

MASSTOWN MARKET NEWS Volume 4 Issue 11 November, 2004

The wonderful smell of wood smoke, soups, & hearty stews...



There's a chill in the air and thoughts begin to turn to winter, comfort foods, and Christmas... and November is also about Remembrance Day, a solemn time to recall the service of thousands of Canadians at wartime... And the lives that were lost, and the freedoms gained..

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.

The Art of Produce...

We've built our business around fresh fruits & vegetables, and our produce department just keeps getting better... Local squash, cabbage, carrots & turnips, Valley apples & pears; grapes, onions, honeydew & spinach; peppers, mushrooms, kiwis & figs; garlic, potatoes, lemons & plums; blueberries, beans, celery & star fruit; endive, beet greens, broccoli & peaches; corn, eggplant, mangoes & limes; celery, raspberries, cauliflower & parsnip; snow peas, asparagus, cranberries & papaya; brussel sprouts, cantaloup, blackberries & beets; *and the list goes on*



and on... We're always hard at work stocking our produce shelves FOR YOU !

Congratulations Mary...

Mary MacNeil, of Black Cove, PEI was the WINNER in our Celtic Colours prize draw... Mary was thrilled to get the news, and we're sure she enjoyed the Celtic Colours Opening Gala Concert, the overnight stay in Sydney, and all the spending \$\$\$... All courtesy of the Market and our friends at Scotsburn Dairy...



Check us out...

Watch for our ad every Thursday in the Truro Daily News, check out our website for up to date news, subscribe to this newsletter online, watch for special Holiday events, and discover our in-store specials and contests... *Always something to discover at the Market...*

FRUITS & VEGGIES...
5 to 10 a day, every day, every color !



WE REMEMBER

On Thursday, November 11th, we remember all those that bravely served our country so that we could remain free... *The Market will open at 12 noon in observance of this...*



Did you know that we stock a huge selection of freshly frozen meats, seafood, & fish, including chowder mix, tuna steaks, chicken breast, and more...

NEW at the Market...

Check out all the colorful new dinnerware and decor items in our Gift Shop, the very new organic goat's milk cheeses from Earltown Dairy, the new salad creations in our Restaurant, and all the new Holiday baking & decorating magazines...





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



APPLES - The fall classic in NS, and so much choice...



Apples- We normally have 15 - 20 varieties of Nova Scotia apples on hand at this time of year, like Jona Gold, Honeycrisp, Cox Orange, Golden Russet, Elstar, Gravenstein, Spy, Cortland, McIntosh, & more... A great fat free, high fibre snack with Vitamin C, Iron & Potassium....

Treasure Salad

3 Apples, red, green or yellow
2 cups grapes, red or green
½ cup miniature marshmallows
1 cup yogurt, lemon or vanilla
¼ cup slivered almonds, toasted
Raisins (optional)
Nutmeg

Core & chop apples, skin on. Cut seedless grapes in half if large. Mix together the apple pieces, grapes, marshmallows, yogurt, toasted almonds, and raisins (if desired). Sprinkle with nutmeg and serve as a side salad, dessert, or breakfast treat... ENJOY!

Other apple ideas...

They're the ideal fresh eating snack... Or pick up the Market Applesauce recipe in-store and give it a try with Honey Gold... Bake a pie with Northern Spy... Apple crisp with Jona Gold... Garden Salad with Cortland (won't brown)... Or a baked apple dessert with Golden Russet...



Our staff gives...



Our wonderful staff recently donated 1,062 lbs of food to the

Colchester Food bank... The donation was made possible by the Market Staff Charity Fund, a fund that all our employees contribute to all year long... Thanks!

Other contest NEWS...

Enter NOW for your chance to WIN a lovely overnight stay at The Old Orchard Inn in Wolfville, the heart of apple country... Prize courtesy of the Annapolis Valley Apple Growers, another of our partners in quality...



Christmas Magic

Be sure to visit our 'Christmas Greenhouse', packed with holiday ideas and decorating charms... You'll feel like you've entered a magical kingdom of twinkling lights, winking elves, and prancing reindeer... And high above it all stands Mr. Claus himself, orchestrating all the holiday magic... Watch for news of our special Holiday Shopping Night, where you'll be treated royally with hot cider, delectable snacks, holiday music, and prize draws... Don't miss it!



October News

We Remember...

Novemehr 11

Christmas Shop

We're OPEN

Apples
The fall classic

Treasure Salad
The recipe...

Our staff gives
1,062 lbs to charity...

'WIN'
Apple Growers prize package...

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