

Upcoming Events:

Deadline for your next food order: August 10, 2018
Next depot pick-up days: August 23/24, 2018

WECAN BBQ's

Dates: July 26, and 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.



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



Your Depot:

Issue: 18-07
July 2018

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Summer Musings

The hot summer months are upon us. Gardens are growing and producing wonderful fresh vegetables. Farmer's Markets are in full swing. But, what to serve for supper without heating up the house?

A barbecue is often handy and easy to use for hot dogs, hamburgers, chicken, fish and steaks. While this may provide the focus of the meal, side dishes are essential to both provide complementary tastes and a balanced nutritional plan. Salad is always a good bet for a side dish on hot summer days. This month we have included a recipe for Greek Salad which is perfect for serving with chicken, fish, or steak. Or, can be served on it own for a lighter meal.

We have also included a recipe for Hearty Wild Rice Soup. Served for lunch or dinner, soup is a great any time of year and, once set on simmer to complete the cooking process, the cook has a bit of time to relax.

If you don't have your own garden, good places to access fresh, locally grown vegetables are the farmer's markets that are open in all areas of the city and most small towns. Get to know and support your local growers. Try new varieties and experience the fresh taste that our sweet Alberta soil adds to our produce. Discover the best.

About Wild Rice

Wild rice is not a true rice, but the seed of a grass that grows naturally in the shallow waters and slow-flowing streams of temperate climates. Saskatchewan, California and Minnesota are the largest North American producers of wild rice today, but First nations have been harvesting the seed heads for centuries. Its distinctive nutty flavour, chewy texture, and high nutritional value make wild rice a very healthy choice, and it tastes great mixed with other rices.

Check out the bulk section of your supermarket to buy smaller quantities of wild rice and still stay within your budget.

Cooking with Your WECAN Food Basket Menu

Hearty Wild Rice Soup

- Reprinted from *Most Loved Soups*© Company's Coming Publishing Limited

Earthy mushrooms and a pleasant hint of tarragon complement the nutty flavour of wild rice. Delicious.

Cooking oil	2 tsp.	10 mL
Chopped fresh white mushrooms	2 cups	500 mL
Lean ground beef	1 lb.	454 g
Chopped onion	1 cup	250 mL
Dried tarragon	1 tsp.	5 mL
All-purpose flour	3 tbsps.	50 mL
Prepared beef broth	6 cups	1.5 mL
Wild rice	2/3 cup	150 mL
Grated carrot	½ cup	125 mL

Heat cooking oil in large pot or Dutch oven on medium. Add next 4 ingredients. Scramble-fry for about 10 minutes until ground beef is no longer pink. Drain.

Add carrot. Heat and stir for about 2 minutes, until carrot is tender-crisp. Skim any fat from surface of soup. Makes about 8 cups (2 L).

1 cup (250 mL): 187 Calories; 6.6 g Total Fat (2.9 g Mono, 0.7 g Poly, 2.2 g Sat); 29 mg Cholesterol; 16 g Carbohydrate; 2 g fibre; 15 g Protein; 646 mg Sodium.

Greek Salad

- Reprinted from *Salads*© Company's Coming Publishing Limited

An old classic that is a meal in itself.

Head lettuce, torn bite size	½	½
Romaine lettuce	1	1
Tomatoes, cut bite size	2	2
Cucumber, cut bite size	1	1
Sliced green onions	¼ cup	50 mL
Sliced ripe olives	¼ cup	50 mL
Feta cheese, cubed	¾ cup	175 mL
Salad oil	½ cup	125 mL
Red wine vinegar	¼ cup	50 mL
Chopped parsley	¼ cup	50 mL
Salt	½ tsp.	2 mL
Pepper	1/8 tsp.	½ mL
Oregano	1/8 tsp.	½ mL
Garlic powder	1/8 tsp.	½ mL

Layer lettuce in large salad bowl or on large platter

Spread with tomatoes, cucumber, onions, olives and cheese.

Beat next seven ingredients together well. Shake before serving. Serve with salad.

Note: A few sardines or anchovies may be arranged over top of salad. Feta cheese may be exchanged with 8 oz. (250 g) cream cheese, cubed.

Food Basket Item	Safeway	Sobeys	Save On	Real Canadian SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 4.40	\$ 4.39	\$ 6.00	\$ 4.27	\$ 3.70	\$ 5.00
500 g Pork Tenderloin	\$ 9.70	\$ 9.70	\$ 4.40	\$ 8.50	\$ 5.26	\$ 5.50
Turkey Sausage	\$ 5.49	\$ 5.49	\$ 5.99	\$ 2.98	\$ 3.25	\$ 3.99
1 kg Bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.70	\$ 1.67
4 Red Delicious Apples	\$ 3.48	\$ 3.48	\$ 3.48	\$ 3.47	\$ 2.89	\$ 2.02
3 Oranges	\$ 2.63	\$ 2.63	\$ 2.63	\$ 2.16	\$ 2.38	\$ 1.63
Cauliflower	\$ 3.99	\$ 3.99	\$ 3.98	\$ 3.47	\$ 3.47	\$ 2.21
Celery	\$ 1.99	\$ 1.99	\$ 1.75	\$ 2.46	\$ 1.97	\$ 1.42
Long English Cucumber	\$ 1.49	\$ 1.49	\$ 1.79	\$ 0.97	\$ 1.47	\$ 0.99
TOTAL	\$ 34.91	\$ 34.90	\$ 31.74	\$ 29.98	\$ 26.09	\$ 24.43