

Upcoming Events:

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

Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator any time. Our membership year is from April 1st to March 31st, so it will soon be time to renew your membership.

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:

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Cookbook

At long last our cookbook "WECAN Cooks" has been published and is ready for distribution. Thanks to the efforts of many members who contributed their family's favourite recipes, to the helpers who spent hours keying in the recipes on line, and to the volunteers who helped to write the WECAN story for the introduction we have a memorable publication.

Every depot coordinator has been sent a copy of the cookbook and for only \$10 each member can purchase a copy for themselves. Many of the recipes that have appeared in the newsletter over the years are included in this cookbook, as well as recipes that may be new to many of us. Most of the recipes that are included are easy to make and may soon become your family's favourites. Any cookbooks ordered this month will be sent with the December baskets, just in time for Christmas giving to friends and family.

How to Store Your Fruit and Vegetables

Not all fruits or vegetables do well in the refrigerator. Some are best stored at room temperature.

Potatoes: Store potatoes in a cool, dark, well-ventilated place. Do not refrigerate.

Onions: Store in a cool, dry, well-ventilated place for up to two months. Wrap cut onions in plastic and refrigerate for up to four days.

Carrots: Wrap in plastic (if not purchased in a plastic bag) and refrigerate. Store them separately from apples, which emit ethylene gas and make carrots taste bitter.

Celery: Refrigerate in a plastic bag for up to two weeks.

Bananas: Storing bananas in the refrigerator will slow the ripening process. This will cause the skin to darken, but the flesh will be fine. To speed ripening of green bananas, place bananas in a perforated bag with a ripe apple and store the bag at room temperature for a few days.

Cooking with Your WECAN Food Basket Menu

Special Legs

- Reprinted from *Chicken, etc.* © Company's Coming Publishing Limited

With a sauce that's as good as the legs

Chicken drumsticks, or thighs, or both skin removed	8	8
Envelope dry onion soup mix	1 x 1½ oz.	1 x 42 g
Brown sugar, packed	½ cup	125 mL
White vinegar	¼ cup	60 mL

Arrange chicken in single layer in casserole or small roaster

Combine soup mix, sugar and vinegar in small bowl. Spoon over chicken. Cover. Bake in 350°F (175°C) oven for 1 hour until tender. Serve with pan juices poured over top. Serves 4.

Banana Nut Muffins

- Robin Hood's Canadian Flour Cookbook

Flour (Regular or instant blending)	1 ¾ cups
Sugar	1/3 cup
Baking powder	3 tsp.
Salt	½ tsp.
Nutmeg	½ tsp.
Chopped nuts	¼ cup
Mashed ripe banana	1 cup (about 3)
Salad oil	1/3 cup
Milk	¼ cup
Egg	1
Lemon juice	2 tsp.

Spoon or pour flour into dry measuring cup. Level off and pour into mixing bowl. Add sugar, baking powder, salt and nutmeg; stir well to blend. Stir in nuts.

Combine mashed banana, oil, milk, egg and lemon juice in small bowl. Beat slightly with rotary beater.

Add liquid ingredients all at once to dry ingredients. Stir just until all ingredients are moistened.

Fill well-greased muffin cups 2/3 full.

Bake at 400°F for 20 – 25 minutes. Loosen edges and turn out on wire rack. Yield: 1 dozen muffins.

Rice Sausage Casserole

- Reprinted from *Breakfasts and Brunches* © Company's Coming Publishing Limited

A meal in one. Sausage covers rice and vegetables

Pork sausages (or turkey sausage)	1 lb.	454 g
Chopped onion	1 cup	250 mL
Long grain white rice, uncooked	1 cup	250 mL
Diced celery	½ cup	125 mL
Grated carrot	1 cup	250 mL
Chicken bouillon powder	1 tbsp.	15 mL
Parsley flakes	1 tsp.	5 mL
Salt	¼ tsp.	1 mL
Pepper	1/8 tsp.	0.5 mL
Boiling water	1 ¾ cups	425 mL

Paprika, sprinkle

Prick sausages in several places with fork or tip of knife. Cook sausages and onion in frying pan until browned. Remove from heat. Drain well

Measure next 8 ingredients into ungreased 2 quart (2 L) casserole. Stir gently to mix. Lay sausage and onion over top.

Sprinkle with paprika. Cover. Bake in 350°F (175°C) oven for 1 hour. Serves 4.

1 serving: 414 Calories; 15 g Protein; 17.5 g Total Fat (6 g Saturated; 44.6 mg Cholesterol); 1376 mg Sodium

Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. SuperStore	Walmart	WECAN
500 g Lean Ground Beef	\$ 5.50	\$ 4.74	\$ 6.99	\$ 4.80	\$ 6.25	\$ 4.40
1 kg. Chicken Thighs	\$ 8.80	\$ 8.99	\$ 9.90	\$ 5.47	\$ 6.99	\$ 6.99
1 pkg. Turkey Sausage	\$ 5.49	\$ 4.28	\$ 4.99	\$ 4.28	\$ 4.00	\$ 3.61
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.71	\$ 1.70	\$ 1.70	\$ 1.67
3 Ambrosia Apples	\$ 2.25	\$ 1.38	\$ 2.00	\$ 2.00	\$ 1.50	\$ 1.44
4 Bartlett Pears	\$ 2.50	\$ 1.80	\$ 3.20	\$ 4.00	\$ 4.00	\$ 1.95
5 lb. Potatoes	\$ 4.99	\$ 2.79	\$ 3.99	\$ 2.49	\$ 2.97	\$ 2.23
3 lb. Onions	\$ 2.99	\$ 2.47	\$ 2.99	\$ 2.97	\$ 2.47	\$ 1.20
1 bunch Celery	\$ 2.49	\$ 1.97	\$ 4.00	\$ 1.97	\$ 1.97	\$ 1.50
TOTAL	\$ 36.75	\$ 30.14	\$ 39.77	\$ 29.68	\$ 31.85	\$ 24.99