



# MASSTOWN MARKET NEWS

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June 2010



## Father's Day, local produce, & summer vacation begins...

June's a wonderful month... Full of excitement about summer vacations, lots of blooming beauty in the garden, great outdoor activities, and exciting graduation activities and hopes for the future... And lots of local bounty on hand at the Market, like fresh local rhubarb, beet greens, asparagus, and strawberries very soon...



### It's Grillin' Time...

*June is an ideal month for outdoor cooking. Be sure to check out all our great grilling and outdoor entertaining ideas... Check out our huge selection of fresh grilling sausages & meats, ground beef, smoked chops & cutlets, our great selection of freshly frozen salmon, fish filets & steaks, seafood, hot dogs, grilling vegetables, buns, condiments & sauces, fresh salads to-go, charcoal, propane exchange, cold drinks, salad fixins, desserts, ice, coolers, and a whole lot more... Or how about trying locally made hardwood grilling planks, wood smoking chips, or local gourmet BBQ sauces and marinades at your next grilling event. Easy to use and adds incredible flavor to everything you cook...*



Over 50 varieties of world cheeses in stock NOW

### We've Grown our Cafe

We're just putting the finishing touches on our most recent improvements to the Bakery and Café. We can now seat over 90 at a time (almost double before), and we've improved traffic flows and added extra checkouts for your convenience... Fresh breads, rolls, and baked goodies are now centrally displayed beside the Café, and we're working really hard to ensure that our shelves are never empty... Let us know how we're doing, and thanks for all your patience as we put these improvements into full swing...



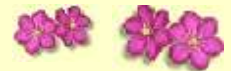
Watch for our  
NEW Lighthouse  
& Fish Market !!  
COMING SOON



Time to garden...

### Summer Hours

8am-9pm  
7 days a week



Masstown  
Market   
Garden Centre



Grapes  
&  
GRAINS

Fine wines • spirits • beers

Check out our expanding lines of great wines and cool beverages for your summer entertaining... We've added lots of new Nova Scotia vintages, too... Check out our fully stocked walk-in cooler, and please remember to always drink responsibly

Famous for  
produce,  
and so much  
more...



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Quality & Service  
since 1969

**Celebrate DAD** Sunday, June 20th is Father's Day. Summer's arrived, and what better way to say 'Thanks, Dad' than with a Basket full of grilling items, specialty meats & cheeses, candy, coffee, or whatever he fancies most... Or how about a Market Gift Certificate for that perfect thank you... **Yay DAD!!**





**Thank You**

*for being our customer*



### Our Garden Center is in full bloom...

Be sure to stop in to our Garden Centre on your next visit to the Market... There you'll find so many wonderful trees, shrubs, accent plants, annuals, perennials, vegetable transplants, hanging baskets, herbs, soils, fertilizers, bubbling fountains, garden decorations, benches, indoor plants, and so much more... We've got Honeycrisp Apple trees in stock, too...

*Got a gardening question?* Just ask one of our experienced gardeners for a little help, and they'll find the info you need... *Looking for a special plant for a special place in your garden?* We'll be happy to recommend something perfect... *Need advice on a pest or disease problem?* We'll do our best to solve your problem, or we'll recommend someone who can... We've got you covered in the Garden !!



*Time to garden...*

## RHUBARB-This local delicacy packs some nutritional punch...



*Local RHUBARB is plentiful at this time of year, and it's a great food... fat free, low in Sodium, a good source of Magnesium, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Calcium, Potassium and Manganese... So, take some home today and enjoy it's great versatility !!*

### Pork and Rhubarb Ragout

- 1 lb (500g) boneless stewing pork
- 1/2 cup (125ml) chopped onion
- 1 Tbsp (15ml) oil
- 2 cups (500ml) carrots, julienne
- 1 1/2 cups (375ml) rhubarb, chopped
- 1/2 cup (125ml) water
- 3 Tbsp (45ml) sugar
- 2 Tbsp (30ml) fresh lemon juice
- 2 Tbsp (30ml) chopped fresh parsley OR 2 Tsp (10ml) dried parsley
- Pinch cinnamon
- Pinch nutmeg
- Salt & Pepper, to taste
- Grated cheddar, optional

Heat oil in heavy saucepan, and saute onions until clear. Lightly flour pork cubes, and brown in pan. Add remaining ingredients. Cover and bring to boil. Reduce heat and simmer 1 hour, stirring often. Serve over brown rice, couscous, quinoa, millet, or noodles. Sprinkle with grated cheddar, and freshly chopped parsley, if desired. Serves 4-5, ENJOY...



### A Trip to our Dairy Bar

You'll discover all kinds of delights in our Dairy Bar, and lots of new, eager, young, summer scoopers waiting to serve you... Try a thick creamy milkshake, or a decadent banana split or sundae... How about a healthful real-fruit smoothie, or a waffle cone filled with your favorite flavor from 43 delicious choices... It's delectable, it's delicious, it's refreshing, and it's in our Dairy Bar...



### One Hour Earlier at the Market...

We're now OPEN at 8am everyday, and we'll be doing that all through the summer... To better serve YOU!



### Now that's FAIR !!

Why not try some deliciously delightful organic, fairly traded chocolate or roasted coffee from our Nova Scotia friends at Just Us? Fairly traded means that everyone from the grower of the bean to the retailer makes a fair percentage of the sale proceeds... And that's just good for everyone...

### Nutritionally Speaking...



Wild blueberries are a near perfect food... Full of folic acid, Vitamin C, and fibre, they're also a powerhouse of antioxidants, flavonoids and many other beneficial compounds...

(fresh-frozen local wild blueberries are in-store ALL year long...)

And watch for field-fresh LOCAL strawberries to appear sometime around mid-month!!

Here's a simple recipe to spice up simple beet greens...



### Beet Green Boil-Up

- 1 large bunch beet greens
- 2 strips of thick cut bacon, chopped
- 1/4 cup chopped onion
- 1 large garlic clove, minced
- 3/4 cup of water
- 1 Tbsp granulated sugar
- 1/4 teaspoon crushed chilis
- 1/4 cup of cider vinegar

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

In a 3 qt saucepan, cook bacon until lightly browned. Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and crushed chili flakes. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes. Stir in vinegar. (For kale or marsh greens continue cooking for an additional 15 to 20 minutes or until desired tenderness). Serve immediately with warm bread, rice, couscous, or as a side to meat dish. ENJOY !!



**Masstown Market**  
*Quality & Service since 1969*