

MASSTOWN MARKET NEWS Volume 4 Issue 10 October, 2004

October is for Fall gardening, pumpkin pies, and giving thanks



October is all about crisp air, crunchy leaves, and all the goodness of the local harvest. Enjoy pumpkins, winter squash, turnip, apples, pears, carrots, and so much more. October is also for giving thanks for our bounty, and for little ghosts and goblins everywhere...

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.

Apples to apples...

We take the guesswork out of comparing all the NS apple varieties, and which ones are best for what. Look for our handy NS Apple brochure where all our apples are displayed. In it you'll find a description of most of our varieties, as well as recipes and cooking tips for the different varieties of NS apples... For example, did you know that Cortland is your best choice for using in fruit salad, as it is one of the only varieties that will not turn brown when peeled and cut up...



Thanksgiving Monday...

We're OPEN all day on Monday, October 11th... We have everything for all your last minute holiday needs.



Halloween is coming...

This wonderful tradition of children's fun continues on Sunday, October 31st. And the clocks fall back an hour on the same night. Instead of the traditional Halloween candy, why not provide all the goblins that visit your home with a fruit juice box, or a sesame crisp bar, or a juicy orange, or a dried fruit bar, or a cheese n' cracker pack, or another healthy alternative to sugar candy. *The kids will love something a little bit different...*



The act of giving...

Please watch for all our staff initiatives over the coming months as they devote their time and effort into raising money for those most in need. We traditionally work with our local churches, the Christmas Index Fund, and other local charities to assist local families in need. Please support our efforts any way you can, and THANKS...

FRUITS & VEGGIES...

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



Visit us on-line...

www.masstownmarket.com
Get all the news, visit all our departments, check out our ice cream flavors, subscribe to our on-line newsletter, travel back in time, find exciting recipes, and so much more... CHECK US OUT !

Did you know that we stock a huge selection of homemade jams, jellies, & preserves from Cottage Pantry, Mollies, Dad's Choice, and others...

NEW at the Market...

We're always trying to find new and exciting products for our customers. Check out the extra lean Simmental ground beef from Baywinds Farm in Debert, or try the new all salmon products from Innovative Seafood in Halifax. We have salmon sausages, burgers, and spicy salmon pepperettes. No fillers & no preservatives, just salmon and spices ...





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



SQUASH - A fall & winter favorite, and so versatile...



Squash- We carry several varieties of squash like Buttercup, Acorn, Butternut, Turban, Pumpkin, and others. Squash is very versatile, and keeps well for up to 3 months. Most are high in Vitamin A & C, and low in calories. Enjoy baked, boiled, grilled, mashed, or in soups and stews.

Nova Scotia Harvest Soup

½ cup Onions, diced
4 tbsp. Butter or margarine
2 large Potatoes, chopped
1 cup Stock, beef or chicken
2 cups winter Squash, cooked
1 cup Milk or blend cream
¾ tsp Curry powder
Salt & Pepper,
Paprika

In a large pot, sautee the onions in butter until soft. Add the potato, stock, cooked squash, salt, pepper, and curry powder. Cover and simmer for 10 minutes, or until potato is tender. Mash or blend the mixture to desired consistency. Blend in the milk or cream, and serve, sprinkled with paprika. Add a spoonful of plain yogurt to each bowl for a little added zest. ENJOY!

Other squash ideas...

Bake squash pieces wrapped in foil, and serve them topped with butter and a little brown sugar. Or boil squash and turnip pieces together, mash and serve with butter, salt, and pepper. Or bake a pumpkin pie from scratch...



Recent winners...

Congratulations to Danielle Christensen of Bass River who won a Bar-B-Que and Shirley Kurivald of Debert who won the World Cup hockey jersey... *Way to go*

Other contest NEWS...

Don't miss your chance to enter our Celtic Colours Prize Contest. You could WIN a package including tickets to the Opening Gala in Sydney, deluxe hotel stay, and spending money. Hurry, drawing is on October 6th... *The Market is also co-sponsoring with Big Dog 100.9 the County's Recycle Right Contest in our local area, taking place between October 3rd and 8th. Listen to Big Dog 100.9 to see if you win a Market Gift Certificate for Recycling Right.*



Fall for gardening ?

Fall is an exciting time in our Garden Centre, and we've got it all for fun Fall gardening.



And it's so easy to join our Bulb Club... Just buy any bulbs from our huge selection, and you qualify to enter to WIN a natural Christmas tree or Holiday plant. Buy \$100 worth of bulbs between now and the end of this planting season, and we'll give you a FREE gift as well as an entry in the Prize Draw. See any of our Garden Centre staff for details. *We also have it all for Fall decorating. Pumpkins, straw bales, corn stalks, decorative corn & wreaths, Fall flags & plaques, and more...*

October News

An apple a day...
NS apple info

Thanksgiving
We're OPEN

Halloween
Some treat ideas

Harvest Soup
The recipe...

Garden News
Bulb Club & more...

'WIN'
Celtic Colours prize package...

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