

# The Albion Ragg




## Inside this issue:

Christmas Recipes	2
Christmas Entertaining Ideas	3
Applefest Success Thank you!	3
Giant Pumpkin Contest Winner	3
Made In BC Products	4
Christmas Tastes and Gift Ideas	5
Feed Your Family Wild Sockeye Salmon!	6
Christmas Hours at BCM	6


## Christmas Gifts and Cards!

### **Christmas Ambience!**

Beautiful Christmas decorations, home décor and candles in a variety of styles and color.

 **Gifts for Children:** An assortment of Melissa and Doug high quality toys and puzzles.

 **Greeting Cards** from our great selection. From \$1.25 each.

 **Canadian-Made:** *Hushtree* Greeting Cards, *Fainting Goat Studios* Art Cards, *Polar Feet Socks*, *Avalon* and *Simplicity* Candles and local, handmade pottery.



### \*\*\*\*Just In Time for The Holiday Rush!\*\*\*\*



Bruce's now has an additional cashier lane to make your holiday shopping experience a quick and efficient one!

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

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

## Fresh Free-Range Turkeys!

**\*\* No Antibiotics! No Growth Hormones!\*\***

Order your delicious turkey today! Only **\$3.99/lb.** Available from December 20th after 1:00 pm.

### Cooking Instructions



Preheat oven to 400F. Prepare turkey and place it breast side down in your roasting pan. Cook it 12 minutes per pound. Cover with foil if it becomes too brown before time is up.

## **Feature Recipes**

### **Salmon with Orange Cranberry Crust**

*This festive Christmas entrée combines cranberries and oranges to give a tasty alternative to the usual Christmas turkey.*

#### **Method**

Preheat oven to 450° F. Rinse fish, pat dry and place skin side down in a large baking dish. In a food processor, combine garlic, orange, cranberries, tarragon, salt and pepper. Pat the grated slurry over the salmon.

Put fish in oven and reduce heat to 400F. Bake until fish is opaque (about 10 minutes per inch of thickness). When done, cover with aluminum foil and let sit for 10 minutes before serving.

*Serves 4-6*

#### **Ingredients**

- 2-3 lb salmon fillet
- 2 cloves garlic, chopped
- 1-2 oranges, seeded and coarsely chopped
- 2 cups cranberries
- 1/2 tsp dried tarragon
- 1/2 tsp salt
- 1 tsp cracked peppercorns



### **Cranberry Bruschetta**

#### **Method**

Combine cranberries, sugar and red wine vinegar in a medium saucepan. Bring to a boil. Add onion and garlic, return to a boil and reduce heat. Simmer on low for 10 minutes or until cranberries pop.

Pour into a [glass bowl](#). Stir in basil and oregano. Cool at room temperature.

Cut bread diagonally into 16 (3/4-inch) slices; brush both sides with oil. Broil each side for 1 to 2 minutes or until golden brown. Top each slice with cranberry mixture.

*Makes 16 servings.*

#### **Ingredients**

- 1 1/2 cups fresh or frozen cranberries
- 1/4 cup granulated sugar
- 2 Tbsp red wine vinegar
- 1/2 red onion, thinly sliced into rings
- 2 garlic cloves, minced
- 2 Tbsp minced fresh basil
- 1 tsp oregano
- 1 (8-ounce) loaf French [bread](#)
- Extra virgin olive oil



***Everyone at Bruce's Wishes You a Safe, Happy Holiday Season!***

# It's Party Time!

Shop locally for your Christmas and New Year's Party!  
Bruce's has your appetizers ready for you!



## **Rogers Holiday Creams**

in eggnog, cranberry, candy cane, marzipan and rum!

## **Jumbo Marinated Peeled Prawns!**

Great for entertaining!

## **Fresh Is Best**

Gourmet Salsa, Guacamole, Spinach, and Bean Dip with Corn Chips!

Bruce's Fresh  
**Smoked Salmon Pate, Smoked Salmon Party Trays and Fresh Salmon Chowder**

Order ahead and we'll have it ready for you!

## **Apple Fest 2008—Thanks!**

Thanks to everyone for making our Apple Fest 2008 an amazing success! It was fun, educational and bargain-filled! We had many varieties of apples, both old favorites and very rare. Mark your calendar for next year's **Apple Fest 2009 on Saturday and Sunday, October 17th and 18th.** *Better Life Coffee* kindly donated their wonderful coffee and served it too. This year Bruce's featured Hand-Made Apple Sauce and Caramel Apples, as well as our amazing Pies, Strudels, Crumbles and Turnovers. Come next year ~ we can guarantee the fun! Thanks again!

## **Giant Pumpkin Contest!**

Congratulations to Lillianna Lang for winning the Giant Pumpkin Contest this year! Her guess was within a pound of the actual weight of 380 lb! What a winner!





## Make It A Canadian Christmas!



Celebrate this year with local products! All Made in Canada:

### **Gift Ideas:**

- *Keepsakes by Joyce* from Maple Ridge
- Bruce's Gift Certificates
- Gourmet BCM Gift Baskets from \$50.00
- *Earthform Pottery* from Hope
- BC Soaps and Body Care Products from *Tuscan Farm Gardens* in Langley
- *Avalon* Beeswax Candles from Kelowna
- *Simplicity* Candles from North Vancouver
- *Kitras* Hand Blown Art Glass
- *Domistyle* Handmade Aprons
- *Hushtree* Greeting Cards
- *Polar Feet* Socks
- *Fainting Goat* Art Cards



### **Beverages:**

- *Better Life Coffee* from Burnaby
- *Salt Spring Island Coffee*
- *Best Gourmet Coffee* from Maple Ridge
- Apple Cider Mulling Spices from *Vancouver Spice Company*
- Apple Cider from *Triple Jim's* in Chilliwack
- *Worrenberg's* fresh Apple Juice from Keremeos
- *Happy Planet* Juices from Vancouver
- *Vancouver Island* Herbal Tea Selection from Victoria



### **Entrée Ideas:**

- Wild Sockeye and Spring Salmon
- *Maple Leaf* Spices and Rubs from Kelowna
- BC Shrimp, Oysters and Scallops
- Local Free-Range Turkeys
- *Beans and Such Edibles*, handmade soup mixes from Kelowna
- Local Free-Range Chicken
- Local Fresh Beef—Antibiotic and hormone-free

### **Chocolates:**

- *Roger's Chocolates* including fancy nut corn
- *Denman Island* Chocolate bars
- *Over the Moon* Chocolate Bars from Vancouver

### **Appetizers and Snacks and Sauces:**

- Wild Smoked Salmon and Pate
- *Fresh is Best* Tortilla Chips, Guacamole and Salsa from Kamloops
- *Hardbite* Potato Chips from Maple Ridge
- *Lesley Stowes* RainCoast Crisps from Vancouver
- *Artisan Edibles* Antipasto and Jellies
- *Gone Crackers*
- *Orchard Blossom* Honey
- *Happy Planet* Soups
- *Louvros* Marinades and Sauces
- *Taste of Okanagan* Olive Tapenade and a variety of Chutneys
- *Sisters Secret* fragrant Chili and Aioli
- *Que Pasa* Organic Chips and Salsa
- *Mrs. Palmer's* Pita Chips

## Meat For Christmas!

### New! Bruce's Festive Ham Baked Right Here!

Available for the holiday season, Bruce's will have your **Oven Baked Festive Whole Ham** ready for you! *Gluten-Free, Soy-Free, Lactose-Free* and *No MSG*, these slow-baked hams have a custom glaze made from 100% Canadian honey and a special blend of herbs and spices. We cook it for you! Ask at Bruce's for more details.



**Enter to win** a \$50.00 Bruce's Country Market gift certificate when you purchase any Grimms products or deli meats! For a limited time.

### Volpi Meats: The Taste of Italy

Bruce's Country Market is proud to introduce the new Volpi line-up of Italian salamis. The taste of Italy! Find quality Volpi products in our meat case.

## Unique Christmas Gift Ideas for Baby

### Keepsakes By Joyce



Bruce's carries a delightful line of locally hand-made baby clothes. From cozy, beautiful coats to hair clips, hats and socks, these masterpieces make a perfect baby gift. Come see our selection!

### Babycakes of Scottsdale Bibs

Made from thick, cotton twill in a variety of great patterns, and backed with fuzzy terry, these bibs make a hip stocking stuffer for the stylish baby!



## Bruce's Is your Mandarin Store this Christmas!

*Check out the amazing selection:*

- Japanese Mandarins - 5 lb box
- Honey Mini Mandarins - 1.5 lb box. So cute! Perfect for kids or a quick snack!
- Organic Chinese Mandarins - 4 lb box
- Satsuma Mandarins - 5 lb box



**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.

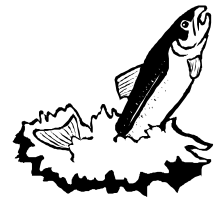
## Dr Sears, Pediatrician, Recommends Wild Salmon for Children

*The Healthiest Kid In The Neighbourhood*, a book by Dr William Sears, contains a chapter called "Feeding Your Family a Right Fat Diet" including wild sockeye salmon. He explains on his website, [www.askdrsears.com](http://www.askdrsears.com), why choosing wild sockeye over farmed sockeye for your children is the right choice. A quick quote from the website:

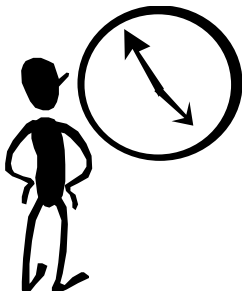
### **3 Reasons Why Fish Are Healthy For You:**

Substituting fish for meat is one of the best dietary changes you can make for your family. Downgrade meat as a daily main course and use it instead as an ingredient in other dishes, a way to enhance the flavor and nutrition of a stirfry, pasta, or casserole. Upgrade fish as the centerpiece several times a week. Fish is a top-of-the-line nutrient-dense food. It's low in fat and high in many good things.

1. Fish is a nutrient-dense food.
2. Fish is a good source of vitamin B-12.
3. Most Fish are rich in iron.



## Bruce's Country Market Holiday Season Hours



Wednesday	December 24	7 am—5 pm
Thursday	December 25	Closed
Friday	December 26	Closed
Saturday	December 27	8 am—7 pm
Wednesday	December 31	7 am—5 pm
Thursday	January 1	Closed
Friday	January 2	8 am—7 pm