

MASSTOWN MARKET NEWS Volume 5 Issue 1 January, 2005

A new year arrives with the promise of wonder and joy...



Every year is a new adventure it seems... children and grandchildren are growing up, other families are just beginning, and new traditions are always being born. We've been welcoming families into our Market for 36 years now, and we never tire of new faces...

Happy New Year..

We extend our warmest wishes to you all for a healthy, joyous, and prosperous 2005. Every year that arrives holds so much promise. Enjoy the closeness of family and friends, the excitement of winter activities, and all the special things that come along. The Market has been a part of the local community for 36 years now, having opened in the summer of 1969. And every year we celebrate with our families, friends, and customers, too. Thank you for visiting with us at The Market, and we look forward to greeting you again real soon. We sincerely thank you for your continued support, and we strive to deliver the best of quality and service every day... FOR YOU!



Pick a Colour...

Did you know that you can derive the maximum benefit from all the fruits and vegetables you eat simply by choosing from all the different colour groups? Most fruits and vegetables fall into one of these colour categories; blue/purple, green, yellow/orange, red, or white/brown. For example, red foods are often good sources of protein and high in minerals; purple foods often contain Vitamin E and are said to stimulate the brain; orange foods often contain Vitamins A & C and are said to be good detoxifiers; green foods contain both minerals and vitamins and are usually best eaten fresh for maximum benefit... See what your research shows up for you, and listen to your body. And remember, it's recommended to have at least 5 to 10 servings of fruits and vegetables every day... The healthy way!

We're OPEN...

The Market is OPEN 7 days a week from 9am to 9pm

Ski Wentworth...

Is now open for the season, with a growing base of new snow. Skiing and snowboarding are excellent winter sports full of fun and exercise. Next time you're at the mountain, look for their new Mountaintop Snax, created for them by Masstown Market. Choose from popular fruit and nut mixes, peanuts, candies, jellybeans, and even yogurt covered raisins. A little fuel for the ride down the hill! And each package comes with a coupon for a FREE coffee, tea, or hot chocolate at The Market... How cool is that?



For a truly pleasing visual and taste tempting experience, and for all kinds of citrus info and recipes, visit the beautiful website at www.sunkist.com

Upcoming Events...

Watch for our January special events and your chance to WIN a prize! Details in-store...



Thank You

for being our customer

GREETINGS from all of us here at The Market... Come discover all our goodness in Produce, Deli, Giftware, Bakery, Restaurant, Grocery, Dairy Bar, Bird Supply, Natural Pavilion, and a host of other unique offerings... We have the best of locally made jams, jellies, and preserves, honeys, maple syrups, apple ciders, and other specialty foods. *Truly An Experience For All*
Eric, Laurie, & Wade Jennings & all the Market staff



**All the best for
2005**

WINTER CITRUS - A celebration of the sunny South...



We bring a little sunshine into the Market in January, with delicious, juicy Florida, California, and international citrus fruits. Enjoy pink grapefruit, Navel oranges, tangerines and mandarins, Clementines, lemons & limes, and even kiwis, tangellos, and blood oranges...SWEET!

These recipes were borrowed from www.sunkist.com... ENJOY

Orange n' Bean Salad

½ cup Italian or Caesar dressing
2 oranges, peeled & cut up
1 lb. green beans, drained & cut
1 can kidney beans 19oz, rinsed
1 onion, sliced and ringed
Peel of 1 orange, grated

In a salad bowl, combine salad dressing and orange peel. Stir in additional ingredients, chill and serve. Makes approx. 6 side salads.

Chilled Grapefruit & Broccoli

2 grapefruit
¼ cup vegetable oil
1 tbsp Dijon mustard
1 tbsp dill weed, dried
¼ tsp onion salt
1 lb. Broccoli, florets only
¼ lb mushrooms, sliced

Peel & section the grapefruit, reserving about ¼ cup of grapefruit juice. In a shallow dish, combine the oil, grapefruit juice, mustard, dill, and onion salt. Add chilled broccoli, mushrooms, and grapefruit sections. Toss & serve



Easy Mandarin Orange Chocolate Fondue

1 cup chocolate chips
½ cup orange juice, fresh
1 tbsp orange peel, grated

In a saucepan, heat all ingredients until melted and whisk until mixture is blended and smooth. Pour into a glass bowl, and serve with a platter of fresh fruit. Try pineapple, oranges, grapefruit, kiwi strawberries, or bananas, and add chopped nuts if desired... What a treat!

Comfort Food...

Look for all the winter comfort foods in our Restaurant, Bakery and Deli. You can eat in or take home our delicious chowders, chilis, and baked beans, our sumptuous Raisin and Maritime Brown Bread, or any of our delicious meats & cheeses... SO EASY!



Staring at your Navel

Almost all of the oranges you see in supermarkets are Navel oranges, grown either in California or Florida. They are always seedless, and come in many sizes, from tennis ball size to softball size. Look for the little 'navel' indentation on the bottom to know for sure. Select fruit that is heavy in the hand and shiny skinned. Navels are available all winter, and they become sweeter as the season progresses. You will often see a number associated with the different sized Navels. This is simply a measure of how many oranges fit in a standard size orange crate. So, the smaller the number, the bigger the orange... Simple, huh?



January News

Ski Wentworth
Now OPEN

Pick a Colour
Produce facts

Happy New Year
Welcome 2005

Citrus Delights
The recipes...

What's NEW
Always something

Watch for...
New promotions & Events

Masstown Market
OPEN 7 days a week
9am to 9pm
Quality & Service
everyday...
Since 1969