

The Wecan Food Basket Society News



May 2012

Annual General Meeting

Our Annual General Meeting will be held on Friday, May 25, 2012 starting at 9:00 a.m. at the Edmonton Moravian Church (9540—83 Avenue, Edmonton).

All members in good standing are eligible to attend. The meeting will begin with a Pancake Breakfast, so please **call our office at 780-413-4525 to confirm your attendance.**

We look forward to seeing you there!

Spring Plant Sale

Are you planting a garden or flower beds this spring? If so, plan to attend the Chalmers-Castle Downs United Church Plant Sale. Located at 123A Street and 132 Avenue, the sale is open May 16 (12 noon to 8:00 pm), May 17 and 18 (9:00 am to 8:00 pm), and May 19 (9:00 am to 3:00 pm).

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.

Correction

Our April Newsletter stated the amount of ground chicken as 500 g when, in reality, most packages were 1 lb. or 454 g for the price stated. We apologize for this error.

Food Safety for Ground Meat

Ground meat made from beef, bison (buffalo), lamb, pork, veal, chicken or turkey requires careful handling as it is especially vulnerable to bacterial contamination. Keep the following in mind when using ground meat.

- Fresh ground meat should be either cooked or frozen within 24 hours of purchase.
- Frozen ground meat should be thawed in the refrigerator and used when it still contains some ice crystals.
- All ground meat must be thoroughly cooked in order to destroy harmful bacteria that may be present.
- Never partially cook ground meat to finish cooking later.
- Avoid recontaminating cooked ground meat products. Always place them on a clean plate.
- Cooked ground meat patties may be frozen for up to 4 weeks.

Are the Burgers Done?

All ground meat must be thoroughly cooked in order to destroy harmful bacteria that may be present. Don't guess at the doneness of cooked burgers. Check the internal temperature of a burger by inserting an instant-read meat thermometer horizontally into the centre of the burger.

- Cook chicken or turkey burgers to at least 175°F.
- Cook Beef, lamb or pork burgers to at least 160°F.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.90	\$4.99	\$3.00	\$3.84	\$4.13	\$3.50
3 x 6 oz. N.Y. Strip Loin Steak	\$14.99	\$13.15	\$11.00	\$11.98	\$11.19	\$7.50
500 g Chicken Thighs (3)	\$4.40	\$2.82	\$4.01	\$3.18	\$3.85	\$3.35
1 kg Bananas	\$1.94	\$1.74	\$1.70	\$1.94	\$1.54	\$1.33
4 Ambrosia Apples	\$3.67	\$1.05	\$1.12	\$2.61	\$1.54	\$1.28
1 Cantaloupe	\$2.99	\$3.49	\$2.99	\$2.97	\$2.67	\$1.45
1 kg Russet Potatoes	\$2.99	\$0.87	\$1.14	\$0.89	\$1.19	\$1.03
1 Bunch Broccoli	\$2.24	\$1.74	\$1.39	\$1.27	\$1.27	\$0.95
500 g Tomatoes	\$1.99	\$1.99	\$0.65	\$0.97	\$1.27	\$1.54
1 Bag Mixed Garden Salad	\$2.49	\$2.49	\$2.49	\$2.48	\$1.47	\$1.23
1 Green Pepper	\$1.12	\$0.87	\$1.21	\$0.86	\$0.86	\$0.33
1 Bunch Green Onion	\$0.59	\$0.89	\$0.69	\$0.47	\$0.47	\$0.31
Total	\$44.31	\$36.09	\$31.39	\$33.46	\$31.45	\$24.48

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

Zippy Barbecue Sauce

- Reprinted with permission from *Hall of Flame* by the ATCO Blue Flame Kitchen

1½ cups (375 mL) apple cider vinegar
 1 cup (250 mL) ketchup
 ¼ cup (50 mL) packed dark brown sugar
 1 tbsp (15 mL) prepared mustard
 1 tsp (5 mL) salt
 ½ tsp (2 mL) red pepper flakes
 ¼tsp (1 mL) cayenne pepper

Combine all ingredients in a nonreactive saucepan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, stirring occasionally, for 30-35 minutes or until slightly thickened; cool. Cover and refrigerate for up to 1 week. Use as a basting sauce or accompaniment for beef, pork or chicken.

Makes 2 cups (500 mL)

Cooked Salad Dressing

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

Granulated sugar	½ cup	125 mL
All purpose flour	2 tbsp	30 mL
Dry mustard	1 tbsp	15 mL
Salt	1 tsp	5 mL
Eggs	3	3
Milk	1 cup	250 mL
Vinegar	½ cup	125 mL
Water	½ cup	125 mL

In top of double boiler put sugar, flour, mustard and salt. Stir until flour is thoroughly mixed in. Beat in eggs with a spoon one at a time.

Stir in milk, vinegar and water. Cook over boiling water stirring frequently until thickened. Pour into container. Store covered in refrigerator.

For Lettuce Salads: Thin dressing with a bit of milk or cream. Stir in about ½ tsp. (2 mL) granulated sugar for each four servings. Go by taste.

For Devilled Eggs: Use dressing straight from container. Add salt and pepper according to the number of eggs.

For Potato Salad: Thin dressing with a bit of milk or cream. No extra mustard or vinegar required.

For Sandwiches: Use from container unless milk is needed to overcome dryness of sandwich filling. Gives new life to the same tired old sandwiches.

Asian-Inspired Strip Loin Steaks

- Reprinted with permission from *Call of the Flame* by the ATCO Blue Flame Kitchen

¼ cup (50 mL) oyster sauce
 2 tbsp (25 mL) balsamic vinegar
 1 tsp (5 mL) Dijon mustard
 ½ tsp (2 mL) red pepper flakes
 1 clove garlic, crushed
 4 strip loin steaks, 1 inch (2.5 cm) thick

To prepare sauce, combine all ingredients except steaks. Grill steaks over medium heat on natural gas barbecue to desired doneness. Baste with sauce during last 5-7 minutes of cooking. *Serves 4*

Potato Salad

- Reprinted from *The Potato Book* © Company's Coming Publishing Limited

Peeled, cooked, diced waxy potatoes	4 cups	1 L
Large hard-boiled eggs, chopped	2	2
Chopped red onion (optional)	¼ cup	60 mL
Green onions, chopped	2	2
Light salad dressing (or mayonnaise)	1/3 cup	75 mL
Lemon juice	1 tbsp.	15 mL
Granulated sugar	1 tbsp.	15 mL
Prepared mustard	1 tsp.	5 mL
Salt	3/4 tsp.	4 mL
Pepper	1/8 tsp.	0.5 mL
Milk	2 tbsp.	30 mL

Combine first 4 ingredients in a large bowl.

Mix remaining 7 ingredients in small bowl. Pour over potato mixture. Toss gently to coat well. Chill for 1 to 2 hours before serving. *Makes 6 cups (1.5 L).*

Onion Roasted Potatoes

Onion Soup Mix	1 pouch	1 pouch
Vegetable Oil	3 tbsp.	45 mL
Large Potatoes, cut into 1" pieces	5	5

Preheat oven to 400°F (200°C). Blend onion soup mix with oil. Add potatoes and toss to coat evenly. Spread on a baking sheet. Bake, stirring occasionally, 35 minutes or until potatoes are tender. *Serves 6.*

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

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Don't Forget! The deadline for your next Food Order is June 8. You can submit your next payment when you pick up your May food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

**Next Fees Deadline: June 8, 2012
 Next Pick-up Days: June 21 / 22**