

# MASSTOWN MARKET NEWS Volume 4 Issue 3 March, 2004

We're over the Winter hump...  
Spring is just around the corner...



*March brings the first warm thoughts of Spring. Oh sure, we might still have some cold weather, or even a little snow... But we know that warmer temperatures are just around the corner. So enjoy those last days of skiing, those last snowmen, and that last little bit of SHOVELLING !!*



## Wok with Gerry

We'll be repeating our very popular stir-fry demo again sometime in March. Our in-house Chef, Gerry, will show you how to easily prepare this healthy vegetable dish for your family... Watch for all the details, and check out our stir-fry display in the produce aisle. We've got everything to ensure delicious results...



And discover our Veggie of the Month, BROCCOLI, a delicious part of any Stir-Fry. More on the back...

## Winterberries... ?

Read on...



Stock up on our locally grown Winterberries... Never heard of Winterberries? Just look in our open freezer in the Produce Dep't, and you'll find lots of locally grown strawberries, raspberries, blueberries, cranberries, and even some rhubarb-berries, frozen from fresh, and full of goodness... *Berries in Winter... or Winterberries.*



## Dairy Discovery...

Our dairy case is overflowing with goodness... And you'll discover some NEW products, too... An expanded lineup of yogurt products, veggie dips, and sour creams... NEW Extra Protein, Lactose FREE, & High Calcium milks, our trusty white & brown eggs by the flat (30), local free run eggs, heart smart margarines, flavoured milks, Extreme Milk Shakes, Tropicana 'not from concentrate' juices, and lots more... We Dair-y you to try them all !

## MARCH

### We're OPEN...

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



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

### March Break...

Hey kids, enjoy your school break this month. Come to the Market and sign up for our Free Fruit Club, check out all the cool new toys & games, sample all 48 flavors of ice cream in our Dairy Bar, ask for your Purple Passion Shake or 3- Minute Apple Crisp recipe, try out some fireworks (with parent's OK), check out all our boarding, 4-wheelin', and skiing magazines, sample a high octane sports drink or Extreme Shake... (And maybe just a little bit of schoolwork?) What a wonderful Week of learning it could be! !





**Thank You**

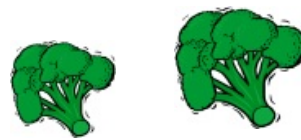
*for being our customer*

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



## BROCCOLI - the official veggie of St. Patrick...



*Broccoli is one of the most nutritious vegetables available...It is a very good source of fiber, potassium, and Vitamins A, C, & B6. It also provides protein, calcium, and iron for your body. Delicious in a stir-fry, steamed, in a soup or salad, or raw with a dip. Check out our website for broccoli recipes.*

### Quick & Easy Stirfry

In a wok or deep fry pan, heat 3-4 tbsp. of light cooking oil (olive or grapeseed are best). Add 2 cloves of *chopped garlic*, and brown. Add your favorite *chopped vegetables* (broccoli, cauliflower, sweet peppers, mushrooms, onions, celery, carrots, bok choy, chinese cabbage, or other). Cover and steam for 3-5 minutes, stirring occasionally. Add *bean sprouts, cashew pieces or other nuts (optional), or sesame seeds* just before adding your sauce. Prepare a packaged *stirfry sauce*, or make your own from water, soy sauce, and corn starch. Add to pan, stir to coat all the vegetables, and serve when sauce begins to thicken. Garnish with *fried noodles* if desired. (Add pre-cooked strips of a favorite meat or tofu for protein).



### Pizza anyone ?

Check out our Deli Dep't for U-Bake pizzas in several sizes. We have minis, 9", and 12" in Pepperoni, Cheese, Greek, Donair, Hawaiian, and more... Finish off the meal with our NEW Raspberry Eruption Cheesecake, available by the slice...



THINK GREEN...

**Saint Patrick's Day**

Wednesday, March 17



### For the birds...

We have a great supply of wild bird seed, sunflower seeds, suet, and feeders for all your feathered friends. Discover our beautiful NEW colored glass Gumball Bird Feeders...

### New in Giftware...

Colorful linens, gingham, & dinnerware... Spring bears... Kitras glass balls... Pillar candles... M.I.L.K. Foundation products... Puzzles, games, & toys... And so much more!



## March News

'March Break'  
Month for kids

Saint Patrick smiles on everyone  
March 17th

Lots & Lots of NEW & bright Gift Ideas

'Free Fruit Club'  
for kids - JOIN NOW !!

'Produce Facts'  
This month,  
Broccoli

Masstown Market  
OPEN 7 days a week  
9am to 9pm  
902-662-2816  
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