

Upcoming Events:

Deadline for your next food order: September 7, 2018
Next depot pick-up days: September 20/21, 2018

WECAN BBQ's

Dates: August 30
Time: 11am to 2 pm
Place: TGP Warehouse Market
14505 Yellowhead Trail

Reminder:

Every member is responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Any food not picked up will be sold to other members or donated to a community group for distribution.



WECAN
Food Basket
Society

PO Box 34148
RPO Kingsway Mall
Edmonton AB T5G 3G4
Phone: 780-413-4525
Fax: 780-453-1239

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

Thank you to the following businesses and organizations for their help and support:



Your Depot:

Issue: 18-08
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Celebrates

On Saturday, July 14th WECAN Food Basket Society held a BBQ at the Beverly Heights Community League to mark our 25th Anniversary. This well-attended BBQ celebrated a significant milestone in the history of WECAN. Starting in response to the 'empty fridge syndrome' WECAN has grown from one depot in Abbotsfield to more than 20 depots throughout Edmonton and the surrounding communities and serves well over 500 families each month.

We would like to thank the Beverly Heights Community League for making their building available to us, ATCO Gas for loaning us the BBQ, and our staff, Suzanne Rigsby and Meryn McKay-Barbeau, for their hard work in organizing this event. In addition, a special thank you goes to Apryl Barbeau and Chris Purdie for manning the BBQ and cooking the delicious food, and to Ben Lemon for being a great MC.

We were treated to kind and congratulatory words from City of Edmonton Councillors Andrew Knack and Jon Dziadyk. Thank you both for taking time from your busy schedules to attend our event. Also bringing greetings were our Board Chair, Sacha Deelstra, and our founder, Cathy Vereyken. Thank you.

Last, but not least, we thank our entire board of directors and the many volunteers without whose help events such as this would not be possible.

25 years and counting – a remarkable achievement!

Kabobs

Beef Kabobs are a great way to escape the kitchen heat and enjoy cooking outdoors. By cutting the beef into cubes or slicing into strips and marinating it overnight the tenderness and great taste of the meat is all but guaranteed. Kabobs can be varied in many ways simply by changing the variety of vegetables on the skewer with the meat. Use zucchini, tomatoes, red and/or green peppers, pineapple chunks, pearl onions or carrot slices – the list is endless.

Caution: wood and bamboo skewers will burn. Make sure to soak them in water for at least 10 minutes before adding the meat and vegetables to them.

Cooking with Your WECAN Food Basket Menu

One Bowl Banana Cake

A delicious way to use up all those slightly over-ripe bananas, including the ones that have been frozen.

Eggs	2	2
All-purpose flour	2¼ cups	560 mL
Sugar	1½ cups	375 mL
Baking powder	1½ tsp.	7 mL
Baking Soda	1 tsp.	5 mL
Salt	½ tsp.	2 mL
Mashed ripe bananas (about 3)	1 cup	250 mL
Sour milk	¾ cup	175 mL
Shortening	½ cup	125 mL
Vanilla	1 tsp.	5 mL

In a large mixing bowl, stir together flour, sugar, baking powder, baking soda, and salt. Add bananas, sour milk, shortening, and vanilla. Beat with an electric mixer on low speed until combined. Add eggs' beat on medium speed for 2 minutes. Pour batter into greased and lightly floured 13x9x2 inch baking pan.

Bake in 350°F oven for 40 to 45 minutes or until a wooden toothpick inserted near the centre comes out clean. Place cake in pan on a wire rack and allow to cool thoroughly. Frost with desired frosting.

Cream Cheese Frosting

Packaged Cream Cheese, softened	4 oz.	
Butter or margarine, softened	½ cup	125 mL
Vanilla	2 tsp.	10 mL
Sifted icing sugar	3 cups	750 mL

Beat cream cheese, butter and vanilla with electric mixer until light and fluffy. Gradually add the icing sugar, beating well after each addition, to reach spreading consistency.

Broccoli Basics

Trim and peel stalks; in saucepan, cover and cook broccoli in about 1 inch (2.5 cm) of boiling water for 4 minutes or steam for 7 minutes or until vivid green and tender-crisp. Drain; toss with extra-virgin olive oil or oil from a jar of sun-dried tomatoes.

Alternatively, after cooking, serve broccoli with cheese sauce or sprinkle with grated parmesan cheese.

Kabob Sauces

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Alternate cubes of beef and your favorite vegetables on skewers. Marinate beef ahead of time, if desired. Use marinade or glaze to baste kabobs while barbecuing.

Caribbean Marinade

Makes 1½ cups (375 mL) marinade

Pineapple juice	1 cup	250 mL
Lime, grated peel and juice	1	1
Small onion, finely chopped	1	1
Garlic cloves, minced	2	2
Chopped gingerroot	1 tsp.	5 mL
Hot Pepper Sauce	¼ tsp.	1 mL

Combine all 6 ingredients. Marinate beef for 4 hours or overnight.

Teriyaki Marinade

Makes ½ cup (125 mL) marinade

Soy Sauce	¼ cup	60 mL
Water	2 tbsp.	30 mL
Liquid Honey	2 tbsp.	30 mL
Small garlic clove, minced	1	1
Ground ginger	1/8 tsp.	0.5 mL

Combine all 5 ingredients. Simmer for 5 minutes

Golden Glaze:

Makes 1 cup (250 mL) glaze

Beef bouillon powder	1 tbsp.	15 mL
Dry onion flakes	1 tbsp.	15 mL
Apricot jam	2/3 cup	150 mL
Water	½ cup	125 mL
Ground ginger	½ tsp.	2 mL

Combine all 5 ingredients. Simmer for 5 minutes. Barbecue kabobs basting with the glaze several times.

Food Basket Item	Safeway	Sobeys	Save On	Real Cdn. SuperStore	Walmart	WECAN
500 g lean ground beef	\$ 6.60	\$ 6.60	\$ 3.50	\$ 5.30	\$ 6.25	\$ 5.00
900 g eye of round steak	\$ 15.84	\$ 15.84	\$ 15.66	\$ 12.60	\$ 13.49	\$ 9.89
1 kg bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.70	\$ 1.72
4 oranges	\$ 4.25	\$ 4.25	\$ 4.00	\$ 3.47	\$ 4.20	\$ 1.68
4 pears	\$ 4.50	\$ 4.50	\$ 3.95	\$ 3.80	\$ 2.90	\$ 2.07
1 bunch green onions	\$ 0.79	\$ 0.79	\$ 0.79	\$ 0.48	\$ 0.77	\$ 0.49
1 long English cucumber	\$ 1.69	\$ 1.69	\$ 1.99	\$ 1.97	\$ 1.47	\$ 1.00
1 green pepper	\$ 1.50	\$ 1.50	\$ 1.50	\$ 1.00	\$ 1.80	\$ 0.87
1 bunch broccoli	\$ 1.50	\$ 1.50	\$ 2.49	\$ 1.50	\$ 2.47	\$ 1.87
TOTAL	\$ 38.41	\$ 38.41	\$ 35.60	\$ 31.82	\$ 35.05	\$ 24.59