

The Albion Ragg



Inside this issue:

Feature Recipes	2
Apple Fest SPECIALS	3
New EcoFair Gifts	4
Gourmet Roast Chicken Night!	4
Turkey Cooking Instructions	4
Autumn Kitras Art Glass	5
Newsletter Sign-Up Contest!	5
Giant Pumpkins	5
Goodbye Bruce!	6



APPLE FEST 2009! Bruce's 7th Annual Apple Festival!



Saturday, October 17th
Sunday, October 18th
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 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 Friday, October 9, 2009.

*Small = 11-13 lbs/Large = 15-18 lbs

You can order two turkeys and freeze one for later!

Feature Recipes

Apple Salmon With Fennel

Method

- ◆ In shallow dish combine flour, salt, and pepper. In another shallow dish whisk together eggs and water. In third shallow dish place the crumbs. Rinse salmon; pat dry. Dip salmon into flour, then egg, then in crumbs to coat; set aside.
- ◆ In 12-inch skillet heat 2 tablespoons of the butter and all of the oil over medium heat until butter melts. Add fennel; cook and stir for 4 minutes. Add apples; cook and stir for 3 to 4 minutes more or until apples and fennel are tender. Stir in honey. Transfer mixture to a bowl; set aside.
- ◆ Heat remaining 2 tablespoons butter in same skillet over medium heat. Add salmon. Cook 8 to 10 minutes or until fish flakes easily when tested with a fork, turning once (if fish browns too quickly, reduce heat to medium-low). Transfer fish and apple mixture to plates. Garnish with parsley.

Makes 4 servings.

Ingredients

- ¼ c. all-purpose flour
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 2 eggs
- 1 Tbsp. water
- 2/3 c. fine dry bread crumbs
- 2 lb sockeye salmon fillet cut into 4 pieces.
- ¼ c. butter
- 2 Tbsp. olive oil
- 2 medium fennel bulbs, trimmed, cored, and cut into thin wedges
- 4 medium cooking apples, cored and cut into thin wedges
- ¼ c. honey
- Snipped fresh [parsley](#)



Combine apples and salmon for a heart-healthy meal!

Apple Pecan Muffins with Cheddar Cheese

Method

- ◆ Preheat oven to 375F. Butter nonstick muffin pans or line with paper liners.
- ◆ In large bowl, combine flours, cheese, baking powder, cinnamon and salt. Stir in apples and pecans.
- ◆ In another bowl, whisk together egg, milk, sugar and butter. Pour over dry ingredients and stir just until moistened.
- ◆ Spoon into prepared muffin pan.
- ◆ Bake for 22-25 minutes or until tops are firm to the touch.
- ◆ Let cool in pan for 5 minutes. Transfer to rack to cool completely.

Makes 12 muffins.

Ingredients

- 1 ½ c. all purpose flour
- 1 c. whole wheat flour
- 1 c. shredded cheddar cheese
- 1 Tbsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp salt
- 1 1/3 c. diced peeled apples
- ½ c. chopped toasted pecans
- 1 egg
- 1 c. milk
- ¾ c. packed brown sugar
- ¼ c. butter, melted



Muffins are a great Autumn comfort food!

Fresh Baked Apple Pies for Apple Fest!

Bruce's 8" Apple Pies will be on Special Saturday, October 17th and Sunday, October 18th: Apple Fest Days! \$4.00 each or



2 for \$7.00



More Apple Fest Specials!

8" Handmade Apple Strudels

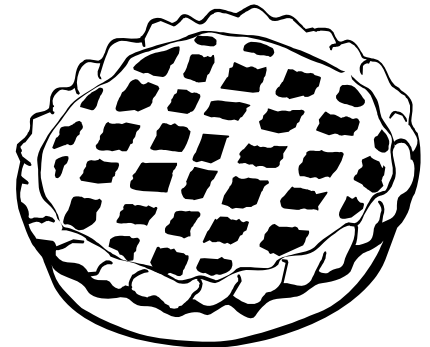
Handmade Apple Blueberry Crumbler

9" Handmade Deep Dish Apple Pie

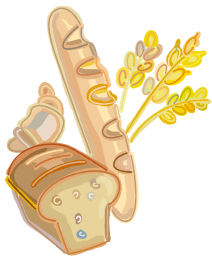


Apple Cranberry Pie
Caramel Apple Pie
Apple Crisp Pie

* while quantities last



In-Store Bread Special!



Hearty Breads: 500+ gram loaf

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

While quantities last.

New Fair Trade Gifts at Bruce's!

Bruce's Country Market now carries *EcoFair Trading* products! *EcoFair* is a new Canadian company specializing in the import, wholesale distribution, and retail fundraising of eco-friendly fair trade handicrafts from around the world. All products are fair trade, and eco-friendly. They leave a small footprint on the environment and a big impact on the lives of the producers.

Himalayan Tea In Satin Brocade Shoulder Bag

Relax with a cup of this delicious, smooth, low tannin tea. And talk about reusable packaging — when you are done, wear the beautiful shoulder bag! Made in Nepal.

Recycled Paper Notebook with veggie dyes

These handmade Lotka hardbound notebooks are beautifully designed with veggie dyes. Handmade in Nepal.

Alphabet Number Puzzles

Giraffe and Crocodile wooden puzzles with numbers on one side and letters on the back! Promotes cognitive development and motor skills. Hand painted with non-toxic paints. Handmade in Sri Lanka.



New Gourmet Roast Chicken Dinner!



Come join us every **Saturday night** for a **gourmet Roast Chicken Dinner** complete with roasted **free-range** chicken, baked potato with toppings, roasted vegetables, gravy, broccoli slaw salad, dessert tart and coffee or tea for only **12.99!**

- ◆ Served every Saturday night from 4:30-7pm.
- ◆ Reserve your meals ahead to guarantee your dinner!
- ◆ Available as Take Out too!

And don't forget we have **Seafood Pasta every Thursday night and **Prime Rib** every Friday night also for only **12.99!** **

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!

Kitras Art Glass

Bruce's carries Magical
Hand-blown glass
Pumpkins in orange
or rust!



Kitras **Autumn** and **Thanks-**
giving blown-glass balls
make an enchanting sea-
sonal decoration!

Simplicity Candles

Bruce's carries *Simplicity* candles made with soya bean wax and all natural vegetable wax. Unlike traditional petroleum-based paraffin candles, *Simplicity* candle wax comes from a renewable energy source and is 100% biodegradable. They are cleaner and longer burning, non-toxic and soot-free, and made in BC!

New Autumn scents: Cinnamon and Eucalyptus

Available in T-lites, votives, glass votives, pillars and gift-boxed candle glasses!

Newsletter Sign-Up Contest!

Sign up for our *Albion Ragg* newsletter for a chance to win a **\$50** Bruce's Gift Certificate!! One lucky signee will be chosen from our new newsletter database Sunday, October 18th 2009, at 5:00 pm. Sign up now at Front Cash or during our Apple Fest. Our newsletter contains delicious salmon recipes, exciting store news, sales, features and more! The *Albion Ragg* is printed 5 times a year and is mailed out to our valuable customers who fill out our newsletter request form. If you have filled out the form in the last 2 months you will be automatically entered.



The Great Pumpkin is Back!

Again this year, Bruce's will be selling Atlantic Giant Pumpkins—as well as mini pumpkins and regular pumpkins for your jack-o-lanterns. Come to Bruce's for Apple Fest on October 17th and 18th and bring a child 12 years or younger to guess the weight of our special Giant Pumpkin. The closest guess wins 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.

Goodbye Bruce!



On Thursday, September 17, 2009 we said our final goodbye to Bruce McEachern.

Bruce was the original co-owner (along with his wife Elnora) of Bruce's Country Market. Bruce, husband to Elnora, father to Darrel McEachern and Glenna Murray (current owners), Angus McEachern and Debbie Hewlett and grandfather to many of the store employees will be sadly missed and fondly remembered. He leaves a large empty space which will be hard to fill.

"Pa" left us with a lifetime of good advice and fond memories which will guide and comfort us all our days. He was devoted to his faith, his family and his friends. He was a fine businessman, fisherman, and family man who was generous and loving. Pa was a great inspiration and a wonderful example for us to follow.

His service was held at Thomas Haney Secondary School Saturday, September 26th, 2009. Thank you for all your prayers, visits, phone calls, emails, flowers and cards. We will remember Bruce for years to come!

