Serve with rice and fresh steamed asparagus.

Serves 4.

Salmon is low in fat and good for the heart!

Ingredients

- 1 cup Bruce's blueberries
- 1 lb wild Sockeye or Spring Salmon fillet
- ½ fresh red grapefruit
- ½ cup crushed pineapple
- 2 fresh limes
- Fresh ground black pepper
- 1 small canned or fresh chili pepper
- 2 tbsp. butter
- ¾ cup brown sugar



Use Bruce's fresh, unsprayed blueberries grown on Bruce's own property!

Summer Fruit Salad Recipe

Method

- ◆ Prepare and combine fruit
- ◆ Combine all the ingredients for the sauce and mix.
- ◆ Just before serving, pour the sauce over the fruit.

Serves 4

Find Okanagan nectarines and Bruce's own Blueberries to create a fresh, cool summer salad!

Ingredients

- 2 cups fresh blueberries
- 1 large nectarine, unpeeled, diced
- 2 cups halved fresh strawberries
- 2 cups seedless grapes
- 1 large mango, peeled and diced
- 2 bananas, sliced

Honey-Orange Sauce:

- 1/3 cup unsweetened orange juice
- 2 tbsp. Lemon juice
- 1 ½ tbsp. Honey
- ¼ tsp. Ground ginger
- 1 dash nutmeg

New in the Grocery Department!

100% Natural Seasoned Skewers



Flavor your food from the inside out! Bruce's now has seasoned skewers that are simple to use and work in 15 minutes! Use on meat, poultry, seafood and vegetables. Flavors available: *Ginger Mango*, *Garlic Herb*, and *Honey BBQ*. Add some "oomph" to your everyday cooking!

RidgeCrest Artisan All Natural Yogurt!

Bruce's now carries all natural plain yogurt by *RidgeCrest Dairy* from *Mission, BC*. **500 g for \$3.99.**



Locally-made Neufchâtel

Try the all new and locally-made ***Neufchâtel***, a spread that is like cream cheese, but made from whole milk.



It is much lower in fat than cream cheese and is all natural.

Flavors to try: *Peppered*, *Herb* or *Jalapeno!*

Bruce's Own Blueberries are in Season!



As always, Bruce's carries our own, unsprayed blueberries, picked fresh daily. Studies show that blueberries are among the fruits with the highest antioxidant activity. Researchers have shown that a serving of fresh blueberries provides more antioxidant activity than many other fresh fruits and vegetables. Antioxidants are thought to help protect the body against the damaging effects of free radicals and chronic diseases associated with the aging process.

In The Gift Department!



Melissa and Doug

Bruce's now carries a great assortment of quality *games and toys* for children and babies.

Robert Munsch Books

Check out our new selection of *children's stories* by the much-loved children's story teller!



Canadian Souvenirs

Bruce's now carries *2010 Winter Olympic Mascots* and a variety of plush Canadian souvenirs.



New Solitudes CDs

We now have 4 new titles: *H2O, Peace in the Valley, Piano-scapes, and Celtic Grooves.*



New Additions Coming to the Family!

Brad and Soleta Murray are eagerly anticipating the arrival of **identical twin boys** in September! These babies will be new brothers for Marcos, 4th and 5th grandchildren for John and Glenna Murray (and second set of twin grandchildren!) and 11th and 12th grandchildren for Romualdo and Avelina Gonzales. Bruce and Elnora McEachern will increase their great grand-



be excited to number of children to 9!

2008 Graduates!

Congratulations to our employees who have recently graduated from high school!

Good luck to

Laine Ogilvie, Ali Ditchfield, Eilish Rodden, Caitlin Dixon, and Mario Szabo.



New Eco-friendly Products at Bruce's!

G Diapers are here!

Ever thought of cloth diapering but decided it was too much work and water to keep up with washing them?

The best of cloth and disposable in an earth-friendly diaper!

g diapers consist of a washable, cotton outer "little g" pant and a plastic-free flushable diaper refill. They are made of breathable material just like sports clothing. So, babies stay dry and happy and are far less likely to get a diaper rash. Diaper inserts can be flushed, composted or tossed because they're plastic-free. Bruce's now carries the g diaper starter kits and refill packages!



Colored Klean Kanteens!

Our stainless steel Klean Kanteen water bottles sold out quickly. While we await our next shipment, a shipment of gorgeous colored, 27 oz loop cap bottles have arrived. BPA-free, these stainless steel water bottles are the perfect summer companion.



**One Planet,
One You.**



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NOW AVAILABLE

Avalon Organic Milk in Glass Bottles!

Tired of recycling when you can reuse? Bruce's now carries *Avalon Organic Milk* in 1 L glass bottles! We have Skim, 1%, 2%, and Homogenized. Bring your washed bottles back to Bruce's in your cloth shopping bags and fill them up again with groceries! Reusing glass bottles is far more environmentally friendly than recycling plastic milk jugs, and glass is a safe alternative to plastic. Avalon is a local dairy you can add to your 100 Mile Diet list.



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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.

The 100 Mile Diet Challenge

When the average North American sits down to eat, each ingredient has typically traveled hundreds, if not thousands, of miles. On the first day of Spring 2005, a couple from Vancouver, Alisa Smith and James MacKinnon, chose to confront this unsettling statistic with a simple experiment. For one year, they would buy or gather their food and drink from within 100 miles of their apartment in Vancouver.

Many experts think the world will reach peak oil in the near future, in which world oil production begins an irreversible decline, while demand for energy continues to increase. Fossil fuels are intimately involved in our food supply. Most of the food in the supermarket is shipped here from hundreds, even thousands of miles away.

By eating local food, we reduce our reliance on fossil fuels and help protect ourselves from disruptions in our food supply. Bruce's Country Market is making the challenge easier for you by labeling some of the local meat, produce and other products with "100 Mile Challenge" labels. Much of our fresh, wild salmon is caught in the Fraser River, near the Albion wharf. We carry Hopcott's meat, raised in Pitt Meadows, BC. Our own unsprayed blueberries are grown next door to the store. Check out Bruce's local products! You might just be surprised at the amount of local, unprocessed foods we carry. www.100milediet.org

