

The Wecan Food Basket Society News

September 2012



Promoting Wecan In the Community



Wecan Food Basket Society attended the Southeast Edmonton Seniors Association Open House on September 5th. Our information display gathered much attention and a positive response from many interested people. Maxine Charlton (above) and Paige Nelson provided additional information and answered questions from those stopping by our booth.

On September 13th, Wecan set up a similar display for Grace Martin School's "Meet the Staff" open house. Paige Nelson and Meryn McKay-Barbeau were on hand to answer questions and provide information to interested parents and teachers. This was the second year we were invited to this well-attended event.

Wecan Depot Changes

Welcome to our new depot in **Spruce Grove**! Coordinated by Sareina Fead, who currently runs the community kitchen in Spruce Grove through FCSS, the depot operates out of St Andrew's United Church at 1A Fieldstone Drive. For folks who know Spruce Grove, St Andrew's is the architecturally striking building directly north of the Spruce Grove Composite High School. Payment can be made Monday through Thursday from 8:00 am to noon with the church secretary or, coming soon, a locked mailbox will be accessible just inside the main doors for extended payment hours with your payment envelope. Pickup time is the 3rd Thursday of each month in the kitchen at St Andrew's between 4:00 and 5:30 pm.

Bissell Centre – due to the massive amounts of rain at the end of August, the Bissell Centre has, unfortunately, experienced flooding and water damage, making it necessary to close temporarily. We hope to welcome them back in time for the November order. In the meantime, Wecan invites all Bissell members to use the nearest depot which is City Centre at the McCauley Boys & Girls Club at 9425–109A Avenue. Fee payment can be arranged with David (780)424-2870 and pickup is on the third Thursday between 11:00 am and 3:00 pm.

How Much is Enough?

Canada's Food Guide recommends 2 servings of meat or alternatives per day. One serving is 3 oz. (80 g) of meat, fish, or poultry which is about the size of a deck of cards. Alternatively, one serving is 1 to 2 small eggs, 1 to 2 tbsps (15-30 mL) of nut butters, 1/2 to 1 cup (125–250 mL) beans, lentils or legumes, or 1/3 cup (75 mL) Tofu.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.84	\$3.00	\$4.35	\$3.63	\$4.00	\$3.50
500 g Eye of Round Steaks	\$7.16	\$7.49	\$6.71	\$5.26	\$5.48	\$4.25
900 g Boneless Pork Loin Rst.	\$9.90	\$12.28	\$11.79	\$8.89	\$5.89	\$6.30
1 kg Bananas	\$1.94	\$1.74	\$1.94	\$1.70	\$1.70	\$1.33
450 g Prune Plums	\$2.49	\$2.18	\$2.84	\$2.12	\$1.97	\$1.02
1 Honeydew Melon	\$6.50	\$4.50	\$3.99	\$3.28	\$2.47	\$1.83
1 kg New Red Potatoes	\$2.89	\$2.84	\$2.18	\$1.70	\$1.54	\$1.34
1 tray Tomatoes (3)	\$1.50	\$1.50	\$1.30	\$1.00	\$0.97	\$1.39
4 Cobs Corn	\$2.40	\$1.60	n/a	n/a	1.68	\$1.80
1 bunch Green Onions	\$0.69	\$0.44	\$0.69	\$0.47	\$0.47	\$0.33
Total	\$40.31	\$37.57	\$35.79	\$28.05	\$26.17	\$23.09

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

Asian Pork Chili

- Reprinted with permission from *A Holiday Collection* by the ATCO Blue Flame Kitchen 2005

- 1 tbsp (15 mL) cornstarch
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) Chinese five-spice powder
- ½ tsp (2 mL) salt
- 1½ lb (0.75 kg) boneless pork shoulder steak, cut into ½ inch (1.25 cm) cubes
- 1 tbsp (15 mL) oil
- 1 cup (250 mL) chopped onion
- 2 tsp (10 mL) finely chopped jalapeno pepper
- 2 tsp (10 mL) grated fresh ginger
- 2 cloves garlic, crushed
- 2 cans (19 oz/540 mL each) mixed beans, rinsed and drained
- 1 can (14 oz/398 mL) diced tomatoes
- ¼ cup (50 mL) hoisin sauce
- ¼ cup (50 mL) soy sauce
- ¼ cup dry white wine or WATER
- ½ tsp (2 mL) Chinese five-spice powder
- 1/3 cup (75 mL) diagonally slices green onions.

Combine cornstarch, chili powder, 1 tsp (5 mL) Chinese five-spice powder and salt in a plastic bag. Add pork to cornstarch mixture and toss to coat. Heat oil in a Dutch oven over medium heat. Add pork in batches and brown on all sides. Transfer pork to a plate. Add onion, jalapeno pepper, ginger and garlic to pan; sauté for 2 minutes. Stir in beans, tomatoes, hoisin sauce, soy sauce, water (or wine) and ½ tsp (2 mL) Chinese five-spice powder; bring to a boil. Return pork and any accumulated juices to pan. Reduce heat; cover and simmer, stirring occasionally, for 30 minutes or until pork is tender. May be prepared in advance and refrigerated for up to 24 hours. Stir in green onions just before serving.

- Serves 8

One Pot Spaghetti

- Reprinted with permission from *Everyday Delicious 2011* by the ATCO Blue Flame Kitchen

- 1 tbsp (15 mL) oil
- 1 lb (0.5 kg) lean ground beef
- 1 cup (250 mL) chopped onion
- 2 cloves garlic, crushed
- 4 cups (1 L) chicken broth
- 1 can (5½ oz/156 mL) tomato paste
- ½ tsp (2 mL) oregano, crumbled
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) red pepper flakes
- ¼ tsp (1 mL) freshly ground pepper

- 2 cups (500 mL) broken spaghetti
- Freshly grated Parmesan cheese

Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat.

Stir in next 6 ingredients (broth through pepper). Bring to a boil. Add spaghetti. Reduce heat and simmer, stirring frequently, until spaghetti is tender, about 12–15 minutes. Serve with Parmesan cheese. *Serves 4-6.*

Brown Rice Quinoa Pilaf

Reprinted from *Whole Grain Recipes* © Company's Coming Publishing

Olive (or canola) oil	1 tbsp.	15 mL
Finely chopped onion	1 cup	250 mL
Grated carrot	1 cup	250 mL
Long grain brown rice	1 cup	250 mL
Prepared chicken broth	3½ cups	875 mL
Quinoa, rinsed and drained	1 cup	250 mL
Dried cranberries	½ tsp.	2 mL
Pepper	½ cup	125 mL

Heat olive oil in large saucepan on medium. Add onion and carrot. Cook, uncovered for 5 to 10 minutes, stirring often, until onion is softened.

Add rice. Stir until coated. Add broth. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, covered, for 20 minutes, without stirring.

Add quinoa and cranberries. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, covered, for 20 to 25 minutes, without stirring, until rice and quinoa are tender and broth is absorbed. Makes about 7 cups (1.75 L).

Quinoa (pronounced KEEN-wah) is so durable a plant, and offers such nutritious seeds, that the United Nations calls it a super-crop and is funding growing projects around the world. The Incans called quinoa the “Mother Grain” and, as the name implies, it has been a staple in South American civilizations for thousands of years. Because the plant can survive cold weather and harsh soil conditions, it is a perfect crop for civilizations living in the Andes. It boasts a high protein content as well as the full range of amino acids. The leaves can also be eaten, though it's the seeds that are used in cooking and baking. Unless you are using quinoa dry, it should be rinsed in a fine-mesh sieve to get rid of its bitter coating.

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



Don't Forget! The deadline for your next Food Order is October 5. You can submit your next payment when you pick up your September food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: Oct. 5, 2012
Next Pick-up Days: Oct. 18 / 19