

Upcoming Events:

Deadline for your next food order: December 4, 2015

Next depot pick-up days: December 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: We need your help!!!

Friday, February 12, 2016

Saturday, February 13, 2016

Call the WECAN office for more information or to volunteer.

Volunteer Appreciation Event

Friday, November 27th, 11:00 a.m. to 1:30 p.m.
Edmonton Moravian Church

Thank You



WECAN
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Society

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



Your Depot:

Issue: 15-11

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Recipe Resources

In addition to the recipe resources we generally use for this newsletter (Company's Coming, ATCO Blue Flame Kitchen, etc.) I am always on the lookout for new recipes and new ideas. I recently found a resource on line that many of you will find useful.

"Good and Cheap: Eat Well on \$4 a Day" by Leanne Brown is a cookbook and food resource written originally as part of a project for Ms. Brown's Master's Degree in Food Studies for New York University. It is available at no cost on-line in PDF format.

In her introduction, Ms. Brown states "Eating is one of life's greatest pleasures. In a perfect world, healthy and delicious food would be all around us. It would be easy to choose and easy to enjoy.

"But of course it's not a perfect world. There are thousands of barriers that can keep us from eating in a way that nourishes our bodies and satisfies our tastes. Money just needn't be one of them.

"Kitchen skill, not money, is the key to great food. This cookbook is a celebration of the many delicious meals available to those on even the most strict of budgets.

"Eating on a limited budget is not easy, and there are times when a tough week can turn mealtime into a chore. As one woman told me, "I'm weary of the 'What's for dinner?' game." I hope the recipes and techniques in this book can help make those times rare and the tough choices a little more bearable."

For those of you with internet access, I urge you to check out this collection of recipes and ideas. For everyone, look for some of the ideas and recipes from Leanne's book in future newsletters.

Seasonal Suggestions

As we draw closer to winter, the selection of fruit and vegetables in the produce section of your favourite market is changing. While some markets will still have berries, grapes, etc., the prices will rise and the quality of this fruit will diminish.

Now is the time for cabbages, carrots, potatoes, pears, apples and oranges to come into their own. For diversity at your table, try turnips (cooked and mashed with a little butter, salt and pepper), red cabbage (used in the same way as the green variety), and sweet potatoes and/or yams as a tasty alternative to russet potatoes.

Watch for sale items at your supermarket and keep yourself open to trying new foods. You could be pleasantly surprised at what you'll like.

Cooking With Your WECAN Food Basket Menu

Baked Potato Topping

- Reprinted from *Vegetables*© Company's Coming Publishing Limited

A yummy topping, cheesy and flavorful.

Medium potatoes, baked	6	6
Butter or margarine, softened	¼ cup	50 mL
Grated cheddar cheese, medium or sharp	1 cup	250 mL
Chopped green onion or chives	2 tbsp.	30 mL
Sour cream	2/3 cup	150 mL
Salt	¼ tsp.	1 mL
Pepper, light sprinkle		

Gently roll baked potatoes. Potholders will be needed. Cut cross in top. Press ends upward. Center of potato should push up.

Mix butter and cheese together. Add onion, sour cream, salt and pepper. Stir. Taste for salt and pepper. Scrape into small bowl. Pass with potatoes. Makes a scant 2 cups (450 mL) topping for about 6 potatoes

Broccoli Topped Potatoes: Cook broccoli florets. Drain well. Spread on top of potato, lay part or whole cheese slice over top. Reheat in oven to melt cheese.

Baked Potatoes: Mature potatoes should be used. Prick skins to allow steam to escape. For softer skins, rub with fat. Wrapping with foil produces a wetter potato. Place on oven rack. Bake in 400°F (200°C) oven for 45 to 60 minutes depending on size. Test with tip of a sharp knife. Cooking longer at a lower temperature gives a thinner, softer skin. Cooking less time at a higher temperature gives a thicker, crisper skin. Roll gently before serving to produce a mealier product.

Beef Corncake

- Reprinted from *Ground Beef Recipes*© Company's Coming Publishing Limited

A cheesy crust tops this cornbread-style casserole.

Cooking oil	2 tsp.	10 mL
Lean ground beef	1 lb.	454 g
All-purpose flour	1 cup	250 mL
Yellow cornmeal	1 cup	250 mL
Baking powder	1 tsp.	5 mL
Baking soda	1 tsp.	5 mL
Salt	1 tsp.	5 mL
Large egg	1	1
Cooking oil	¼ cup	60 mL
Granulated sugar	1 tbsp.	15 mL
Can of cream-style corn	14 oz.	398 mL
Thinly sliced onion	1 ½ cups	375 mL
Milk	1 cup	250 mL
Seasoned salt, sprinkle		
Grated medium Cheddar cheese	2 cups	500 mL

Heat first amount of cooking oil in large frying pan on medium. Add ground beef. Scramble-fry for about 10 minutes until no longer pink. Remove from heat. Drain. Set aside.

Combine next 5 ingredients in large bowl. Make a well in centre.

Beat next 3 ingredients in a medium bowl. Add beef and next 4 ingredients. Stir. Add to well in cornmeal mixture. Stir until just moistened. Spread evenly in greased 9 x 13 inch (22 x 33 cm) pan.

Sprinkle with cheese. Bake, uncovered, in 350°F (175°C) oven for 45 to 55 minutes until wooden pick inserted in centre comes out clean. Cuts into 8 pieces.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 4.95	\$ 6.79	\$ 6.60	\$ 5.64	\$ 6.50	\$ 5.75
800 g Boneless Pork Loin	\$ 8.97	\$ 12.33	\$ 10.58	\$ 11.99	\$ 10.85	\$ 5.19
1 lb. Breaded Pollack	\$ 7.49	\$ 5.99	\$ 5.99	\$ 5.97	\$ 5.97	\$ 2.99
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.96	\$ 1.70	\$ 1.70	\$ 1.61
5 Pears	\$ 5.49	\$ 3.95	\$ 3.95	\$ 3.90	\$ 4.34	\$ 2.35
6 Mandarin Oranges	\$ 4.37	\$ 3.73	\$ 3.28	\$ 2.82	\$ 2.82	\$ 1.21
5 lb. bag Russet Potatoes	\$ 3.99	\$ 3.99	\$ 2.99	\$ 4.40	\$ 2.97	\$ 1.72
1 Field Cucumber	\$ 1.49	\$ 1.29	\$ 1.99	\$ 1.28	\$ 1.28	\$ 0.86
1 Bunch Broccoli	\$ 3.99	\$ 2.99	\$ 2.99	\$ 2.97	\$ 3.27	\$ 1.80
1 Bunch Green Onion	\$ 1.29	\$ 0.99	\$ 1.39	\$ 0.77	\$ 0.77	\$ 0.68
TOTAL	\$ 43.97	\$ 43.99	\$ 41.72	\$ 41.44	\$ 40.47	\$ 24.16