

## Upcoming Events:

**Deadline for your next food order: May 6, 2016**

**Next depot pick-up days: May 19 / 20, 2016**

### 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.

### Annual General Meeting

Date: Friday, May 27, 2016

Place: Edmonton Moravian Church

9540 – 83 Avenue, Edmonton

Time: 9:30 a.m. – 11:00 a.m.

### Annual Memberships

The WECAN annual membership is \$5.00 per family. Purchase your membership now from your Depot Coordinator.



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



### Your Depot:

Issue: 16-04  
April, 2016

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN Annual General Meeting

The AGM will be held on Friday, May 27, 2016 at the Edmonton Moravian Church (9540 – 83 Avenue) starting at 9:30 a.m. A light breakfast will be served at the beginning of the meeting.

At this time we will present our 2015-2016 financial statements, elect members to the Board of Directors, and present long service awards to our volunteers. Everyone is invited to attend and encouraged to participate.

### REALTORS® Community Foundation Grant

Recently, WECAN was the grateful recipient of a generous grant from the REALTORS® Community Foundation. This much needed money will be used to support our ongoing programs.

The REALTORS® Community Foundation is also supporting us in another way – they are publishing an article about WECAN and our food program in an upcoming issue of Real Estate Weekly and in their section of the Edmonton Sun in the near future.

Thank you to all members of the REALTORS® group for their support of WECAN and our programs.

### Spring Planting

Spring is the time when we turn our thoughts and efforts to gardening, not just for the beauty it brings into our lives, but for the bountiful harvest of fresh vegetables and fruit we can enjoy all summer long and into the fall.

Nothing can beat the taste and nutritional value of home-grown produce. And, most vegetables are very easy to grow.

Tomatoes, started from seed in early April or purchased as a bedding plant from a greenhouse in May, can be planted in a small plot outside your back door or grown in a pot on your deck, patio or balcony. Lettuce, spinach, peppers and herbs can all be grown in the same manner. Imagine the delight of eating your own produce grown in your own garden.

Seeds are very inexpensive to buy, making home-grown produce an economical option for obtaining fresh produce throughout the growing season. Even buying only one or two bedding plants from a greenhouse makes economic sense compared to the price of produce in the store.

Everyone is encouraged to take part in this enjoyable activity whether it means a few tomato plants in pots on the balcony or patio, a small garden plot in a corner of the yard, or a larger effort with others by participating in a community garden.

## Cooking with Your WECAN Food Basket Menu

### Chicken and Wild Rice Soup

- Reprinted with permission from *Everyday Delicious 2013* by the ATCO Blue Flame Kitchen

- 2 tbsp. (25 mL) salted butter
- 2 tbsp. (25 mL) canola oil
- 1 cup (250 mL) diced onion
- 2 tbsp. (25 mL) Italian seasoning
- 1 tsp. (5mL) fennel seed, crushed
- ¼ tsp. (1 mL) red pepper flakes
- 1 clove garlic, finely chopped
- 1 lb. (0.5 kg) ground chicken
- 4 cups (1 L) chicken broth
- 1 can (28 oz./796 mL) diced tomatoes
- ¾ cup (175 mL) cooked wild rice
- 1 tbsp. (15 mL) white wine vinegar
- 2 cups (500 mL) slivered spinach
- Freshly grated Parmesan cheese

1. Melt butter with oil in a Dutch oven over medium heat. Add onion and sauté until softened, about 5 minutes.
2. Add Italian seasoning, fennel seed red pepper flakes and garlic; sauté for 1 minute.
3. Add chicken and cook, stirring to break up chicken, until browned.
4. Add broth, tomatoes, cooked wild rice and vinegar; stir to combine. Bring to a boil
5. Reduce heat and simmer, covered, stirring occasionally, for 20 minutes.
6. Uncover and add spinach; cook, stirring, until spinach wilts.
7. Serve sprinkled with Parmesan cheese.

### Slow Cooker Eye of Round Roast

1. **Turn your slow-cooker on to a low setting.** This method will take roughly 8 to 10 hours and will result in an incredibly juicy roast. While the slow-cooker is warming up, season the eye round roast with salt, pepper and any other seasonings you prefer.
2. **Add the other ingredients to the crock pot.** Slice one onion and use it to line the bottom of your slow cooker. Add the seasoned roast to the pot with 1 cup (237ml) of water, 2 tbsp. (28ml) soy sauce (optional) and two bay leaves for flavoring.
3. **Cover your slow-cooker with the lid and simmer the roast on a low setting for 8 hours.** Remove the roast after 8 hours. Allow the roast to marinate in the juices.
4. **Make the gravy.** The onion, seasonings and juices from the roast will create gravy when it is cooked slowly for a long period of time. For a thicker gravy, after removing the roast, mix 2 tbsp. (28g) cornstarch and 2 tbsp. (28ml) water together in a bowl, then pour the solution into the slow cooker gravy. Stir the ingredients together until they begin to boil and thicken. You can use ⅓ cup flour instead of cornstarch.



Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
1 lb. Ground Chicken	\$ 7.99	\$ 5.00	\$ 7.99	\$ 5.99	\$ 6.00	\$ 3.59
0.6 kg Eye of Round Roast	\$ 12.02	\$ 7.93	\$ 12.02	\$ 9.19	\$ 9.19	\$ 6.59
1 kg Chicken Legs, backs attached	\$ 6.15	\$ 6.30	\$ 6.15	\$ 4.98	\$ 4.34	\$ 4.99
1 kg Bananas	\$ 1.74	\$ 1.72	\$ 1.74	\$ 1.70	\$ 1.70	\$ 1.61
1 kg. Naval Oranges	\$ 3.28	\$ 2.84	\$ 3.28	\$ 2.27	\$ 3.24	\$ 1.78
1.5 lb. Gala Apples	\$ 2.84	\$ 2.99	\$ 2.99	\$ 2.82	\$ 2.95	\$ 1.79
1 Long English Cucumber	\$ 0.99	\$ 0.99	\$ 0.99	\$ 0.99	\$ 0.97	\$ 1.07
1 Head Lettuce	\$ 1.69	\$ 1.69	\$ 1.69	\$ 1.68	\$ 1.97	\$ 1.20
1.5 lb. Baby Potatoes	\$ 2.75	\$ 3.75	\$ 2.75	\$ 1.98	\$ 3.27	\$ 2.25
1 bunch Green Onions	\$ 0.79	\$ 0.89	\$ 0.89	\$ 0.77	\$ 0.77	\$ 0.41
<b>TOTAL</b>	<b>\$ 40.24</b>	<b>\$ 34.10</b>	<b>\$ 40.49</b>	<b>\$ 32.37</b>	<b>\$ 34.40</b>	<b>\$ 25.28</b>