

The Albion Ragg



Inside this issue:

Feature Recipes	2
Apple Fest SPECIALS	3
Turkey Cooking Instructions	4
Classy Gift Ideas	4
Fall Flavors	4
We Have Twins!	5
New Products	5
Giant Pumpkins	5
Apple Folklore	6



APPLE FEST 2008! Bruce's 6th Annual Apple Festival!



**Saturday, October 18th
Sunday, October 19th
10am—5pm rain or shine!**

- ◆ **Apple-Tasting Contest! Prizes!!**
- ◆ **Apple Crisp and Ice Cream \$1.50!**
 - ◆ **Case Lot Apple Sale!**
 - ◆ **Free Coffee and Hot Cider!**
 - ◆ **Sample Unusual Varieties of Apples!**
- ◆ **Enter to Win our Apple ID Contest. Prizes!!**



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!



Raised Locally! Taste the Difference!

Call us now and place your order ~ \$3.99/lb.*

Available for pick-up from Thursday, October 9, 2008.

*Small = 10-13 lbs/Large = 15-18 lbs

You can order two turkeys and freeze one for later!

Feature Recipes

Apple-Crusted Salmon

Method

- ◆ Prepare marinade by whisking together apple juice, orange juice, honey, mint, chives, salt and pepper until well combined. Set aside.
- ◆ Core apples, then slice into thin rings. Place sliced apples into marinade and let sit 30 minutes to 2 hours.
- ◆ Preheat oven to 375F. Sprinkle entire surface of salmon lightly with salt and pepper and place it, skin-side down, in a lightly-oiled roasting pan. Remove apples from marinade and place them carefully on salmon, shingling them like scales from one end to the other. Alternate apple skin colors as you shingle slices. Sprinkle brown sugar over apples.
- ◆ Roast for approximately 20-25 minutes. When finished, pour juices from the roasting pan over fish before serving.

Serves 6

Ingredients

- 1 ½ c apple juice or apple cider
- ½ c orange juice
- 2 ½ tbsp honey
- 2 tbsp chopped fresh mint
- 2 tbsp chopped chives
- ¼ tsp salt
- 1/8 tsp ground black pepper
- 1 ½ to 2 apples*
- 2 lbs wild Sockeye or Spring salmon fillet, skin removed.
- Pinch of salt and pepper
- Sprinkle of oil (on bottom of roasting pan)
- ¼ c loosely packed brown sugar

* A non-tart variety is preferred. Use one green and one red-skinned variety for a more colorful presentation.

This unique entrée brings together sweet apples and savory roasted salmon!

Apple Pecan Crumb Pie

Method

Crumb Topping

- ◆ In a small bowl, combine 1/2 c all-purpose flour, 1/2 c packed brown sugar, and 1/4 tsp cinnamon. With pastry blender or fork, cut in 1/4 c butter until mixture is crumbly.

Pie Method

- ◆ Heat oven to 375F. Line 9-inch pie plate with pastry, trimming edges.
- ◆ In large bowl, combine apples, pecans, sugar, flour, vanilla, cinnamon, ginger and nutmeg; toss well to blend. Transfer apple mixture to pastry-lined plate.
- ◆ Prepare Crumb Topping; spread evenly over apple filling. Bake pie 45 minutes or until apples are tender.

Pecans add a little crunch to the classic apple pie filling!

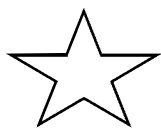
Ingredients

- Pastry for one-crust 9-inch pie
- 6 Golden Delicious apples, peeled, cored and thinly sliced.
- 1/3 c chopped pecans
- 1/4 c sugar
- 2 tbsp all-purpose flour
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground nutmeg
- Crumb Topping
- Serves 8*



Fresh Baked Apple Pies for Apple Fest!

Bruce's 8" Apple Pies will be on Special Saturday, October 18th and Sunday, October 19th: Apple Fest Days! \$4.00 each or



2 for \$6.00



More Apple Fest Specials!

8" Handmade Apple Strudels

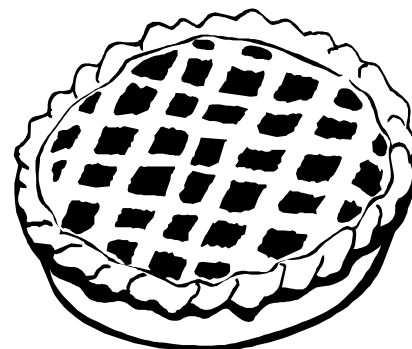
Handmade Apple/Blueberry Crumble

9" Handmade Deep Dish Apple Pie

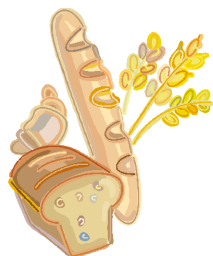


Caramel Apple Pie
Apple Crisp Pie

* while quantities last



In-Store Bread Special!



Hearty Breads: 500+ gram loaf

Alpine or Calabrese only \$1.99 (regular \$2.99).

While quantities last.

Give A Gift of Quality!



Kitras Art Glass makes a special gift. The products are hand-blown, decorative and functional. Let the stunning colors of the glass add beauty and intrigue to any décor setting!

Benaya Art Tiles are handcrafted by specially-trained artisans. The images and designs are created by a team of visual artists. Together, they present everlasting beauty on each tile!

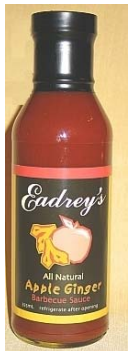
Fall **table napkins** are here! \$5.95 for 20 count.

Simplicity Candles are made of soy and are clean burning. Canadian-made, these fragrant candles are a perfect, elegant gift idea. From \$2.50.



Fragrant candles by **Shadows** create a home scent experience! Fabulous scents such as *hot chocolate*, *hazelnut* and *pumpkin spice* help warm a crisp, Fall evening!

Taste the Goodness of Fall!



Apple Products

Baked Apple Spice
Apple Chips
Caramel Apple Butter
Apple Cinnamon Syrup


Apple Cider Mulling spices
Apple Cranberry Chutney
Apple Ginger All Natural BBQ Sauce
Apple Butter All Natural BBQ Sauce



New Fall Sauces

- ◆ Fig and Walnut Dressing
- ◆ Maple Chipotle Grill Sauce

How to Cook a Free-Range Turkey

- ◆ Preheat oven to 400F. 
- ◆ Place stuffed turkey *breast-side down*, in a roasting pan.
- ◆ Cook 12 minutes per pound for a perfect, juicy turkey!

We Have Twin Boys!

Nicolas John and Levi Romualdo arrived safely August 29th, weighing 5 lb 6 oz and 4lb 10 oz. Brad and Soleta son Marcos, are thrilled twin boys! Babies and Levi and Nico are fourth for John and Glenna 12th grandchildren for Gonzales. They are also



Murray, and their eldest with their identical new mother are doing well. and fifth grandchildren Murray, and 11th and Romualdo and Avelina Bruce and Elnora McEachern's 8th and 9th great-grandchildren. Welcome, Nico and Levi, to our family!

Omega Crunch Shelled Flax



Bruce's now carries *Omega Crunch!* In a handy shaker, *Omega Crunch* is great on salads, hot or cold cereal, yoghurt, in your baking, in smoothies, in breadings for meat, in soups, sauces and more! Flax is thought to lower cholesterol levels, lower the risk of stroke and heart disease, protect against certain cancers, and contains healthy amounts of soluble and insoluble fiber. Flax is also high in protein.

Choose from **All Natural Roasted Maple Crunch** or **Original**.

Shaker: \$8.99, refill bag: \$13.99.

The Great Pumpkin is Back!

Again this year, Bruce's will be selling Atlantic Giant Pumpkins—as well as mini pumpkins, sugar pumpkins and regular pumpkins for your jack-o-lanterns. Come to Bruce's for Apple Fest on October 18th and 19th and bring a child 12 years or younger to guess the weight of our special Giant Pumpkin. The closest guess wins the pumpkin or a prize!

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



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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.

Apple Folklore

Many foods have been thought to possess magical qualities and even aphrodisiac powers. The apple's projected powers could fill a bushel of folklore. An ancient Greek who wanted to propose to a woman would only have to toss her an apple. If she caught it, he knew she had accepted his offer.

Here's a simple, cost effective, and long-forgotten fertility rite to share with those desirous of conceiving a healthy apple harvest. Villagers of Medieval England would select the largest apple tree in the orchard, and hang cider-soaked pieces of toast on its branches to attract robins. To those villagers, robins were considered the good spirits of the tree. Then, to drive away the evil spirits, the people would gather throughout the orchard and fire many blasts from their shotguns. They followed this ritual by pouring cider over the tree's roots and tipped a few cups themselves. Merriment followed with dancing around the tree with their arms linked as they chanted ancient charms. Even today some highly superstitious people believe this practice is necessary to insure a good crop of apples.

Some unique and curious customs have faded into obscurity. Long ago, in Cumberland, England, people would suspend apples from strings over the hearth. When the apples were fully roasted, they fell into a bowl of spiced, mulled wine that was waiting for them beneath. This practice was actually the precursor to the oven-baked apple of today.

Throughout history apples symbolized luxury, pleasure, love, fertility, and even jealousy. Greek mythology recounts this tale: from the garden of the Hesperides, golden apples were given to Hera as a wedding gift at her marriage to Zeus. Modern Greek scholars believe that the golden apples of the Hesperides were actually oranges or lemons.

It is told that the prophet Mohammed inhaled the fragrance of an apple brought to him by an angel just before his last breath of life.

<http://www.vegparadise.com/highestperch39.html>

