

# The Wecan Food Basket Society News

July 2013



## Fund Raising BBQ

On Friday, July 19th we are joining with The Grocery People (TPG) to raise funds for Wecan and to promote our program by participating in a barbecue in TPG's parking lot. A hotdog or hamburger with a soft drink will be only \$4.00 and all proceeds will benefit Wecan Food Basket Society. TPG will also have a Monster Truck on display. Come out and join us for lunch and see the monster truck.

### BBQ details:

Date: Friday, July 19th  
 Time: 11:00 a.m.—3:00 p.m.  
 Place: The Grocery People Warehouse  
 14505 Yellowhead Trail  
 Price: Hotdog and a soft drink—\$4.00  
 Hamburger and a soft drink—\$4.00

**Hope to see you there!!**



## Free Family Movie Night

On Friday, July 19th, Chalmers-Castle Downs United Church is hosting a Free Family Movie Night. The feature film is "Horton Hears a Who" with the voices of Jim Carrey, Steve Carell, Carol Burnett and Will Arnett. Starting at 7:30 p.m., the film will be shown downstairs in the South Hall of the church. Bring your favourite cushion or lawn chair and enjoy free popcorn while you watch the movie. Soft drinks will be available for a loony. Everyone is welcome. For more information, contact the church office at 780-455-3664.

## Tips From The Kitchen

As we move farther into summer, more fresh garden produce becomes available. If you don't have your own garden, try one of the many farmers' markets in or, if you have transportation, try going directly to a market garden. Fresh produce always tastes better as it is picked immediately before selling or eating and doesn't lose any quality or taste by being shipped to market. An added bonus—by buying locally, you will be supporting local producers.

Some of the many Farmer's Markets in our area are:

- Callingwood Farmers' Market - 69 Ave. & 78 St.  
 Sundays: 10:00 a.m.—3:00 p.m.  
 Wednesdays: 2:00 p.m.—6:00 p.m.
  - Old Strathcona Farmers' Market - 10310—83 Avenue  
 Saturdays: 8:00 a.m.—3:00 p.m.
  - Beverly Towne Farmers' Market - 40 St. & 118 Ave.  
 Tuesdays: 4:00 p.m.—8:00 p.m.
  - Castledowns Farmer's Market - 11520—153 Ave (Rec. Center)  
 Wednesdays: 4:00 p.m.—8:00 p.m.
  - Edmonton City Market Downtown - 104 Street, Jasper Ave. to 103 Street.  
 Saturdays: 10:00 a.m.—3:00 p.m.
  - Fort Saskatchewan Farmers' Market - CN Station Parking Lot  
 Thursdays: 4:30 p.m.—7:30 p.m.
  - Millwoods Farmers' Market - Millwoods Rec. Centre  
 Thursdays: 5:00 p.m.—8:00 p.m.
  - Sherwood Park Farmers' Market - Festival Place  
 Wednesdays: 5:30 p.m.—8:00 p.m.
  - Salisbury Farmers' Market - Salisbury Greenhouse (RR 232)  
 Thursdays: 4:30 p.m.—8:00 p.m.
  - Westmount Farmers' Market - Westmount Shopping Centre  
 Thursdays: 10:00 a.m.—5:00 p.m.
  - St. Albert Farmers' Market - St. Anne and St. Thomas Streets  
 Saturdays: 10:00 a.m.—3:00 p.m.
- Visit a market close to you for fresh, seasonal, tasty vegetables.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.84	\$4.99	\$4.84	\$3.99	\$4.75	<b>\$3.50</b>
500 g Chicken Thighs	\$4.84	\$5.00	\$4.02	\$3.49	\$5.00	<b>\$3.10</b>
1 kg Pork Chops	\$12.01	\$14.53	\$15.21	\$9.99	\$12.30	<b>\$8.00</b>
1 kg Bananas	\$1.70	\$1.94	\$1.70	\$1.70	\$1.70	<b>\$1.33</b>
500 g Black Plums	\$2.75	\$1.09	\$2.53	\$1.08	\$1.62	<b>\$1.25</b>
1 Cantaloupe	\$2.18	\$1.90	\$1.99	\$2.28	\$1.77	<b>\$1.48</b>
1 Cauliflower	\$3.60	\$3.59	\$3.49	\$2.48	\$2.97	<b>\$2.35</b>
2 lb bag Carrots	\$1.49	\$2.19	\$2.29	\$0.99	\$1.47	<b>\$1.33</b>
1 Long English Cucumber	\$1.09	\$1.99	\$1.49	\$1.48	\$0.77	<b>\$0.93</b>
1 pkg. Tri-Color Coleslaw	\$1.79	\$2.79	\$1.49	\$1.28	\$1.47	<b>\$1.23</b>
<b>TOTAL</b>	<b>\$36.29</b>	<b>\$40.01</b>	<b>\$39.05</b>	<b>\$28.76</b>	<b>\$33.82</b>	<b>\$24.50</b>

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

## Zesty Apricot Glazed Chicken

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

1/2 cup (125 mL) apricot jam  
 1/2 cup (125 mL) ketchup  
 1 tbsp (15 mL) oil  
 1 tbsp (15 mL) fresh lemon juice  
 1½ tsp (7 mL) hot pepper sauce  
 1 tsp (5 mL) grated lemon peel  
 1 tsp (5 mL) freshly ground pepper  
 1/2 tsp (2 mL) salt  
 1 clove garlic, crushed  
 8–10 skinless chicken thighs

Line a shallow baking dish with non-stick foil. Combine all ingredients except chicken. Place chicken in a single layer in prepared pan. Do not overcrowd pan. Pour apricot mixture over chicken. Bake, uncovered, at 375°F (190°C), basting occasionally, for 45-50 minutes or until chicken is cooked through

Serves 4

## Creole Chops

- Reprinted from *Barbecues*© Company's Coming Publishing

A tomato-flavored sauce makes these chops out of the ordinary.

Pork chops, 3/4 inch (2 cm) thick	6	6
Tomato paste	5½ oz.	156 mL
Water	1/3 cup	75 mL
Brown sugar, packed	1/4 cup	50 mL
Vinegar	1½ tbsp.	25 mL
Worcestershire sauce	1 tsp.	5 mL
Onion powder	1/4 tsp.	1 mL
Chili powder	1/4 tsp.	1 mL

Remove excess fat from chops to reduce flare-up

Mix remaining 7 ingredients together in small bowl. Pour into plastic bag. Add chops. Seal bag. Let marinate for at least 1 hour. Place chops on grill over medium heat. Cook for a total of about 15 minutes. Turn and brush with sauce occasionally.

Makes 6 servings.

**Quick Soy Chops:** Baste pork chops often with soy sauce as they cook. These are so simple and are very good.

**Barbecue Chops:** Baste with your favourite barbecue sauce.

## Tomato Meatball Sauce

- Reprinted from *Low Fat Pasta*© Company's Coming Publishing

A perfect sauce if you're in the mood for spaghetti and meatballs!

Canned stewed tomatoes, with juice, chopped	28 oz.	796 mL
Tomato sauce	14 oz.	398 mL
Finely chopped onion	2 tbsp.	30 mL
Garlic cloves, minced	2	2
Whole cloves	10	10
Bay leaf	1	1
Dried sweet basil	1 tsp.	5 mL
Salt	½ tsp.	2 mL
Freshly ground pepper, sprinkle		
Lean ground beef	1 lb.	454 g
Bread slices, processed into crumbs	2	2
Frozen egg product, thawed	3 tbsp.	50 mL
Skim milk	1/3 cup	75 mL
Grated light Parmesan cheese product	2 tbsp.	30 mL
Garlic powder	½ tsp.	2 mL
Dried whole oregano, crushed	½ tsp.	2 mL
Salt, sprinkle		
Freshly ground pepper, sprinkle		

Combine first 9 ingredients in large saucepan. Bring to a boil. Reduce heat. Simmer, partially covered, for 45 minutes.

Combine remaining 9 ingredients in medium bowl. Mix well. Form into 1 inch (2.5 cm) balls. Place on lightly greased baking sheet with sides. Bake in 400°F (205°C) oven for about 15 minutes. Drain. Blot meatballs with paper towel. Add meatballs to sauce. Simmer, partially covered for 30 minutes. Discard bay leaf and cloves. Makes 6 cups (1.5L) sauce with meatballs.

**Tip:** To fit long string pasta (such as spaghetti or fettuccine) into a saucepan of boiling water without having to break it up, hold in a bunch and place one end in the water. As pasta begins to soften, bend slightly and gradually lower into water. Be careful not to burn yourself with the steam. - Reprinted from *Low Fat Pasta*© Company's Coming Publishing

### For More Information About Wecan Food Basket

Visit our **Website:** [www.wecanfood.com](http://www.wecanfood.com)

Follow us on **Twitter:** @wecanfoodbasket

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

Or **Email** us: [info@wecanfood.com](mailto: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 **August 2**. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

**Your Depot:**

**Next Fees Deadline: August 2, 2013**  
**Next Pick-up Days: August 15 / 16**