

# MASSTOWN MARKET NEWS

Volume 4 Issue 8  
August, 2004

## Summer fun is in full swing at the Market this month...



*August holds lots of excitement at the Market. Fresh corn, new potatoes, peas, beans, raspberries, early apples, and blueberries all arrive farm fresh...Our 48 flavour Dairy Bar is running full out...and our Gifted Garden is full of fresh planting and decorating ideas...*

### Congres Mondial Acadien 2004

Nova Scotia plays host to thousands of visitors for this international celebration of Acadian culture. Events take place between July 31 and August 15, in all corners of the province. Discover the Acadian connection to our local area by asking at our Visitor Information Centre. We have Festival guides, maps, souvenirs, and lots of friendly help...**Bienvenue a tous nos visiteurs Acadiens...**

### A Wedding Tale...

We received an email recently from Deryl Gallant, a longtime Market customer and member of a former East Coast swing band called The Jive Kings. Deryl's email told us of his and his girlfriend's many visits to the Market while he was touring with the band and she was studying at Acadia and travelling home to PEI for visits. They especially loved the ice cream and the tomato parmesan bread...



Well, it turns out that Deryl and Elizabeth are getting married on August 7th in PEI, and will be honeymooning in Cape Breton. Deryl and Elizabeth are planning to stop at the Market on their way from PEI to Cape Breton following their wedding, and Deryl has asked us if we could prepare a little surprise for Elizabeth.



He is planning to have several stops along the way, each having prepared a small bouquet of their wedding flowers for Elizabeth. We were very touched by Deryl's story, and his thoughtfulness. We'll have the bouquet waiting for Elizabeth, along with a basket of delectable Market goodies for their trip. **CONGRATULATIONS ELIZABETH & DERYL !!**

### FRUITS & VEGGIES...

*5 to 10 a day,  
every day,  
every color !*



### We're OPEN...

The Market is open 7 days a week from 9am to 9pm, all year round. Count on us for all your shopping needs.



Masstown Market...  
Fresh bread good...  
every day !!

*Did you know that all of our breads are made from scratch every day, all year long. Another reason to enjoy the goodness of our Bakery...*

### We're in the News...

Watch for our weekly banner ad in the Truro Daily News every Thursday. In it, you'll find our specials and all the Market event news. We're also advertising in a new feature at the paper, the Coupon Clipper, appearing every Monday. Clip your coupon for valuable savings and many FREE promotions. Something new every Monday... *A great start to any week !*





**Thank You**

*for being our customer*

The Market celebrates 35 years of Quality & Service in 2004. And it's thanks to our many loyal customers and exceptional staff that we have grown to become a bustling year-round country Market. The business was founded on the principles of offering unbeatable quality, selection, service, and value... AND THESE PRINCIPLES STILL GUIDE US TODAY...

Eric, Laurie, & Wade Jennings



## CORN - Fresh, Nova Scotia crop arrives this month...



*Corn - A summer favorite that we sell by the bin-load... August is the month for outdoor corn boils and hodgepodge. Corn is a good source of fibre, and high in anti-oxidant Vitamin C. And together with beans, peas, potatoes, and carrots, it makes for a true Maritime favorite !!*

### Maritime Hodgepodge

½ lb green beans, cut to 1"  
½ lb yellow beans, cut to 1"  
1 lb hodgepodge potatoes  
3 carrots, cut to 1"  
½ cup fresh cut corn  
½ cup freshly shelled peas  
3 tbsp butter or margarine  
1 cup heavy cream  
2 tbsp freshly chopped chives  
¼ tsp pepper  
½ tsp salt  
Paprika, to flavor

*In a large saucepan boil beans, carrots, and potatoes in lightly salted water for approximately 15 minutes. Add corn and peas, and boil for an additional 5 minutes. Drain, reserving 2 cups liquid. Set vegetables aside. In the same saucepan, combine the reserved liquid, butter, cream, chives, pepper, paprika, and salt. Add cooked vegetables, and heat through. Serve as a main dish, or as a side to chicken, pork, or beef.*

### 48 Flavours...

The selection in our Dairy Bar is HUGE. We have 48 flavours of cold, creamy Scotsburn ice cream, waffle cones, floats, sundaes, milk-shakes, banana splits, candy treats, and more...  
*Simply chillin'...*



### Our Wall of History...

Was unveiled at our Birthday celebration on July 29th. North Nova MP Bill Casey, MLA Bill Langille, and Deputy Mayor Hugh Matheson were all on hand for the official opening of the exhibit. Take a moment to browse the Market's 35 years of history... We're so happy to be able to share these memories with you...



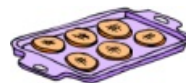
### Our WINNER...

Connie Bryson of Truro was the lucky winner in our Summer Giveaway contest. Connie wins a beautiful Coca-Cola cooler full of summer fun products. Congratulations Connie, and watch for our next exciting prize contest !



### Our bakers say...

Enjoy our homemade cookies, made for you from scratch every day. Oatmeal date, jelly, double chocolate, hermit, sugar cookies, peanut butter, oatcakes, chewy ginger, chocolate chip, ultimate brownie cookies, and all our other seasonal specialties... Don't miss them....



## August News

Congres Mondial Acadien  
Province wide

Our Dairy Bar  
48 flavours

A Wedding tale & a Market visit

Hodgepodge  
The recipe...

In the News  
Watch our weekly ads

'Produce Facts'  
Corn

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OPEN 7 days a week  
9am to 9pm  
*Celebrating 35 Years of Quality & Service*

