

Upcoming Events:

Deadline for your next food order: September 4, 2015

Next depot pick-up days: September 17 / 18, 2015

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.

2016 Casino Dates: (Watch the Newsletter for updates)

Friday, February 12, 2016

Saturday, February 13, 2016



Lady Flower Garden Schedule

Weed/Harvest: September 16



WECAN
Food Basket
Society

PO Box 34148
RPO Kingsway Mall
Edmonton AB T5G 3G4
Phone: 780-413-4525
Fax: 780-453-1239

Email: info@wecanfood.com

Website: www.wecanfood.com

Charitable Reg. #891381394RR00001

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



Your Depot:

Issue: 15-08
August, 2015

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN Fundraising Efforts:

After a slow start with our first BBQ, our second BBQ held August 13th at TGP was a big success. Thanks to the hard work of Zuzana and all the volunteers who came out to help, our efforts have been rewarded.

Our next major event will be the Casino where we volunteer to work in return for a portion of the proceeds of the two-day event. Our next casino will be held on Friday, February 12th and Saturday, February 13th, 2016. Please watch our newsletter for more information regarding the volunteer positions we need to be filled and how you can go about applying to fill these positions. We have had good success in the past with this event and look forward to repeating our success in February.

Lady Flower Garden

This month there is corn available for purchase on depot day. Harvested on Wednesday at Lady Flower Garden by our core group of most capable volunteers, this fresh, local corn is being sold at 2 cobs for \$1.00. All money collected from the sale of corn will go to support our ongoing programs. We wish to thank the volunteers who put in the extra effort required to secure this produce for us and thank you to all who purchase the corn for supporting us.

The volunteers from Millbourne and City Centre depots have been involved with the pilot project at Lady Flower Garden throughout the summer. Without the dedication of these depots, we would not have had this opportunity to enjoy fresh corn. Thank you.

Harvest Time

We are now in the season when bumper crops are available from our own gardens, u-pick gardens, community gardens, and farmers' markets. But what do we do with it all?

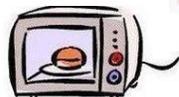
Preserving this harvest by freezing or canning is a good way to stretch food dollars through the coming winter when fresh produce becomes more expensive to buy and is never as fresh as when it is first harvested from a garden.

If you have never tried to stock your pantry with frozen and canned goods that you have processed at home, now is a good time to start. The process is simple, especially for frozen products, and can be accomplished by the most novice of cooks.

A good place to start for tips and procedures is the ATCO Blue Flame Kitchen. You can find them at www.atcoblueflamekitchen.com.

Cooking With Your WECAN Food Basket Menu

Microwave Cooking



Potato Feast

Perfect Potatoes

- Reprinted from *Choosing Sides* © Company's Coming Publishing Limited

The perfect potatoes need not take forever being boiled or baked, but can be snappily made in the microwave. Server with chicken, beef, pork or fish.

Baby potatoes, cut in half (or regular potatoes cut in 1" cubes)	1½ lbs.	680 g
Water	¼ cup	60 mL
Garlic butter, melted	2 tbsp.	30 mL
Finely chopped green onion	2 tbsp.	30 mL
Montreal steak spice	1 tsp.	5 mL

Put potatoes and water into large microwave-safe bowl. Microwave, covered, on high (100%) for about 10 minutes, stirring occasionally, until potatoes are tender. Drain.

Drizzle with melted garlic butter. Sprinkle with green onion and steak spice. Toss. Serves 4

Slow Cooker Teriyaki Drumsticks

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

- 12 chicken drumsticks, skin removed
- ½ cup (125 mL) soy sauce
- ½ cup (125 mL) granulated sugar
- 1/3 cup (75 mL) rice vinegar
- 1 tbsp. (15 mL) finely chopped fresh ginger
- 3 cloves garlic, finely chopped
- 3 tbsp. (40 mL) cornstarch
- ¼ cup (50 mL) water
- 5 cups (1.25 L) sliced bok choy (green portion only)
- ¼ cup (50 mL) thinly sliced green onion
- 1 tbsp. (15 mL) sesame seeds, toasted

Place chicken in a 6 quart (6 L) slow cooker.

Combine soy sauce, sugar, vinegar, ginger and garlic in a bowl. Pour soy sauce mixture over chicken.

Cover and cook on high heat setting for 30 minutes.

Reduce to low heat setting and continue cooking, covered, for 3 hours or until meat is very tender.

Whisk together cornstarch and water until blended.

Uncover slow cooker and drizzle cornstarch mixture over chicken mixture; stir gently to combine. Add bok choy and stir gently to coat.

Cover and cook on high heat setting for 15 minutes or until bok choy wilts and sauce is slightly thickened.

Uncover and sprinkle with green onion and sesame seeds. Serve immediately

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Regular Ground Beef	\$ 5.83	\$ 7.16	\$ 5.83	\$ 4.64	\$ 6.50	\$ 5.40
1 lb. Ground Turkey	\$ 10.31	\$ 9.00	\$ 9.00	\$ 6.14	\$ 5.00	\$ 4.19
1 kg. Chicken Drumsticks	\$ 8.36	\$ 8.80	\$ 8.57	\$ 8.36	\$ 7.65	\$ 5.29
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.96	\$ 1.70	\$ 1.70	\$ 1.67
1 Cantaloupe	\$ 4.49	\$ 3.25	\$ 3.99	\$ 3.92	\$ 2.47	\$ 2.16
500 g Royal Gala Apples	\$ 2.20	\$ 2.20	\$ 2.20	\$ 2.07	\$ 1.84	\$ 1.49
1 Long English Cucumber	\$ 1.79	\$ 1.79	\$ 1.69	\$ 1.47	\$ 0.97	\$ 0.96
1 pkg. Tri-Colour Coleslaw	\$ 1.79	\$ 1.50	\$ 1.99	\$ 1.67	\$ 1.67	\$ 1.82
5 lb. Russet Potatoes	\$ 3.99	\$ 3.00	\$ 3.49	\$ 4.40	\$ 3.35	\$ 1.88
TOTAL	\$ 40.70	\$ 38.64	\$ 38.72	\$ 34.37	\$ 31.15	\$ 24.86