

MASSTOWN MARKET NEWS

Volume 4 Issue 9
September, 2004

September is apples, corn, and the bounty of local harvest...



September marks the arrival of the new crop of Nova Scotia apples, the harvesting of local corn, and the goodness of Valley pears and all their rich produce...September is also back to school month, and the beginning of the exciting fall planting & transplanting season...

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.

Back to School...

Nova Scotia heads back to school on September 2nd. Children are eager to see all their friends again after a summer of relaxation & fun. It's time for box lunches, homework, projects, bus rides, study time and school sports...



An exciting time to be a kid...

Now that's teamwork...

The Market was thrilled to have six, 3-person teams entered in the recent Corn Maze Corporate Challenge, held at Riverbreeze Farm in Onslow. All event proceeds went to the Colchester Community Workshop project, a local organization providing skills training and employment opportunities for mentally challenged men and women... A fun evening, a great cause, **EVERYONE'S A WINNER...**



Labor Day Monday...

We're OPEN all day on Monday, September 6th... We have everything for your last holiday weekend of the summer... ..



An apple a day...

Nova Scotia apples are arriving by the bin load... We'll have McIntosh and Gravensteins early in September, Cortland, Jona Gold and Royal Gala by mid month, and then a whole lot more by late September and early October. Be sure to try one of the many varieties we'll have on hand... Honeycrisp, Empire, Paula Red, Spartan, Cox Orange, Red & Gold Delicious, Spy, Russet, Elstar, Ida Red, and more... *Crunchy, delicious Nova Scotia goodness...*



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 !

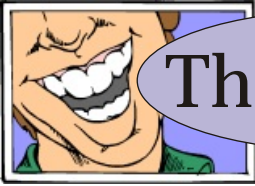
Did you know that all of our breads are made from scratch every day, all year long. Another reason to enjoy the goodness of our Bakery...



Amazing Tide Fact...

Our friends at Balamore Farm bring us this amazing Bay of Fundy bit of trivia... When the tide comes in every 12 hours and 25 minutes, the tidal flow in the Basin equals the combined flow of all rivers and streams on earth ... **WOW !**





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



PEARS - Grown right here in Nova Scotia, now arriving...



Pears- We grow 2 varieties of pears in Nova Scotia - Clapp and Bartlett. Clapps arrive first, near the beginning of September... Pears are a good source of fibre, potassium, and the anti-oxidant Vitamin C. They're delicious for fresh eating, in salads, or in preserves...

Baked Maple Raisin Pears

3 fresh Pears, halved & cored
¼ cup Raisins
¼ cup chopped Walnuts
¼ cup pure NS Maple Syrup
½ tsp Lemon rind
¼ tsp ground Cinnamon

Combine raisins, walnuts, maple syrup, lemon rind, and cinnamon. Arrange pears, cut side up in a baking dish. Spoon the maple mixture into the center of each pear half. Bake in a conventional oven for 25 - 30 minutes at 350 degrees, or until pears are tender. Serve as an after school snack, as a side dish to meat, poultry, or fish, or serve with a dab of ice cream, whipped cream, or lemon custard as a delicious dessert.

Microwave Preparation

Arrange pears, cut side down in microwave safe dish, cook on high for 5 minutes. Turn pears over, spoon in maple mixture and cook for an additional 3 - 4 minutes on high...



NEW in Giftware...

You'll find the Tea party line by Joyce Shelton, elegant Ikebana pottery, Sterling silver jewelry, and great Fall decorating ideas... *Simply gorgeous...*



In the Garden...

September is a great month for being in the garden...It's an ideal time to plant or transplant trees & shrubs, vegetable harvesting is underway, planters & window boxes can be refreshed with fall mums for a splash of late season color, and you can begin planting bulbs for your Spring garden.. *Check out our massive selection of top quality bulbs, NOW IN STOCK !*



What's for lunch ?

No need to fret over school lunches... A little creativity is all you need... Encourage your kids to help you plan their lunches... Alternate between their favorite sandwich, soup, or salad, include protein from tuna, soy, or nut butters, provide milk, water or yogourt, fresh veggies with dip, hot leftovers, cereal, cheese & crackers, veggie cocktails, raisins, fresh fruit, or a nutty granola mix. Try to completely avoid sweets and high fat snacks, pop, candy bars, and junk food... And when all else fails, there's always the twonie for the cafeteria !



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OPEN all day

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