

The Albion Ragg

Volume 13, Issue 3

www.bruces.ca

August, 2009



Inside this issue:

Feature Recipes	2
BCM Info and Products	3
New in the Gift Department	4
AppleFest 2009	4
A New Baby in the Family!	4
Gourmet Dinners at BCM!	5
Honorable Gail Shea Visits BCM	6

Go Wild with Wild Salmon this Summer!



Loading the truck with wild sockeye salmon from our commercial gillnet fleet.

Summer is the perfect time to enjoy the delicious taste of wild salmon. Here at Bruce's we have fresh **premium wild Sockeye and red Spring salmon** in fillets or whole fish. Scrumptious for any occasion!

Bruce's is a WILD Place for Salmon!

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



It's Summer Party Season!



The good weather means it's party season! We have a variety of different seafood products at our seafood counter that are ready for the BBQ! Try our prawn skewers and stuffed salmon and halibut fillets just to name a few!

Feature Recipes

Chilled Salmon With Summer Tomato Salsa

Method

- ◆ Place salmon in a shallow baking dish. Spread with mayonnaise. Bake at 450F for about 15 minutes, or until salmon flakes with a fork. Refrigerate until cool.
- ◆ In a small bowl, combine remaining ingredients (except lime). Refrigerate 30 minutes.
- ◆ Serve salmon surrounded by the salsa and lime wedges.

Serves 4.



Ingredients

- 2 lb wild salmon fillet, skin removed
- 1 c. chopped fresh tomato
- ½ avocado, chopped
- 1 garlic clove, crushed
- 1 Tbsp balsamic vinegar
- 1 tsp. Olive oil
- ½ c. cooked corn kernels
- ¼ c. minced red onion
- ¼ c. chopped fresh cilantro
- Salt and pepper to taste
- 1 lime, cut in wedges.

Wild Spring and Sockeye Salmon are a fresh, tasty, and heart-healthy food choice!

Salmon is low in fat and good for the heart!

Blueberry Spinach Salad

Method

- ◆ Whisk oil and vinegar, mustard, sugar and salt.
- ◆ Add spinach to a large bowl and sprinkle with feta, blueberries and walnuts.
- ◆ Drizzle dressing over salad and serve on the side.

Serves 8

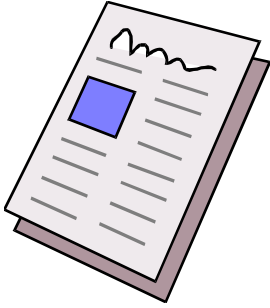
Use Bruce's own fresh, unsprayed Blueberries to create a fresh, cool summer salad!

Ingredients

- ¾ c. vegetable oil
- ½ c. raspberry vinegar
- 3 tsp. Dijon mustard
- 2 tsp. granulated sugar
- ½ tsp. salt
- 6 c. fresh spinach, torn
- 6 oz. feta, crumbled
- 2 c. fresh blueberries
- ¾ c. chopped walnuts, toasted.

Newsletter Mailing List

We have recently lost our newsletter mailing list data and will unfortunately have to start recollecting addresses. If you would like to receive a copy of our newsletter by mail please ask at Front Cash to fill out our newsletter mailing form or telephone or email us with the information. We apologize for the inconvenience.



And some quick reminders: We do not give your addresses out to anyone under any circumstance. Our newsletter is also available on our website at www.bruces.ca

Island Farms Hard Ice Cream Cones!



Come and check out our new and improved ice cream freezer!

We have a variety of flavors of quality *Island Farms* hard ice cream available in a cone or a cup! Take your family to Bruce's for a cool ice cream treat on a hot summer night.

Bruce's Own Blueberries are in Season!



As always, Bruce's carries our own, unsprayed blueberries, picked fresh daily. 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. So, fill up on blueberries this summer, for your family's health!

New In The Gift Department!

Dazzling Gourmet Gifts!



Bruce's now carries locally-made handcrafted tableware by *Dazzling Gourmet!* Gorgeously decorated tableware makes a perfect gift for a special occasion or decorates your table for company in a way they will have never seen before!

"Presentation is an integral part of flavor. *Dazzling Gourmet's* tableware is a feast for the eyes!

Bon Appétit!"



Mark Your Calendar For AppleFest 2009!

Bruce's Country Market's Applefest 2009 has been scheduled for Saturday and Sunday, October 17th and 18th, 10am to 5pm. Come and see the huge variety of apples, join us for local entertainment, contests and sales, and enjoy apple crisp and ice cream! We'll be looking for you!

Welcome To Our Family Baby Teya!

Jennifer and Aubrey Moore are thrilled to announce the healthy arrival of baby Teya Rhiannon! Teya arrived May 15th, 2009, weighing 7 lb 13 oz. Teya is a new sister for twins Avery and Alexa, a sixth grandchild for John and Glenna Murray, a 5th grandchild for Chris and Emma Mann and Rusty and Bill Moore, a 13th great-grandchild for Douglas and Edna Murray and a 12th great-grandchild for Bruce and Elnora McEachern. Welcome baby Teya!



Bruce's Gourmet Dinners

Seafood Pasta Dinner \$12.99!

Every **Thursday night** from 5-8pm Bruce's presents a gourmet dinner of sautéed prawns and scallops served on a bed of fresh fettuccini with our own Alfredo Sauce, complemented by a Caesar salad and garlic toast for just \$12.99! Coffee or tea included. Come enjoy a seafood dinner right here in Albion!



Prime Rib Dinner \$12.99!

Every **Friday night** from 5-8pm Bruce's serves a top quality Prime Rib dinner - AAA Prime Rib Roast cooked to perfection, served with a rib, mashed potatoes, gravy, carrots and beans for only \$12.99! Coffee or tea included. Add a tossed salad for \$1. A gourmet meal served conveniently at Bruce's!

We have a **Feature Dessert** on special every Thursday and Friday evening to complement your meal!

Eat at Bruce's or
take your dinner
home to your
deck!

Call for reservations

to guarantee your meal.

We sell out fast!

604-463-9817.

Bruce's Country Market
www.bruces.ca

23963 Lougheed Hwy
Maple Ridge, B.C.
V2W 1J1

Phone: (604)463-9817
Fax: (604)463-5522



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.

A Visit From the Minister of Fisheries and Oceans

We were privileged to have the Honorable Gail Shea at Bruce's Country Market for lunch and a visit on July 8th! Our local MP, Randy Kamp, who is the West Coast liaison for the Minister of Fisheries and Oceans, brought her here as part of a tour of local fishing activities. This gave her the opportunity to see our gourmet seafood counter... the best in the area! After visiting Bruce's, the Minister was to visit Ladner and Steveston, and then travel to Vancouver Island to visit Port Alberni and Campbell River. She hoped to do some recreational salmon fishing while on Vancouver Island. The Minister is from the Northwest corner of Prince Edward Island, so a West Coast tour was a new experience for her!



Honorable Gail Shea, Aaron Murray, Darrel McEachern and MP Randy Kamp.



MP Randy Kamp, Darrel McEachern, Russell Shea, and Honorable Gail Shea.

