

The Wecan Food Basket Society News

March 2012



Memberships

Membership in the Wecan Food Basket Society is only \$5.00 per year. Our membership year is from April 1, 2012 to March 31, 2013. Avoid the rush—buy your new membership now!

Wecan Casino

Thank you to all the volunteers who so generously gave their time and expertise in support of our casino. It was a great success and we will know the results of our efforts by the end May.

Volunteers Wanted

A dedicated volunteer is required by Wecan to help sort and load depot orders on the third Thursday and/or Friday of each month (depot days) at the TGP Warehouse. Organizational skills and the ability to lift case lots is required. Hours are 7:30 a.m. to about 11:00 a.m. each day. Interested persons should call Carla at the Wecan office, 780-413-4525.

Also, we require someone to assist in our office on an "as needed" basis. Duties would primarily be copying and folding our brochure, stuffing envelopes, etc. If you can help, please call Merlyn at 780-413-4525.

Depot Focus—Millbourne

Originally started in 1997, our Millbourne depot was reborn in 2006 and, under the direction of Depot Coordinator Suzanne Rigsby, has grown to about 35 members. Operating with the assistance of the Millbourne Resource Site (Millwoods Family Resource Centre) in the Richfield III Community Building, Millbourne Depot serves the needs of the ever-growing community of Millwoods.

Suzanne is ably assisted by volunteers Herb and Matt Eichner who arrive via DATS on the third Thursday of each month. Receiving and sorting the food order, they get everything ready for pick up by the members.

This depot has recently embraced the "bin" system of sorting food orders, as have some of our other depots. Dishpan sized bins make it easy to sort and compile food orders so that each produce order is readily available to members to put in their own bags. The bins also ensure that all produce is divided evenly among members and no items are missed. Suzanne and her volunteers agree that the bins have been a big improvement and increase their efficiency over the system previously in place.

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.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$5.25	\$5.05	\$3.96	\$3.84	\$4.00	\$3.50
1 kg Dunn-Rite Chicken Pieces	\$7.70	\$9.68	\$6.49	\$5.25	\$5.56	\$5.76
500 g Canadian Cod Fillets	\$11.81	\$9.99	\$7.48	\$5.86	\$7.46	\$4.99
1 kg Bananas	\$1.94	\$1.72	\$1.94	\$1.70	\$1.70	\$1.28
5 Oranges	\$2.18	\$2.84	\$1.95	\$1.95	\$1.70	\$1.05
5 Fuji Apples	\$3.95	\$3.73	\$3.06	\$2.80	\$2.80	\$1.70
1 kg Russet Potatoes	\$1.74	\$1.74	\$1.74	\$1.50	\$1.79	\$0.78
1 Head Green Leaf Lettuce	\$1.79	\$1.99	\$1.39	\$0.97	\$0.97	\$0.88
1 Cauliflower	\$1.99	\$2.59	\$2.99	\$1.97	\$1.97	\$1.70
3 lb. Bag Onions	\$1.99	\$1.99	\$1.50	\$1.47	\$1.47	\$0.65
340 g. Mini Carrots	\$0.99	\$2.00	\$1.37	\$1.36	\$1.47	\$0.97
Total	\$41.33	\$43.32	\$33.87	\$28.67	\$30.89	\$23.26

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

Pineapple Chicken

- Reprinted from *chicken, Etc.* © Company's Coming Publishing Limited

Hard Margarine (butter browns too fast)	2 tbsp.	30 mL
Chicken parts	3 lbs.	1.36 kg
Salt, sprinkle		
Pepper, sprinkle		
Juice drained from pineapple		
Water	1 cups	250 mL
White Vinegar	¼ cup	60 mL
Brown sugar, packed	¼ cup	60 mL
Soy Sauce	1 tbsp.	15 mL
Salt	½ tsp.	2 mL
Cornstarch	1 tbsp.	15 mL
Canned pineapple tidbits, drained, juice reserved	14 oz.	398 mL
Green pepper, seeded and cut in strips	1	1

Heat margarine in frying pan. Add chicken, brown both sides. Sprinkle with salt and pepper. Transfer to small roaster.

Add next 7 ingredients to frying pan. Mix. Heat and stir until it boils and thickens slightly.

Add pineapple and green pepper. Stir. Pour over chicken. Bake, covered, in 350°F (175°C) oven for about 1½ hours until tender. Serves 4 to 6.

Herb Roasted Cauliflower with Parmesan Cheese

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

Olive oil	2 tbsp.	25 L
Tarragon, crumbled	½ tsp.	2 mL
Thyme, crumbled	½ tsp.	2 mL
Salt	¼ tsp.	1 mL
Freshly ground pepper	¼ tsp.	1 mL
Garlic cloves, finely chopped	3	3
Cauliflower florets	8 cups	2 L
Freshly grated Parmesan cheese	¼ cup	50 mL
Fresh Lemon juice	2 tbsp.	25 mL
Fresh parsley, chopped	1 tbsp.	15 mL

Preheat oven to 425°F (220°C). Grease a large rimmed baking sheet or line with non-stick foil.

Fish and Rice Casserole

- Reprinted from *Fish and Seafood* © Company's Coming Publishing Limited

Long grain rice	1 cup	250 mL
Boiling water	2 cups	500 mL
Salt	1 tsp.	5 mL
Cooking oil	1 tbsp.	15 mL
Chopped onion	1 ½ cups	375 mL
Ground thyme	¼ tsp.	1 mL
Halibut or cod fillets	1-1½ lbs.	454-680 g
Tomato sauce	7½ oz.	213 g
Lemon juice, fresh / bottled	1 tbsp.	15 mL
Granulated sugar	½ tsp.	2 mL
Salt	¼ tsp.	1 mL
Pepper	¼ tsp.	1 mL

Topping

Grated medium cheddar cheese	1 cup	250 mL
Dry bread crumbs	¼ cup	60 mL

Add rice to salted boiling water in saucepan. Cover. Reduce heat and simmer for about 15 minutes until tender and water is absorbed.

Heat cooking oil in frying pan. Add onion. Sauté until clear and soft. Stir into rice.

Add thyme to rice mixture. Stir. Turn into ungreased 2 quart (2 L) casserole.

Cut fish into serving size pieces. Lay pieces over rice mixture.

Stir next 5 ingredients together in a small bowl. Spoon over fish, spreading evenly.

Topping: Combine cheese and bread crumbs in small bowl. Sprinkle over top. Bake, uncovered, in 350°F (175° C) oven for about 35 minutes until fish flakes and cheese starts to brown. Serves 4 to 6.

Cauliflower cont'd.

Combine oil, tarragon, thyme, salt, pepper and garlic in a large bowl. Add cauliflower and toss until coated. Place cauliflower in a single layer on prepared pan.

Bake, uncovered, stirring occasionally, for 20-25 minutes or until cauliflower is tender and lightly browned.

Add Parmesan cheese, lemon juice and parsley; stir until combined and cheese is melted. Serves 8-10.

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

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton



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

Your Depot:

Next Fees Deadline: Apr. 5, 2011
Next Pick-up Days: Apr. 19 / 20