

The WECAN Food Basket Society News



November 2014

WECAN News

Volunteer Appreciation:

Once again, it is time to show just how much we value and appreciate our dedicated volunteers. It's time again for "**Christmas in November**", our annual volunteer appreciation event.

This year, the date to remember is Friday, November 28th, and the location is our Strathcona Depot at the Edmonton Moravian Church (9540 83 Avenue). Festivities get underway at 11:00 a.m. and last until about 1:00 p.m.

All depot volunteers, coordinators, and drivers are cordially invited to join us in this celebration of your ef-

WECAN New Office Space

We are now looking at a January opening for our new office. Please note that our fax line will not be in operation until we move in. Stay tuned for the big announcement. We appreciate your ongoing patience.

2015 Calendars:

WECAN Calendars for 2015 are now available from your depot coordinator. Please note that the payment due dates and depot days in January, April, May, and October have been adjusted to one week later than usual to accommodate statutory holidays.

WECAN Phone: Due to the problems with our move to our new office, our phone will not always be answered as quickly as it has been in the past. Please be sure to leave

Food Finance

Lesson 4: Buying "In Season"

What do the experts mean when they suggest that one way to save and stay within your food budget is to buy "in season"?

All fruits and vegetables, except those grown under controlled conditions in a greenhouse, have a natural time of the year when they are at their best. And, of course, that is the time of the year when they are the most plentiful and their price is the lowest.

Consequently, apples are at their best, and at the lowest prices, in late August and through September and October. Local lettuce peaks in the early summer and root vegetables (carrots, potatoes, turnips, parsnips) are most plentiful in the fall.

Given our northern climate where no fresh produce grows during the winter months except in greenhouses, purchasing local, in-season produce is

confined to the summer months. During our growing season many

types of produce are available at reasonable prices. That is the time to take advantage of the lower pricing and to buy in quantities

that make sense for your budget and your family's needs. If you have the time and space available, purchasing a large quantity of peas, for example, and freezing them at home for use over the winter can lower your annual food costs. Think of corn in August, cherries in July, pears in September and apples through August and September.

Speaking of apples, there are many homeowners who have hardy apples growing in the backyard. Getting to know your neighbours may open up this resource for you as many of the older apple trees produce more apples than the home-owner

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	WECAN Food Basket Society
500 g Lean Ground Beef	\$4.40	\$6.05	\$6.35	\$5.24	\$6.50	\$4.00
Turkey Breakfast Sausage	\$5.19	\$4.99	\$4.99	\$3.99	\$5.27	\$3.00
900 g Pork Tenderloin	\$11.90	\$14.86	\$15.74	\$10.78	\$13.83	\$8.10
1 kg Bananas	\$1.94	\$1.94	\$1.96	\$1.70	\$1.70	\$1.50
1 kg Royal Gala Apples	\$3.51	\$4.39	\$4.17	\$3.90	\$3.90	\$1.76
1 kg Chinese Mandarin Oranges	\$3.95	\$3.28	\$2.00	\$2.00	\$2.65	\$1.73
2 lb bag Carrots	\$1.00	\$2.79	\$1.79	\$1.68	\$1.27	\$1.09
1 bunch Celery	\$1.29	\$3.28	\$1.99	\$1.57	\$1.27	\$1.37
1 bunch Green Onions	\$0.50	\$0.89	\$0.99	\$0.47	\$0.57	\$0.38
5 lb. bag Russet Potatoes	\$3.99	\$3.99	\$3.49	\$3.85	\$2.97	\$1.81
TOTAL	\$37.67	\$46.46	\$43.47	\$35.18	\$39.93	\$24.74

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item. Some prices may be bulk prices.

"Cooking With Your WECAN Food Basket" Menu

Potato Pan Cake

- Reprinted from *Easy Healthy Recipes* © Company's Coming Publishing

*Shredded potato and onion baked in a pan and cut like a cake.
Almost too easy*

Cold Water		
Potatoes, peeled	2 lbs.	900 g
Large eggs	2	2
Finely chopped onion	½ cup	125 mL
Garlic and herb no-salt seasoning (such as Mrs. Dash)	½ tsp.	2 mL
Pepper	¼ tsp	1 mL
Hot milk	1 cup	250 mL

Pour cold water into large bowl until about half full. Grate potatoes into water (to prevent browning), adding more water if necessary to keep covered.

Combine next 4 ingredients in separate large bowl. Drain potato. Squeeze to remove excess water. Add to egg mixture. Stir well.

Slowly add hot milk, stirring constantly until potato is coated. ~~Spread evenly in greased 9 x 9 inch (22 x 22 cm) pan. Bake uncovered in 375°F (190°C) oven for about 1 hour until golden. Let stand for 5 minutes before cutting. Cuts into 9 pieces.~~

Potato Wheat Biscuits

- Reprinted from *The Potato Book* © Company's Coming Publishing

Cheesy and wholesome. Good on their own or with chili or soup.

All-purpose flour	1 cup	250 mL
Whole wheat flour	¾ cup	175 mL
Grated light sharp Cheddar cheese	½ cup	125 mL
Grated light Parmesan cheese	2 tbsp.	30 mL
Baking powder	1 tbsp.	15 mL
Salt	½ tsp.	2 mL
Milk	2/3 cup	150 mL
Cooking oil	3 tbsp.	50 mL
Mashed potatoes	1 cup	250 mL
Grated light sharp Cheddar cheese	¼ cup	60 mL

Stir first 6 ingredients together in large bowl. Make a well.

Mix milk, cooking oil and potato in medium bowl until smooth. Pour into well. Stir to form soft ball. Turn out and knead 6 to 8 times on lightly floured surface. Divide into 12 equal portions. Shape into round balls. Place in greased 9 inch (22 cm) round cake pan. Bake in 425°F (220°C) oven for 15 minutes.

Sprinkle with second amount of Cheddar cheese. Bake for about 5 minutes until browned. Makes 12 biscuits.

For More Information About WECAN Food Basket

Visit our **Website**: www.wecanfood.com

Follow us on **Twitter**: @wecanfoodbasket

Like us on **Facebook**: Wecan Food Basket Society of Alberta

Or **Email** us: info@wecanfood.com

Pork Stew and Dumplings

- Reprinted from *The Pork Book* © Company's Coming Publishing

What could be better on a cold day than a warm, homey stew?

The soft, cheesy dumplings are a wonderful addition to this recipe.

All-purpose flour	3 tbsp.	50 mL
Pepper	½ tsp.	2 mL
Boneless pork, trimmed of fat and cut into 1 inch (2.5 cm) cubes	2 lbs.	900 g
Cooking oil	2 tbsp.	30 mL
Prepared chicken broth	4 cups	1 L
Medium onions, halved and sliced	2	2
Medium potatoes, cut into ½ inch (12 mm) thick slices	2	2
Medium carrots, cut into ½ inch (12 mm) thick slices	2	2
Fresh (or frozen, thawed) peas	1 cup	250 mL
Salt	½ tsp.	2 mL

Dumplings

All-purpose flour	1 cup	250 mL
Baking powder	2 tsp.	10 mL
Salt, just a pinch		
Hard margarine (or butter) cut up	¼ cup	60 mL
Chopped fresh parsley (or ¾ tsp., 4 mL, flakes)	1 tbsp.	15 mL
Grated sharp white Cheddar cheese	½ cup	125 mL
Buttermilk (or reconstituted from powder)	1/3 cup	75 mL
Large egg	1	1

Combine flour and pepper in large bowl or resealable freezer bag. Add pork in 2 batches. Cover or seal. Toss until coated.

Heat cooking oil in large pot or Dutch oven on medium-high. Cook pork in 2 batches, for 5 to 10 minutes, stirring occasionally, until browned.

Add next 6 ingredients. Bring to a boil. Reduce heat to medium-low. Cover. Simmer for about 1½ hours, stirring occasionally, until pork is tender.

Dumplings:

Combine flour, baking powder and salt in medium bowl. Cut in margarine until crumbly.

Add parsley and cheese. Mix well.

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



Experts advice for everyday life™

Don't Forget! The deadline for your next Food Order is **December 5**. You can submit your next payment when you pick up your November food basket to make sure you get an order next month.

Your Depot:

Next Fees Deadline: Dec. 5, 2014