

The Wecan Food Basket Society News

April 2013



Memberships

Membership is required to purchase your monthly food basket. Wecan Food Basket Society's membership year is from April 1st to March 31st. Membership is only \$5.00 annually and can be purchased from your depot coordinator when you pick up your food basket. Only current members can vote to elect the Board of Directors and officers of our Society at our Annual General Meeting. Don't miss out.

Buy Your Membership Now!!

Annual General Meeting

Date: Friday, May 24, 2013

Time: Breakfast—9:00 a.m.
Meeting—9:30 a.m.

Place: Edmonton Moravian Church
9540—83 Avenue
Edmonton AB

All current members are invited and encouraged to attend the Wecan Food Basket Society of Alberta Annual General Meeting. Agenda items will include the 2012-13 year end financial report, election of board members, volunteer long-service awards and presentation of our first annual Coordinator of the Year Award.

Please confirm your attendance by calling the Wecan office at 780-413-4525 so we can plan the pancake breakfast and the seating arrangements.

National Volunteer Week

April 21-27 is National Volunteer Week. We appreciate the contributions of the many volunteers who make our program so successful. We couldn't do it without you!

Thank You!!

Tips From The Kitchen

Resources for You to Use

Now is the time of year when we think of spring planting and fresh food from our gardens. Even those who live in apartments will find their minds turning to fresh tomatoes or peppers grown in containers on the balcony or deck. A small plot of land, such as a corner borrowed from your flower bed, or a couple of large pots on a deck or balcony can yield a surprising amount of fresh produce including everything from tomatoes to green onions, carrots, cucumbers, and herbs. Two excellent resources to get you started can be found on line at www.salisburygreenhouse.com (look under "Resources" for the article "Growing Money: Save Money by Growing Your Own Food") and at www.greenedmonton.ca. If you are looking to connect with or participate in one of the many community gardens in and around Edmonton, try going to the website sustainablefoodedmonton.org for information and resources.

Once you have your produce, or are just looking for a new way to cook your favourite meat or vegetables, try looking on line for recipes from Company's Coming at www.companyscoming.com. A search for the main ingredient, such as potatoes, will result in many new recipes for you to try. Or try a recipe search at the ATCO Blue Flame Kitchen at www.atcoblueflamekitchen.com or by calling 1-877-420-9090. The home economists at the Blue Flame Kitchen will make recipe suggestions and can also answer many of your household questions regarding care and cleaning of fabrics, stain removal, etc.

A good way to access the internet for those who don't have access from home, is the Edmonton Public Library. All branches have computers for use by the public and the librarians there can help. Also, if you need a library card, the library is offering free library cards throughout 2013 (the usual fee for adults is \$12/year) to celebrate their 100th Birthday.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g lean ground beef	\$ 3.29	\$ 5.00	\$ 4.79	\$ 3.99	\$ 4.25	\$ 3.50
1 kg pork chops	\$10.12	\$14.53	\$ 9.80	\$ 9.88	\$10.00	\$ 6.99
500 g outside round steak	\$ 7.04	\$ 6.50	\$ 6.27	\$ 5.84	\$ 5.00	\$ 4.25
1 kg bananas	\$ 1.94	\$ 1.94	\$ 1.70	\$ 1.48	\$ 1.48	\$ 1.33
1 kg pears	\$ 5.49	\$4.39	\$ 4.17	\$ 3.70	\$ 3.68	\$ 2.35
1 kg oranges	\$ 2.84	\$ 2.18	\$ 2.62	\$ 2.14	\$ 1.70	\$ 1.25
1 long English cucumber	\$ 1.99	\$ 1.99	\$ 0.99	\$ 4.17	\$ 0.88	\$ 0.92
1 head lettuce	\$ 1.99	\$ 1.99	\$ 1.29	\$ 1.27	\$ 0.97	\$ 1.11
3 lb yellow onions	\$ 3.99	\$2.99	\$2.29	\$ 1.97	\$ 1.97	\$ 1.39
5 lb. potatoes	\$ 2.99	\$ 2.99	\$ 2.99	\$ 1.47	\$ 1.47	\$ 1.47
TOTAL	\$41.68	\$44.50	\$36.91	\$33.21	\$31.40	\$24.56

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

Filled Round Steak

- Susanna Vogt, Drake, SK. In “More-with-Less Cookbook”

Prepare:

1-1½ lb. round steak (454-700 g)

If 1” thick, cut through horizontally to make thin large steaks. Or pound a ¾” steak to make it large and thin.

Combine for filling:

1 cup leftover mashed potatoes
1/3 cup dry bread crumbs
1 small onion, diced
1 egg
Salt and pepper to taste

Spread filling over meat and roll up. Tie with string or secure with toothpicks. Place in baking pan. Baste with bacon drippings or margarine, cover, and bake at 300°F for 2 hours, or until tender. Remove to platter and slice.

Serve with brown gravy:

Brown in 4 tbsp meat drippings:
2-3 tbsp flour
Salt and pepper
Pinch sugar

Add liquids from cooking vegetables.

Cook and stir until thickened.

Baked Onion Rings

- Reprinted with permission from *Everyday Delicious 2008* by the ATCO Blue Flame Kitchen

2 eggs

1 cup (250 mL) fine dry bread crumbs

½ tsp (2 mL) paprika

½ tsp (2 mL) salt

¼ tsp (1 mL) freshly ground pepper

¼ cup (50 mL) Flour

1 large sweet onion, sliced ½ inch (1.25 cm) thick

Line a large rimmed baking sheet with parchment paper. Place eggs in a pie plate and beat lightly; set aside. Combine bread crumbs, paprika, salt and pepper in a separate pie plate; set aside. Place flour in a plastic bag. Separate onion slices into rings. Add onion rings to flour and toss to coat. Working with one piece at a time, dip onion rings into beaten eggs, turning to coat both sides. Place onion rings in bread crumb mixture, pressing lightly so that crumbs adhere; turn to coat both sides. Place onion rings in a single layer in prepared pan. Bake, uncovered, at 425°F (220°C) for 15-18 minutes or until onion rings are tender a light golden.

Serves 4

Everyday Potato Salad

- Reprinted with permission from *Everyday Delicious 2008* by the ATCO Blue Flame Kitchen

8 cups (2 L) cubed peeled russet potatoes

¼ cup (50 mL) white wine vinegar

½ cup (125 mL) light mayonnaise

2 tsp (10 mL) Dijon mustard

¾ tsp (3 mL) salt

¼ tsp (1 mL) freshly ground pepper

1/8 tsp (0.5 mL) hot pepper sauce

½ cup (125 mL) diced celery

½ cup (125 mL) sliced green onions

½ cup (125 mL) chopped bread-and-butter pickles

¼ cup (50 mL) chopped fresh parsley

3 hard-cooked eggs, peeled and chopped

Paprika

Cook potatoes in boiling salted water until tender; drain. Transfer hot potatoes to a large bowl. Pour vinegar over potatoes and toss to coat. Cool to room temperature. Meanwhile, to prepare dressing, whisk together mayonnaise, mustard, salt, pepper and hot pepper sauce until blended. Add celery, green onions, pickles, parsley and eggs to potatoes. Add dressing and stir gently to combine. Sprinkle with paprika

- Serves 6-8

Twice-Baked Stuffed Potatoes

- Reprinted with permission from *Everyday Delicious 2008* by the ATCO Blue Flame Kitchen

Extra baked potatoes can be turned into twice-baked stuffed potatoes. Cut baked potatoes in half lengthwise and scoop out the pulp, leaving a shell about 1/8–1/4 inch (3-6 mm) thick. Mash the pulp with a little softened butter and sour cream until smooth. Stir in some chopped green onion and seasonings. Spoon the mixture back into the potato shells and top with some shredded cheese or dust with paprika. Bake until heated through.

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.

For More Information About Wecan Food Basket

Visit our **Website**: www.wecanfood.com

Follow us on **Twitter**: @wecanfoodbasket

Like us on **Facebook**: Wecan Food Basket Society of Alberta

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



Don't Forget! The deadline for your next Food Order is **May 3**. You can submit your next payment when you pick up your April food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: May 3, 2013

Next Pick-up Days: May 16 / 17