

The Wecan Food Basket Society News

February 2013



Memberships

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. New members who purchase their membership in January, February, and March will have their membership extended to the end of the next membership year. For example, if a member pays the \$5.00 membership in February 2013, the membership will be good until March 2014.

Memberships for April 1, 2013 to March 31, 2014 are available now!

Depot News

Wecan Food Basket Society welcomes two new depots to our ever-growing family. **Ben Calf Robe** is very capably coordinated by **Shannon** and **Marge**. Also new to our group is the **J.P. HAWC** (Jasper Place Health and Wellness Centre) which is coordinated by **Terry**. We are very pleased to have these two new locations in our group.

We are also excited to announce that our **McCauley** depot is re-opening under the guidance of **Bente**. Happy to see old friends returning, we are looking forward to reuniting with the members of this depot. Welcome back!

For more information about these depots, please call our office at 780-413-4525.

We are always looking for ways to improve our depots and our food delivery. If you have any suggestions please call Christine at 780-413-4525.

Tips From The Kitchen

Granny Smith Apples: The Granny Smith apple has bright green skin and a distinctive greenish flesh, which is sometimes blushed with red. Its tart, full-bodied flavor and crisp texture make it a great choice for pies, as well as snacks and sauces. Many apple pie recipes call for Granny Smith apples because the flesh holds its shape when cooked. These apples also make a wonderful addition to salads.

Bananas: Bananas have no fat, cholesterol, or sodium, and are a good source of vitamins C and B6, potassium and dietary fiber. Bananas are extremely versatile and can be eaten raw or cooked. Mix fresh bananas into yogurt or smoothies, add them to fruit salads or cereal, or eat them out of hand. Bananas can also be baked, fried, boiled, steamed, or sautéed, and when cooked, they add a sweet flavor and chewy texture to a variety of dishes. Drier bananas such as plantains are used as a vegetable.

Oranges: The navel orange is one of the best varieties for eating out of hand. They have a medium-thick peel with a distinctive bump on the blossom end. These oranges are usually seedless and are easy to peel and section, making them perfect for adding to fruit salads or serving with a chocolate-flavored yogurt dip.

Annual General Meeting

Mark your calendars. All members in good standing are invited to attend the Wecan Food Basket Society of Alberta's Annual General Meeting on May 24, 2013 at the Edmonton Moravian Church. Breakfast will start at 9:00 a.m. and the meeting will begin at 9:30 a.m. More information will follow in future newsletters.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.69	\$4.99	\$4.78	\$3.98	\$3.39	\$3.50
1 kg Boneless Pork Chops	\$11.66	\$12.76	\$6.59	\$10.28	\$9.90	\$6.49
500 g Eye of Round Steak	\$5.82	\$7.70	\$5.98	\$5.98	\$6.03	\$5.00
1 kg Bananas	\$1.94	\$1.94	\$1.88	\$1.70	\$1.88	\$1.33
1 kg Oranges	\$2.18	\$1.30	\$1.52	\$1.69	\$2.04	\$1.67
1 kg Granny Smith Apples	\$4.39	\$4.17	\$3.73	\$1.39	\$3.68	\$1.66
5 lb. Russet Potatoes	\$2.99	\$4.49	\$2.69	\$2.98	\$1.88	\$1.67
1 pkg. Green Leaf Lettuce	\$2.99	\$1.99	\$1.89	\$1.99	\$2.49	\$1.66
1 tray (3 pack) Tomatoes	\$1.59	\$2.20	\$2.18	\$2.19	\$2.20	\$1.80
Total	\$38.25	\$41.54	\$31.25	\$32.18	\$33.49	\$24.78

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

Greek Beef and Orzo

- Reprinted with permission from *Everyday Delicious 2006* by the ATCO Blue Flame Kitchen

1 tbsp. (15 mL) oil
 1 lb (0.5 kg) lean ground beef
 1 cup (250 mL) chopped onion
 2 cloves garlic, finely chopped
 1 can (14 oz/398 mL) tomato sauce
 1 cup (250 mL) water
 2 tsp (10 mL) oregano, crumbled
 ½ tsp (2 mL) cinnamon
 ¼ tsp (1 mL) salt
 ¼ tsp (1 mL) freshly ground pepper
 1 cup (250 mL) orzo
 1 cup (250 mL) shredded feta cheese

Heat oil in a frypan over medium heat. Add beef and cook, stirring to break up beef, until browned, about 7–10 minutes. Drain off excess fat. Add onion and garlic; cook, stirring occasionally, for 5 minutes or until onion is tender. Stir in next 7 ingredients (tomato sauce through orzo). Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 10 minutes or until orzo is tender and liquid is absorbed. Remove from heat; sprinkle with cheese. Cover and let stand for 5 minutes.

- Serves 4

Baked Tomato Chops

- Reprinted from *4 Ingredient Recipes* © Company's Coming Publishing

Montreal chicken spice, divided 2 tbsp. 30 mL
 Boneless pork loin chops 4 4
 (about 1 lb., 454 g), trimmed of fat
 Chive and onion spreadable
 cream cheese ¼ cup 60 mL

Reserve 1½ tsp. (7 mL) chicken spice in a small cup. Rub remaining spice on both sides of pork chops. Arrange in greased 2 quart (2 L) casserole.

Combine cream cheese and 2 tbsp. (30 mL) water in a small bowl. Spread on chops.

Top with tomato slices. Sprinkle with reserved spice. Bake, covered, in 350°F (175°C) oven for about 1 hour until chops are very tender.

- Serves 4

Orzo is a form of short cut macaroni shaped like a grain of rice and is readily available in your favourite store.

Dry Sherry: substitute alcohol-free or cooking sherry

Beef, Broccoli and Apple Stir-Fry

- Reprinted from *Easy Healthy Recipes* © Company's Coming Publishing

GINGER MARINADE:

Dry sherry	3 tbsp.	50 mL
Low-sodium soy sauce	3 tbsp.	50 mL
Granulated sugar	1 tbsp.	15 mL
Finely grated ginger root (or ¼ tsp., 1 mL, ground)	1 tsp.	5 mL
Beef steak, sliced thinly	½ lb.	225 g
Cooking oil	1 tsp	5 mL
Cooking oil	1 tsp.	5 mL
Broccoli florets	2 cups	500 mL
Peeled tart medium cooking apple (such as Granny Smith), thinly sliced	1	1
Green onions, cut into 1 inch (2.5 cm) pieces	4	4

Ginger Marinade: Combine first 4 ingredients in medium bowl. Makes about ½ cup (125 mL) marinade. Add beef. Stir until coated. Marinate in refrigerator for 30 minutes, stirring occasionally.

Heat wok or large frying pan on medium-high until very hot. Add first amount of cooking oil. Add beef with marinade. Stir-fry for about 3 minutes until beef is browned. Transfer to a separate medium bowl.

Add second amount of cooking oil to same wok or frying pan. Add remaining 3 ingredients. Stir-fry for about 3 minutes until broccoli is tender-crisp. Add beef mixture. Stir-fry for about 1 minute until heated through
 Serves 2

Tip: To slice meat easily, freeze for about 30 minutes. If using frozen, partially thaw before slicing.

Editor Note: This recipe is easily doubled to serve 4.

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

Or **Email** us: info@wecanfood.com

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



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

Your Depot:

Next Fees Deadline: Mar. 8, 2013
Next Pick-up Days: Mar. 21 / 22